

CORE HEALTH

NATUROPATHIC WELLNESS CENTER

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COMPUTE YOUR CAFFEINE

The following exercise will help you identify the sources of caffeine in your diet. From the items listed:

1. Record the NUMBER OF SERVINGS of each item you consume in a typical 24 hour period.
2. Multiply the number of servings by the MG CAFFEINE per serving.
3. Add the total amounts to get a DAILY TOTAL.

SOURCE OF CAFFEINE SERVINGS / DAY	NUMBER OF SERVINGS	MG. CAFFEINE (MG)	TOTAL CAFFEINE
COFFEE: (6oz / serving)			
Automatic Drip		X 180	
Automatic Perk		X 125	
Instant		X 75	
Decaffeinated		X 5	
Coffee Flavoured Instant Mixes		X 50	
COCOA: (6oz / serving)		X 11	
TEA: (6oz / serving)			
Black (5 minutes brew)		X 75	
Green (3 minutes brew)		X 32	
Decaffeinated		X 1	
SOFT DRINKS: (12 oz / serving)		X 45	
NON-PRESCRIPTION DRUGS: (One Tablet)			
Dexatrim / Dietac		X 200	
Vivarin		X 200	
No Doz		X 100	
Excedrin		X 65	
Anacin		X 35	
Midol		X 30	
Coricidin		X 30	
DAILY TOTAL:			