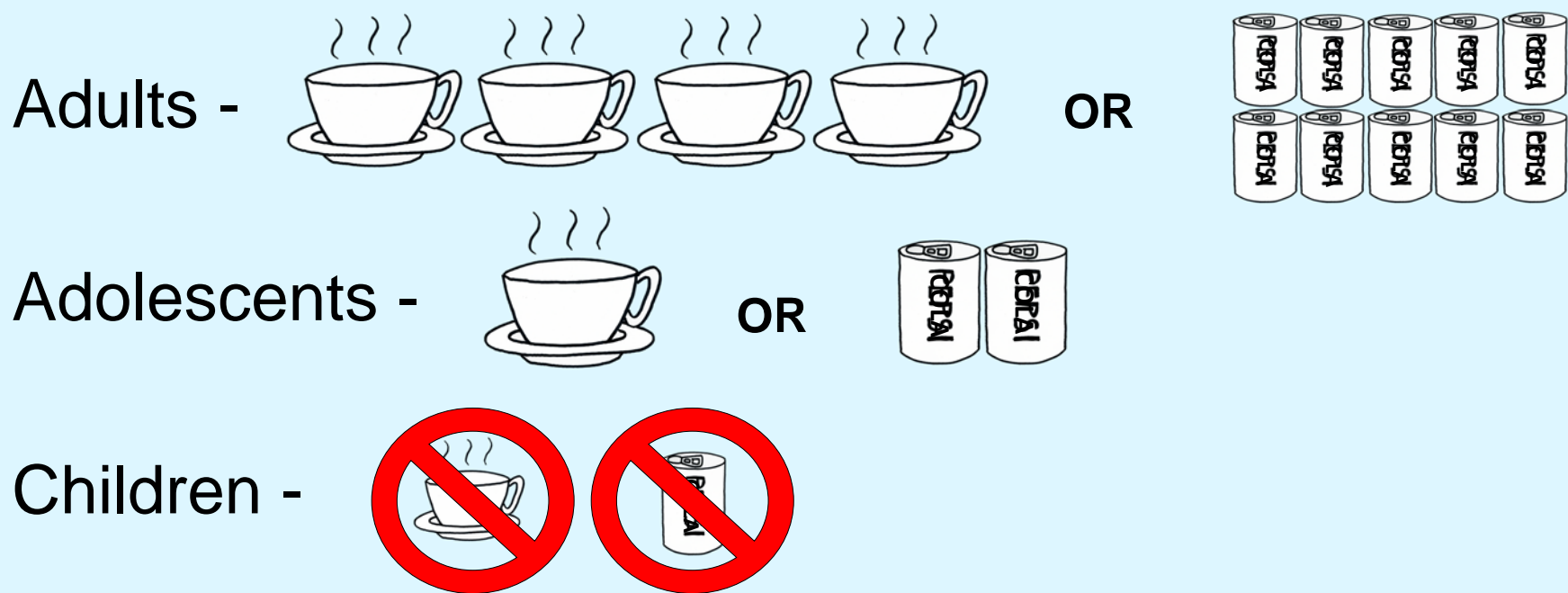


How much is too much caffeine?



Try Swapping

Coffee and Tea

- **Go Decaf** - Most decaffeinated drinks taste the same as their caffeinated counterparts
- **Go Herbal** - Herbal teas are a tasty alternative without the caffeine

Cola and Fizzy Drinks

Not only do fizzy drinks like cola contain caffeine, they are also high in sugar which can cause tooth decay and weight gain.

- Try replacing fizzy drinks with water flavoured with a slice of lemon, watermelon, lime or a splash of fruit juice.
- For children who like fizzy drinks try replacing this with sugar free squash and sparkling water