



Dr. Julia Gonen, N.D.
 7 hate'ena street
 bnei atarot 60991
 p: 050.933.6004
 e: julia@gaianaturopathic.com
 www.gaianaturopathic.com

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:			

Additional Sources of Caffeine:

- Chocolate
- Energy Drinks
- Guarana containing products

Note: The above list is not exhaustive. Many other food sources, beverages, and drugs also contain caffeine. Read labels carefully and familiarize yourself with hidden sources of caffeine.

To understand just how much caffeine is in beverages, foods and drugs you may consume go to:
http://www.gaianaturopathic.com/docs/caffeine_content.pdf