

# Wellness InSTALLments



November 2016 — Volume 4, Issue 5

This Month's Author: **Kylene Madrigal**

## Caffeine Unveiled



College is a place where students learn more about themselves, work hard, and usually sleep less. Caffeine is a way for some students to keep up with deadlines, work, and school assignments, among other commitments. Most college students choose caffeine as an energizer to help fight off the drowsiness and low energy that comes with the tough college schedule. **Caffeine works by blocking the function of a chemical in the brain called adenosine. Adenosine acts as a depressant and induces drowsiness when it binds to receptors in your brain which make you tired.** When you drink caffeine it binds to adenosine, which increases your alertness. After you have a cup of coffee the caffeine takes 15-45 minutes to enter your bloodstream. Caffeine occurs naturally in more than 60 plants including coffee beans, tea leaves, and chocolate products. This natural stimulant is one of the most commonly used ingredients in the world. In fact, about 80% of Americans consume caffeine daily!

### Upcoming Events

**11/8 — Tips Tuesday:  
The Anti-Cancer Answer**  
11am-1pm, In Front of P&W  
**Prize Team**  
2pm-4pm, Main Campus

**11/9 — Cash Cab**  
9am-11am, Main Campus  
**Healthy Hump Day: The Great American Smokeout**  
12p-3p, In Front of P&W

**11/16 — Healthy Hump Day:  
Thanksgiving Swaps**  
12p-3p, In Front of P&W



**11/29 — PUPPYALOOZA**  
Cohen Center Lawn  
10:00am—1:00pm

**11/30 — PUPPYALOOZA**  
Cohen Center Lawn  
1:00—4:00pm

*Please see our online calendar for a full, updated schedule*

### WELLNESS TIP

Drinking caffeine in moderation can lessen your risk of Parkinson's disease and risk of gallstones.

### Question of the Month

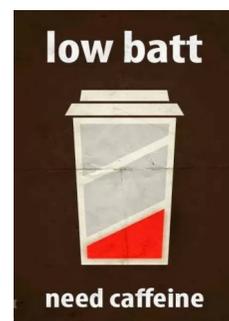
Around what percentage of Americans consume caffeine every day?

- A. 50%
- B. 75%
- C. 80%

Email us at [pws@fgcu.edu](mailto:pws@fgcu.edu) with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

### Did You Know?

- Your body builds up a tolerance for caffeine so the only way to feel the same effects as before is to ingest more caffeine in your system.
- Caffeine does not affect the way your body processes alcohol. This means it can't help you sober up any faster; only time can do that!
- Caffeine is an ingredient in many over the counter medications, such as pain relievers. This helps treat drowsiness of the medication and improves the effects of the pain relievers.
- Caffeine is not as unhealthy as it was once believed to be. In fact, it has been shown to have both physical and mental health benefits. Bottom line: caffeine can be beneficial when consumed in moderation!



### How Much Caffeine Is In My Drink?

Both the US Department of Agriculture (USDA) and the European Food Safety Authority (EFSA) consider a daily intake of 400 mg of caffeine as safe. This amounts to 2-4 cups of coffee per day.

Beverage/Food	Serving Size	Caffeine
Tea	8 oz. (240 ml)	15 - 70 mg
Decaffeinated Tea	8 oz. (240 ml)	less than 12 mg
Rooibos Tea	8 oz. (240 ml)	0 mg
Herbal Tea or Tisane	8 oz. (240 ml)	0 mg
Coffee	8 oz. (240 ml)	27 - 200 mg
Decaffeinated Coffee	8 oz. (240 ml)	2 - 12 mg
Espresso	1 oz. (30 ml)	29 - 120 mg
Decaffeinated Espresso	1 oz. (30 ml)	8 mg
Chocolate (Dark)	1 oz.	20 mg
Chocolate (Milk)	1 oz.	6 mg
Pepsi MAX	12 oz.	69 mg
Mountain Dew	12 oz.	54 mg
Coca-Cola Classic	12 oz.	34 mg
7-Up and most Root Beers	12 oz.	0 mg
Rockstar Energy Drink	16 oz.	160 mg
Red Bull Energy Drink	8.4 oz.	80 mg



**PEERS CARE**  
Educate. Engage. Empower.

