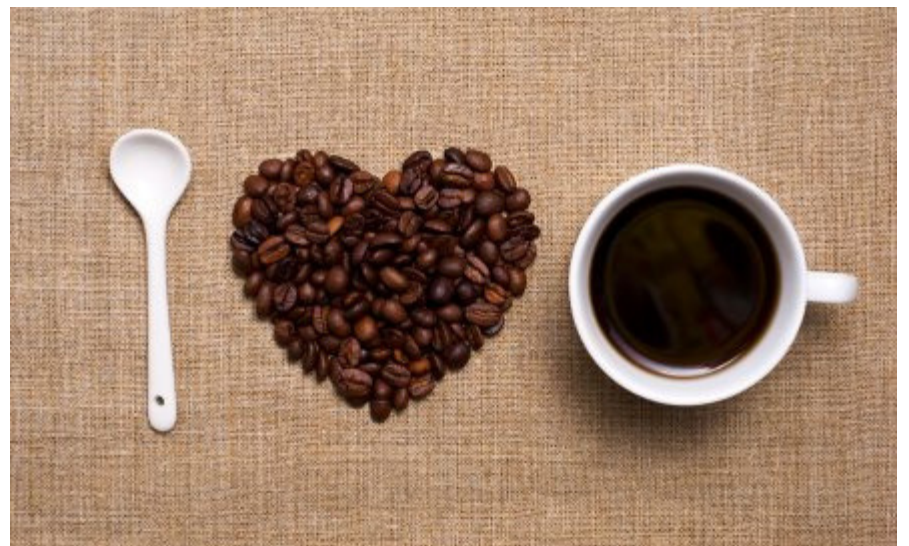


How Much Coffee is Too Much Coffee

Coffee to some people is liquid gold. They appear to be unresponsive, non functioning individuals until they have had their morning brew. But is there such thing as too much caffeine? Should you be limiting the amount of coffee you drink each day? Allow me to provide you with some answers.

Coffee provides many health benefits. Not only does it increase energy, sporting endurance and alertness, but it also contains antioxidants and nutrients that can help fight some diseases such as type 2 diabetes, Alzheimer's, liver cirrhosis and depression. It is also thought to increase your bodies fat burning abilities and boost the metabolism. But before you go guzzling several cups of coffee, let's look at the flip side.

Caffeine's most obvious form is coffee but is also found in energy drinks, teas, sodas and chocolate. Yes you can have too much caffeine in a day which would result in restlessness, anxiety, irritability, dizziness, insomnia, elevated heart rate, and tremors, HOWEVER... you either need to be caffeine sensitive or drink a lot of coffee to get to this point.



Everyone has a different sensitivity level to caffeine but as a standard rule, 400mg of caffeine a day is a safe amount. This would equate to 4-5 cups of instant coffee. Great 4-5 cups of coffee a day sounds like a reasonable amount.

BUT... it is the type of coffee and what you add to it that can turn a simple cup of coffee into a calorie dense, not so good for you beverage. Have yourself a large white chocolate mocha and you have just indulged in 500 calories. That is more than the calories you should be having for dinner, in one chocolate based caffeinated beverage. Small iced coffee made the traditional way with ice cream and cream, 440 calories. Coming down to your standard café coffee - latte, cappuccino and flat whites have between 90-130 calories, that's on skim milk. Around 250 calories on normal milk. That doesn't include any sugars or syrups, add them in and your calorie count flies sky high. Have an instant coffee with 90% boiling water and 10% milk – 15 calories. Have a short black – minimal calories. So when it is ok to have 4-5 cups of coffee a day with no adverse caffeine effects, have 4 white chocolate mochas and day you will be sure to see some other adverse effects. When having coffee, try to stick to your long blacks or short blacks with no sugar. Add a little milk if you need to or opt for an instant coffee that you like during the day and treat yourself to a café coffee in the morning or on the weekends. And what ever you do, avoid the cream topped, sugar filled, syrupy coffees. Once you come down off that sugar high, you will be more tired than what you were before you had the coffee.