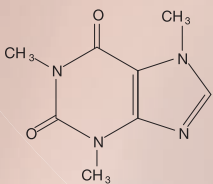


Caffeine

The stimulant in coffee

Caffeine – the most well-known ingredient in coffee – is a substance (a chemical known as alkaloid) which is found in the beans, leaves, and fruits of over 60 plants, e.g. coffee, yerba and mate tea and cocoa.

GOOD TO REMEMBER



In the human body caffeine acts as a stimulant on the central nervous system, improves alertness and awareness and removes tiredness. The caffeine content in coffee varies widely depending on the type of

coffee (e.g. the Robusta variety contains more than double the caffeine of Arabica coffee) and the method of preparation used. Generally, dark roast coffee has less caffeine than light roast because during the roasting process the caffeine content decreases.

Caffeine not only in coffee

Caffeine is not only found in coffee but also in tea* (black tea, green tea and mate), cocoa, guarana and cocoa-based drinks. The caffeine content of foods and beverages made from these products varies according to the plant variety used, the treatment process and the method of preparation.

*For tea the term used is theine, which has the same chemical structure as caffeine

Food/beverage	Average value [mg]	Range [mg]
Coffee		
Filter coffee (150ml)	115	60-180
Soluble coffee (150ml)	65	30-120
Decaffeinated coffee (150ml)	3	1-5
Espresso (30ml)	40	30-50
Black tea		
Infused tea (150ml)	40	20-90
Instant tea (150ml)	30	25-50
Iced tea (240ml)	45	45-50
Sodas and energy drinks		
Cola-based drinks (300ml)	40	35-55
Energy drinks (250ml)	80	n.a.
Cocoa-based beverages		
Cocoa drinks (150ml)	5	2-20
Chocolate milk (240ml)	6	2-7
Chocolate		
Milk chocolate (100g)	15	3-35
Dark chocolate (100g)	90	50-110
Cooking chocolate (30g)	26	n.a.

GOOD TO KNOW

Decaffeination

Caffeine is usually appreciated for its stimulating effect. Some consumers, however, prefer to enjoy the full flavour of coffee without the stimulation. Different processes have thus been developed to eliminate caffeine from the coffee bean in order to obtain a coffee with all its flavour but without the stimulatory effect. The generally preferred method involves water only. Almost all methods for decaffeinating coffee consist of soaking the beans in water to dissolve the caffeine, extracting the caffeine with either a solvent or activated carbon, and then re-soaking the beans in the decaffeinated water to reabsorb the flavour compounds that were removed in the extraction. If a solvent is used, no residues are left in the coffee. However, all brands of decaffeinated coffee still contain very low residual caffeine. Drinking twenty cups of decaf in a row may therefore deliver as much caffeine as one cup of regular coffee.

