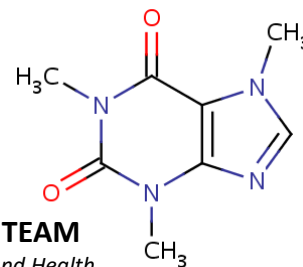




EATING 101 RU DINING HEALTHY?

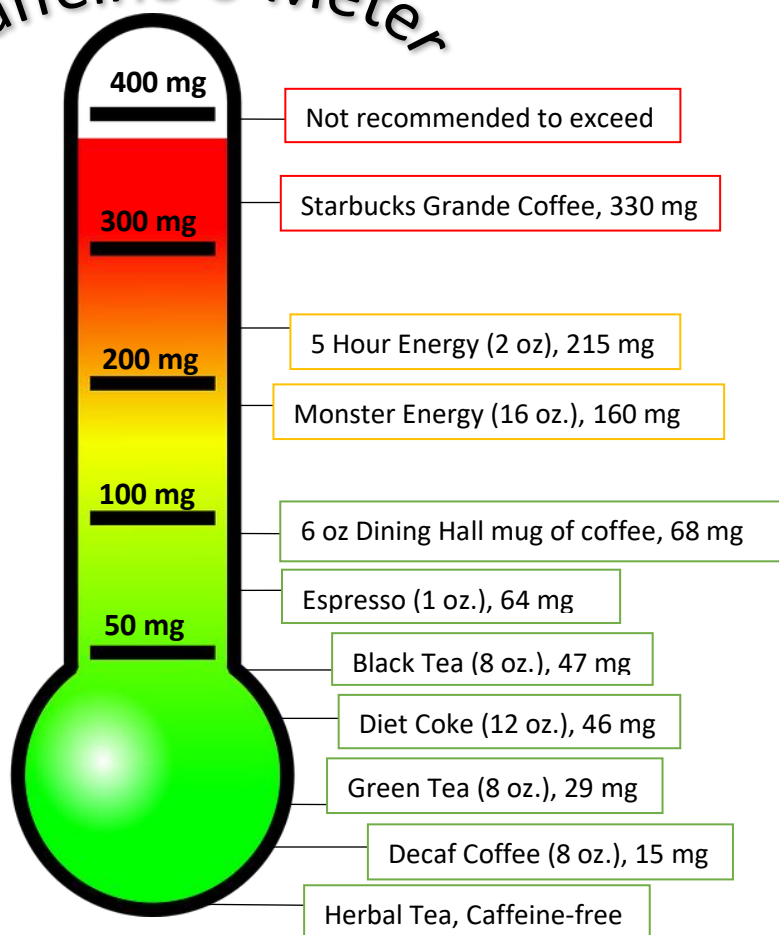
A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health



What's the Buzz: Caffeine Control

Many students rely on extra "motivation" from our good friend caffeine to get through the day. In moderation, caffeine can temporarily boost physical and cognitive abilities. However, excessive consumption (over 400 mg per day) can cause elevated blood pressure, anxiety and difficulty sleeping. Whether your caffeine comes from coffee, tea, energy drinks, or soda, it is important to monitor your caffeine intake and understand its effects on your body and health.

Caffeine-o-Meter



Benefits of Caffeine in Moderation:

- May improve concentration
- May enhance alertness
- May improve athletic performance
- May lower risk of cardiovascular disease
- Coffee contains small amounts of nutrients such as potassium, niacin, and magnesium

Negative Effects of Excessive Caffeine Intake May Include:

- Insomnia
- Anxiety
- Increased heart rate
- Upset stomach

Keep in mind: You do not need to cut out caffeine completely to maintain a healthy diet. Look to the Caffeine-o-Meter for alternatives that are lower in caffeine to help prevent overconsumption.

Knowledge is Brewing

Revised by: Tiffany Chen

Reviewed By: Dr. John Worobey, Undergraduate Director, Dept. Nutritional Sciences

References: *FDA to Investigate Added Caffeine* available at <http://www.fda.gov/forconsumers/consumerupdates/ucm350570.htm> Accessed on 3/29/19. *Is Your Kid Overcaffeinated* available at <https://www.eatright.org/food/nutrition/healthy-eating/is-your-kid-over-caffeinated> Accessed on 3/29/19. *Benefits of Coffee* available at <https://www.eatright.org/health/wellness/preventing-illness/benefits-of-coffee> Accessed on 3/29/19. *Caffeine Chart* available at <https://cspinet.org/eating-healthy/ingredients-of-concern/caffeine-chart> Accessed 4/19/10

Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Twitter (@ru_hdt), Instagram (@ru_hdt), Snapchat (ru_hdt) or email peggyp@dining.rutgers.edu.