

TAKE CHARGE OF YOUR HEALTH

# Cut Back on Caffeine

According to the National Consumers League, 85% of Americans consume caffeine daily. Caffeine is a naturally occurring substance found in coffee, tea, soft drinks, chocolate, some nuts and certain medicines. Consuming caffeine can help you feel alert and boost your metabolism, but having too much can cause negative health effects like increased anxiety and irritability, and disrupted sleep. Take charge of your health today by cutting back on caffeine:



### **Track your caffeine consumption**

Know how much caffeine is in the foods and beverages you consume, as you're likely taking in more than you realize. Most people can safely consume between 200 mg to 400 mg per day, which is the equivalent of two to four cups of coffee.



### **Slowly cut back**

Caffeine can be habit-forming, so any attempts to stop or lessen the amount you consume can be challenging. To avoid experiencing any withdrawal symptoms, gradually reduce the amount of caffeine you consume over a few weeks.



### **Choose decaf versions**

Many brands offer a decaffeinated version of their products, so next time you're in the mood for a cup of coffee or tea, or a soda, opt for the decaf version instead of the fully caffeinated version.