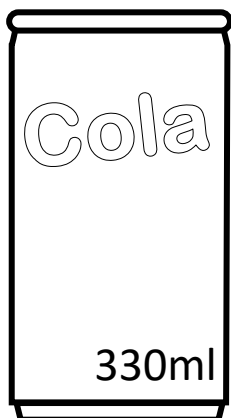
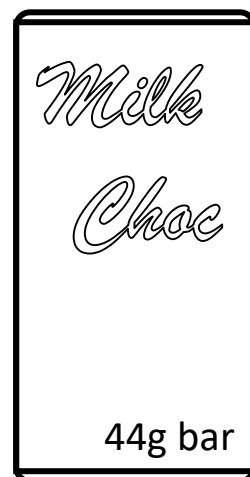


# MANAGE YOUR CAFFEINE

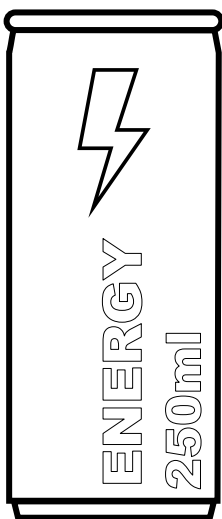
Can you match these products to the amount of caffeine they each have?



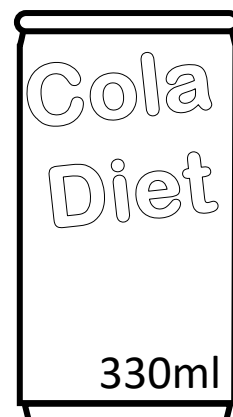
46mg



47mg



94.8mg



80mg

8.8 mg



34mg



Caffeine is a stimulant and can temporarily make us feel more alert or less drowsy. Effects from caffeine can stay in our bodies for 7 hours. Having too much caffeine can cause us to not sleep well, have an upset stomach, feel unhappy or anxious. For children 4 years or older, an occasional caffeine treat is ok and around 45 mg per day is recognized as a safe amount, but caffeine shouldn't be a daily part of a child's diet. Choose a can of coke or a chocolate bar