CAFFEINE

Caffeine is a stimulant found in many foods and beverages. In some people, it has been linked to a temporary increase in blood pressures. The amount of caffeine in foods and drinks varies widely. Reading the ingredient labels will not give you the amount of caffeine in a food or drink item, but it will tell you if it has been added.

> The American Academy of Pediatrics released a statement in June 2011:
> **"…energy drinks pose potential health risks primarily because of stimulant content; therefore, they are not appropriate for children and adolescents and should never be consumed."**

Below are some examples of caffeine containing foods and drinks. Remember that the amount of caffeine in a type of food or drink will vary between brands.

- Coffee and coffee-based drinks
- Coffee ice creams
- Dark chocolate
- Energy candy, such as Jelly Belly Sports Beans
- Energy drinks, such as Red Bull, Monster, Rockstar, Full Throttle, 5-hour Energy
- Energy Gels, such as Cliff Shot
- Energy gum, such as Nutra Trim, Jolt Gums
- Energy mints, such as Ed Hardy Mints
- Energy beverage mixes, such as Crystal Light Focus and Energy Varieties
- Energy supplements, such as 5150
- Energy water, such as Vitamin Water Energy Citrus
- Guarana
- Sodas including cola varieties and many non-cola sodas, such as Mountain Dew or Sunkist Orange
- Teas, including black, green, white and oolong.

Some medications also contain caffeine! Some examples are:

- Exedrin
- Anacin
- Dexatrim

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