

WHAT IS YOUR CAFFEINE IQ?

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Below are some statements that you can use to test your caffeine IQ.

Caffeine may increase your risk of miscarriage:

True, recent studies have found that women should give up caffeine for the first 3 – 4 months of their pregnancy according to a study in the Journal of Obstetrics and Gynecology. Women who consume 200 milligrams or more of caffeine a day, may double their miscarriage risk.

Moderate amounts of caffeine are considered safe:

True, 100 – 200 mg of caffeine is considered to be safe for most people. Experts agree that 600 mg of caffeine or more is too much.

2 – 5 ounce cups of coffee, 4 cans of soda or 25 ounces of tea contain 200 mg of caffeine:

True

Caffeine can cause health problems:

True, caffeine can cause the following symptoms: insomnia, jitteriness, fast or irregular heart beat, elevated blood pressure, headaches, nervousness, dizziness, anxiety, panic attacks, heartburn, dehydration and physical dependence.

Caffeine overdose is dangerous and can lead to death:

True, it is confirmed a 19 year old college student died after taking too many caffeine tablets to stay awake. A caffeine tablet is equal to 1 – 3, 5 - ounce cups of coffee.

Caffeine is good to drink before or after a workout:

False, caffeine is a diuretic, meaning it makes your body lose water. Drinks containing caffeine are not the equivalent of drinking water.

Caffeine can sober a person up:

False, caffeine doesn't make a drunk person sober or rid the effects of alcohol from ones system.

Keep in mind that caffeine is a drug, as well as a food additive. You should monitor your intake of caffeine, by checking food labels.

Information from this article was obtained in part from the New York Times and the FDA.