Caffeine

It’s no secret that caffeine, a natural stimulant, is a staple ingredient in the diets of many college students. While consuming large amounts of caffeine can be dangerous, enjoying it in moderation can help us feel alert and energized. But what is moderation when it comes to caffeine?

The Food and Drug Administration (FDA) currently states that up to 400 milligrams (mg) of caffeine per day is generally considered safe for healthy adults. However, caffeine can affect everyone differently, so it’s important to know your individual limits. Medications, body composition, time of day of consumption, and also food intake are just a few factors that can influence how your body reacts to caffeine.

How much caffeine is in…?

1 cup of coffee = 100mg
1 cup of green = 30mg
1 cup of black tea = 50mg
1- 12oz. can of diet Coke = 50mg
1 teaspoon matcha powder = 70mg
1- 12oz. can of Red Bull = 115mg
1- 12 oz. can of Celsius = 200mg

Absorption of Caffeine

Caffeine is absorbed quickly in the gut, causing blood levels of caffeine to peak. Drinking caffeinated beverages with food can help slow how quickly the peak occurs, leaving you feeling less jittery. Caffeine can stay in the bloodstream from 1.5-9.5 hours. Choose tea over coffee if you are looking for a longer-lasting energy boost without the potential crash. There is an amino acid in tea, called L-theanine, that slows the absorption of caffeine.

https://www.heart.org/en/news/2022/08/08/is-caffeine-a-friend-or-foe
Homemade Iced Matcha Latte

Ingredients

◊ 1 cup milk of choice
◊ 1 teaspoon matcha powder (not the matcha tea bags)
◊ 1 tablespoon maple syrup
◊ 1 cup ice
◊ 2 tablespoons hot water

Directions:

1. In a tall glass, whisk the matcha powder with the hot water to get rid of any clumps. Use a fork or milk frother as a whisk.
2. Add milk and maple syrup. Whisk until evenly combined.
3. Add ice. Enjoy!

Recipe adapted from: cookingwithjanica.com

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