

Nutrition Times

South Zone Healthy Eating Newsletter

Caffeine:

The Good, The Bad & The Jittery

Many of us enjoy a morning coffee or afternoon tea — but what is caffeine and how does caffeine affect our bodies?

? What is caffeine?

- A natural stimulant found in coffee, tea, chocolate, cola, and some medications
- Affects the brain and nervous system — helping us feel more alert

☕ How caffeine affects adults

As we age, our bodies may become more sensitive to caffeine.

You might notice:

- Trouble sleeping, even if caffeine is earlier in the day
- Feeling jittery or anxious
- Heart palpitations

💡 Tip: If you're noticing changes, it might help to adjust how much or when you have caffeine.



How much is okay?

- For most adults: up to **~400 mg/day** (about 2–3 cups of coffee).
- Some older adults may feel better with less as sensitivity can increase with age. Pay attention to how you feel (energy, sleep, mood).
- Caffeine can be part of a healthy routine. The key is finding what feels right for your body.

September 2026 Nutrition Services

What's in Your Cup? Caffeine Content



COFFEE (1 CUP)
80-180mg



TEA (1 CUP)
30-50mg



ICED TEA (1 CUP)
25-70mg



**ENERGY DRINK
(PER CAN)**
up to 180mg



COLA (355 ML CAN)
40-50mg

Reducing Caffeine Small Changes to Try

Small
steps
big
changes

- Switch one cup of coffee to half-caffeinated or decaffeinated coffee
- Try herbal teas like chamomile or peppermint
- Drink water alongside caffeinated beverages

Tips for better sleep

- Avoid caffeine 6–8 hours before bedtime.
- Try switching to decaffeinated coffee or herbal tea in the afternoon
- Notice how different drinks affect your sleep.



**DID YOU
KNOW?**



Learn more about
the new supplemented
food facts table

CANADA.CA/HEALTH

Canada

Did you know that a new caution identifier will appear on some foods or drinks you may have already been consuming? Supplemented foods, like caffeinated energy drinks or bars with added vitamins and minerals, are foods or drinks with one or more supplemental ingredients. You will start seeing a new supplemented food facts table on their labels that includes a 'Supplemented with' section listing all the supplemental ingredients.

Learn more about supplemented foods and their new labels. Canada.ca/SupplementedFoods

Caffeine Free Beverage Recipes



Stay hydrated and reduce your caffeine intake with these delicious recipe ideas:

- [Berry zinger mocktail](#)
- [Citrus water with cucumber and mint](#)
- [Sparkling ginger lime mocktail](#)



Additional Resources

- [Canada Food Guide](#) [Make water your drink of choice](#)
- [Caffeine Foods](#)
- [Choose Healthy Drinks](#)
- [AHS Sleep Habits Class](#)
- [30 Days to a Well-Rested You](#)
- [Learn About Caffeine](#)

Upcoming Events, Classes and Other Resources

We offer workshops to support your health and wellbeing, including sessions focused on [preventing or managing chronic disease](#). For a complete list of workshops that are available anywhere in the province, click [here](#).

Check out many other resources at the [Nutrition for Older Adults](#) webpage.

**CHECK
OUT**

Contact

Have questions? Contact your local Registered Dietitian at Community Health Services:

Medicine Hat 403-502-8200
Brooks 403-501-3300
Lethbridge 403-388-6666

For more information on this or other nutrition topics, go to:

www.healthyeatingstartshere.ca



Questions? Email us at publichealthnutrition.southzone@ahs.ca