

I dont know



Health Canadas recommendations on caffeine intake for women of child-bearing age and children were lowered in 2003 based on new research.

For the rest of the general population of healthy adults, the long-standing advice still applies of no more than 400mg of caffeine per day, the equivalent of about three 8-oz (237ml) cups of brewed coffee. Canadian adults get an estimated 60% of their caffeine from coffee and about 30% from tea. The remaining 10% comes from cola beverages, chocolate products and medicines. For children aged one to five, about 55% comes from cola drinks, about 30% from tea, and about 14% from chocolate. The rest comes from other sources, including medicines.

For children age 12 and under, Health Canada recommends a maximum daily caffeine intake of no more than 2.5 milligrams per kilogram of body weight. Based on average body weights of children, this means a daily caffeine intake of no more than: ??? - 45 mg for children aged 4 - 6; ??? - 62.5 mg for children aged 7 - 9; and ??? - 85 mg for children aged 10 - 12. Those recommended maximums are equivalent to about one to two 12-oz (355 ml) cans of cola a day. For women of childbearing age, the new recommendation is a maximum daily caffeine intake of no more than 300 mg, or a little over two 8-oz (237 ml) cups of coffee. For the rest of the general population of healthy adults, Health Canada advises a daily intake of no more than 400mg. Caffeine sensitivity (the amount of caffeine that will produce an effect in someone) varies from person to person.

On average, the smaller the person, the less caffeine needed? to produce side effects. Caffeine sensitivity is most affected by the amount of caffeine a

person has daily. People who regularly take in a lot of? caffeine soon develop less sensitivity to it. This means they may need more caffeine to achieve the same effects.

Caffeine is a diuretic, meaning it causes a person to urinate (pee) more. Its not clear whether this causes dehydration or not. To be safe, its probably a good idea to stay away from too much caffeine in hot weather, during long workouts, or in other situations where you might sweat a lot.? Caffeine may also? cause the body to lose calcium, and that can? lead to bone loss over time. Drinking caffeine-containing soft drinks and coffee instead of milk? can have an even? greater impact on bone density and the risk of developing osteoporosis. Caffeine can aggravate certain heart problems. It may also? interact with some medications or supplements.

If you are stressed or anxious, caffeine can make these feelings worse. Although caffeine is sometimes used to treat migraine headaches, it can make headaches worse for some people. My opinion on caffeine is very simple.

As long as people know the side and future effects of caffeine, they should enjoy it while they can. I don??™t think people should over drink and take advantage on having caffeine, but to just have a bit each day and not go over the recommended amount. Since many drinks and even medication has caffeine, alternate choices could always be made. I personally enjoy having a bit of caffeine each day, but I don??™t usually go over the amount that??™s been recommended. If people drink various drinks with caffeine in it just for awareness, I believe that there are many other ways to do so. I think people

shouldn't consume too much caffeine because even though it may not be affecting them now, it most likely will in the future. Kids especially should be aware of how much caffeine they're having each day because it could have a big affect on them later on.

I agree with Health Canada's recommended amount because it seems like a decent amount to have.[pic][pic][pic]