

HEALTH NEWS

Caffeine And Health

(NAPSA)—What's the buzz on caffeine? For those who like to savor delicious chocolates or enjoy drinking tea, coffee or soda, there's good news.

Caffeine is one of the world's most widely studied food ingredients and is safe when enjoyed in



Moderate caffeine consumption is 300 milligrams a day.

moderation. According to the American Medical Association (AMA), moderate tea and coffee drinkers need not worry about any negative health effects. Another review by the U.S. Food and Drug Administration (FDA) attested to the safety of caffeinated soda.

Moderate caffeine consumption is about 300 milligrams—or three cups of coffee—per day. Because people differ in their sensitivity to caffeine, some may experience mild temporary effects if they suddenly stop drinking it. As to caffeine being a diuretic, the Institute of Medicine reported that it was not dehydrating.

For more information, visit the International Food Information Council at www.ific.org.