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Palm Beach Gardens Director of Pharmacy Judy Arnold is interviewed on the effects of caffeine on the body.

5 Unexpected Sources of Caffeine

Whether you want to avoid staying up all night or are looking for something to wake you up, look out for these hidden sources of caffeine.

DECAFFEINATED COFFEE

Decaf doesn't always mean caffeine-free, says Judy Arnold, head of pharmacy at Palm Beach Gardens Medical Center. In a recent study of decaf coffees at major coffee distributors, some of the decaf beverages tested as containing as much as 20 mg of caffeine. In regular serving of coffee contains about 100 mg, she says.

YOGURT AND ICE CREAM

Watch out for chocolate or coffee-flavored ice cream or yogurt. "Six ounces of Dannon's coffee low-fat yogurt has more caffeine than a can of coke does," she says.

HEADACHE MEDICATION

Because headaches are often due to caffeine withdrawal, many remedies have caffeine purposely added to them. Make sure to take a plain Tylenol, she says, adding that these medications can interact with caffeine from other sources and cause you to become even more stimulated.



Photo by Sander Klaver

CHOCOLATE

The darker the chocolate, the higher the caffeine, Arnold says.

VITAMIN WATER

In one energy citrus flavor, 20 to 50 mg of caffeine were added. Always watch for words like "energy," Arnold says.