NutriBytes
Mini Messages for Smart Brains

The BUZZ on Caffeine

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HOW MUCH CAN I HAVE?

200 to 300mg /day of caffeine is considered safe!

1 cup of coffee = 150 mg!

- Grande Starbucks Coffee: 330mg
- Dunkin’ Donut Coffee: 178mg
- 20 oz. Diet Coke: 78mg
- Red Bull Energy Drink: 80mg
- Monster Energy Drink: 160mg
- 5 Hour Energy Shot: 208 mg
- 2 Excedrin Migraine: 130mg

What are some healthy natural ways to get an energy boost?

Exercise: Try getting 30 to 60 minutes of daily!
Power snacks: Try including whole grains, nuts, fruits, and vegetables in between meals!
Take a yoga class
Listen to high-energy music.
Take a 20-minute power nap


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