

Coffee House Buzz

If you have high blood pressure, trouble sleeping or heartburn you may be more vulnerable to the effects of caffeine.



- Shortly after drinking 2-3 cups of coffee, blood pressure can increase by **3-14 mmHg**. The long-term effect of coffee consumption on blood pressure is less clear, but it does not appear to cause hypertension.^{1,2}
- Caffeine can worsen sleep problems, such as insomnia, when taken close to bedtime.³
- Coffee may also worsen heartburn.^{4,5}

Caution with caffeine content



Product	Caffeine ⁶
Drip Coffee (16 oz.), Starbucks®	550 mg
Home Brewed Drip Coffee (8 oz.)	135 mg
Instant Coffee (8 oz.)	95 mg
Espresso (2 oz.), Starbucks®	70 mg
Tea, leaf or bag (8 oz.)	50 mg
Cola (12 oz.)	35-55 mg
Decaf Drip Coffee (16 oz.), Starbucks®	10 mg

Average caffeine levels for beverages (rounded to the nearest 5 mg)

If you are watching your weight, watch-out for coffee extras^{7,8}

	Calories	Fat (g)
White Chocolate Frappuccino® with whipped cream (16 oz.)	610	19
Mocha with whipped cream (16 oz.)	400	22
Soy Latte (16 oz.)	210	6
1 Tbsp whipped cream	90	9
1 Tbsp of nondairy creamer	40	2
1 Tbsp mocha syrup	25	0.5
1 Tbsp half-and-half	20	2

References

1. Nurminen ML, et al., Coffee, caffeine and blood pressure: a critical review. *Eur J Clin Nutr* 1999 2. Higdon J.V., Coffee and Health: A Review of Recent Human Research. *Critical Reviews in Food Science and Nutrition*, 2006. 3. Smith A., Effects of caffeine on human behavior. *Food Chem Toxicol* 2002;40(9):1243-1255. 4. Feldman M., Relationships between the acidity and osmolality of popular beverages and reported postprandial heartburn [abstract]. *Gastroenterology* 1995 5. Brazer SR, et al. Effect of different coffees on esophageal acid contact time and symptoms in coffee-sensitive subjects. *Physiol Behav* 1995;57(3):563-567. 6. Caffeine: The Inside Scoop. *Nutrition Action Healthletter*. Dec 1996. http://www.cspinet.org/nah/caffeine/caffeine_corner.htm. Accessed 5/30/06. 7. Zelman Kathleen. The Buzz on Coffee. *WebMD*. Mar 2006. <http://www.webmd.com/content/Article/120/113811.htm> Accessed 5/9/06. 8. Starbucks Nutritional Comparison Table. <http://www.starbucks.com>. Accessed 6/28/06.