

EASe-GAD Caffeine and Beverages

Why is caffeine intake important for mental health?

- Caffeine does not cause anxiety, but it can make it worse
- The symptoms of too much caffeine are similar to the symptoms of anxiety (nervousness, restlessness, fast heartbeat, shakiness)

Source of Caffeine

- Energy drinks (up to 170mg per serving)
- Coffee (100mg for a home-brewed cup; up to 250mg for large coffee-shop cup)
- Black tea (47mg per cup)
- Green tea (28 mg per cup)
- Soda pop (35-55mg per can)
- Chocolate (24mg per ounce of dark chocolate)
- Decaffeinated coffee (4mg per cup)

Ways to Decrease Caffeine Intake

- Choose decaffeinated coffee or tea
- Drink green tea instead of coffee or black tea
- Limit your caffeine-containing drinks to 1 or 2 cups per day
- Avoid energy drinks
- Try herbal teas like chamomile, peppermint, ginger, or hibiscus

Recommendation:

1. Notice how caffeine effects your anxiety symptoms.
2. Consider decreasing your caffeine intake if you notice that it has an impact.

Beverage Recommendations

- Try to make water your main beverages
- If water seems plain, try adding lemon, lime or grapefruit, cucumber, berries, or watermelon. You can also try fresh herbs like mint or basil too. Here's a [video](#)
- Include herbal teas like chamomile, peppermint, ginger, or hibiscus
- Try carbonated/bubbly water



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