



COFFEE TRIVIA QUIZ

How much do you really love your java?

- How many cups of coffee per day is considered "heavy" use?
 - 2-3
 - 4-7
 - 8-10
 - over 10 cups
- Caffeine was on the Olympic Committee's list of prohibited substances until 2004. How many cups of coffee did it take to be over the limit and get banned?
 - 5
 - 10
 - 15
- Which states grow coffee in the United States?
 - Florida
 - Texas
 - Hawaii
 - New Mexico
- Which country produces the most coffee in the world?
 - Peru
 - Brazil
 - Columbia
- How much caffeine can the human body absorb at one time?
 - 100mg
 - 300mg
 - 1000mg

- TRUE OR FALSE?
Espresso has more caffeine of a regular cup of coffee.
- Which country in the world consumes the most coffee?
 - Germany
 - Canada
 - United States
- Which has more caffeine?
 - dark roasted coffee
 - medium roasted coffee
 - decaffeinated coffee
- TRUE OR FALSE?
Caffeine gives you more energy.
- TRUE OR FALSE?
Caffeine is made from coffee beans.

HERE'S YOUR SCORE!

- 9-10 **CAPPUCCINO PH.D.**
You might know just a little TOO much about coffee.
- 5-8 **COFFEE MASTER**
You've got the basics, now you have to master the details.
- 4 or less **JAVA JUNIOR**
You may love your coffee, but it's not an art to you.

Give yourself 1 point for every right answer

1. Yep - just 4-7 cups is considered "heavy" caffeine use. If you're in that range (or over!) you might want to think about cutting a cup or 2 out of your day.

2. A. Just 5 cups of coffee would put you over the legal limit before 2004. That rule was changed so that athletes drinking caffeinated sodas or coffees would no longer be penalized.

3. only C. Coffee is not grown anywhere in the continental United States.

4. B. Brazil wins the prize with almost 4 billion coffee trees. Columbia is second with about 2/3's Brazil's production.

5. B. About 4 cups of coffee. After 300 mg, caffeine is cast off with no further effects. The body dissipates 20% of the caffeine in its system every hour.

6. FALSE. Espresso has only about 1/3 the caffeine of a cup of regular coffee.

7. C. The good old U.S. of A. imports about 30% of the world's supply of coffee.

8. B. Surprisingly, the lighter the brew, the more caffeine, since caffeine is released by the brewing process.

9. FALSE. Caffeine merely interferes with the chemical in your brain that makes you feel sleepy - you get only the illusion of energy from caffeine.

10. FALSE. We say coffee beans, but they are officially coffee "berries."

Caffeine Consumption Guide

Drink

ITEM	SERVING SIZE	CAFFEINE (milligrams)
Coffee	150 ml (5 oz)	60-150
Coffee, decaf	150 ml (5 oz)	2-5
Tea	150 ml (5 oz)	40-80
Hot Cocoa	150 ml (5 oz)	1-8
Chocolate Milk	225 ml	2-7
Red Bull	8.2 oz	80
Jolt Cola	12 oz	71
Mountain Dew	12 oz	55
Mello Yellow	12 oz	53
Surge	12 oz	51
Tab	12 oz	47
Diet Coca Cola	12 oz	45
Dr. Pepper	12 oz	41
Sunkist Orange	12 oz	40
Mr. Pibb	12 oz	40
Pepsi Cola	12 oz	38
Cherry Coca-Cola	12 oz	34
Coca Cola	12 oz	34
RC Cola	12 oz	34
Lipton Brisk Tea	12 oz	9
7-Up	12 oz	0
Mug Root Beer	12 oz	0
Sprite	12 oz	0

Over-the-counter drugs

Dextrim	1 tablet	200
Vivarin	1 tablet	200
No Doz	1 tablet	100
Excedrin	1 tablet	65
Vanquish	1 dose	33
Anacin	1 tablet	32
Midol	1 tablet	32
Triaminicin	1 tablet	30
Dristan	1 tablet	16

Food

ITEM	SERVING SIZE	CAFFEINE (milligrams)
Ben/Jerry No Fat Coffee		
Fudge Froz. Yog.	1 cup	85
Starbucks Coffee Ice Cream	1 cup	40-60
Dannon Coffee Yogurt	8 oz.	45
Chocolate Bar	50 g	3-63
Chunky Bar	1 bar (40 g)	11.6
100 Grand Bar	1 bar (43 g)	11.2
Nestle Crunch Bar	1 bar (40 g)	10
Krackel Bar	1 bar (47 g)	8.5
Peanut Butter Cup	1 pk (51 g)	5.6
Kit Kat Bar	1 bar (46 g)	5
Mr. Goodbar	1 bar (50 g)	5
Raisinets	10 pieces (10 g)	2.5
Butterfinger Bar	1 bar (61 g)	2.4
Baby Ruth Bar	1 bar (60 g)	2.4
Dark Chocolate Bar	1 bar (41 g)	31
Chocolate Brownie	1.25 oz	8
Chocolate Chip Cookie	30 g	3-5
Chocolate Ice Cream	50 g	2-5
Milk Chocolate	1 oz	1-15
Bittersweet Chocolate	1 oz	5-35
Butterfinger Bar	1 bar (2.16 oz)	2
After Eight Mint	2 pc (8 g)	1.6
Jell-O Pudding Pop		
Chocolate	1 bar (77 g)	2

How much caffeine is too much caffeine?

Experts recommend keeping your daily intake of caffeine to 300mg or less. Too much caffeine can cause sleep problems, muscle tremors, headaches, irritability and abnormal heart rhythms. Track your caffeine intake for a week to see how much you get each day and where you might be able to cut back.