

# How much *caffeine* are you having?

## How much caffeine in a single serving?



## If you want to cut back on how much tea and coffee you are having, try these alternatives:



herbal tea  
(caffeine free)



flavoured water  
with fruit/vege



sparkling water

## Recommended maximum levels of caffeine

### Under 18 years old



No more than  
3mg of caffeine per  
kg in a single serving

E.g. for a 40kg child,  
 $3\text{mg} \times 40\text{kg} = 120\text{mg}$

### Over 18 years old



MAXIMUM 400mg  
caffeine per day  
(from all sources)

MAXIMUM 200mg in  
a single serving

### Pregnant & breastfeeding



MAXIMUM 200mg  
per day (from all  
sources)

# Coffee...more than just the *caffeine* to consider!



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Source: [www.healthyfood.com](http://www.healthyfood.com)