



For The Remote Sector

NUTRITION FACT SHEET

Caffeine: A Guide For Remote Workers

Caffeine, a globally recognised energiser, is a popular choice worldwide for enhancing alertness and concentration, especially for those enduring extended or nighttime work shifts. Whilst caffeine can make these demanding hours more manageable, it's crucial to understand the optimal caffeine intake. In this fact sheet, we explore caffeine containing food and beverages, the daily caffeine guidelines and responsible consumption strategies.

KEY MESSAGES

- Caffeine works to **increase alertness and reduce fatigue**.
- When consumed in excess, caffeine can lead to **increased heart rate and blood pressure, insomnia and anxiousness**.
- Caffeine intake should be kept to 200-400mg per day, which is equal to approximately **2-4 cups of coffee**.
- It's important to **maintain hydration** levels by drinking water if consuming caffeine in amounts greater than this.

some studies also suggest that it can also increase fat burning during exercise and reduce appetite.

However, when consumed caffeine intake can have some negative effects, such as increased heart rate, increased blood pressure, insomnia and anxiousness.

Therefore, if you are consuming caffeine it's important to do so in safe amounts.

HOW MUCH CAFFEINE IS SAFE?

Whilst caffeine can help to improve alertness and focus during shift work, it is essential to consume it in moderate.

For most adults a daily caffeine intake of 200-400mg is generally considered safe. However, individual sensitivity varies, so adjust your intake based on your body's response.

WHAT IS CAFFEINE?

Caffeine is naturally occurring stimulant that can be found in a wide range of sources including but not limited to coffee, tea, energy drinks, cola drinks and chocolate.

Caffeine acts to instantly boost alertness, reduce fatigue and can help individuals feel more awake and engaged during long and demanding work hours. When consumed in healthy amounts,



For The Remote Sector

NUTRITION FACT SHEET

Caffeine: A Guide For Remote Workers

The caffeine content in some commonly found food and beverages can be seen below:

Food	Caffeine Content (mg)
Coffee (1 cup)	80-120mg
Black Tea	65-105mg
Green Tea	30-50mg
Energy Drinks (250mL)	160mg
Cola Drink (one can)	40-49mg
Dark Chocolate (55g)	40-50mg

HYDRATION

Balancing caffeine intake with hydration is crucial, especially in remote areas or locations with high temperatures, where the risk of dehydration can be increased. Given that caffeine is a mild diuretic, meaning that it can potentially contribute to fluid loss (when consumed in large amounts), which can be particularly concerning in remote mining environments where access to water sources may be limited.

The good news is that, if your caffeine intake is within the recommended amount of 200-400mg/day (or approximately 2-4 cups of coffee), this does not cause dehydration in healthy adults. Whilst it's not recommended to consume more than this, if you are consuming above this amount of caffeine, rehydration with water is important.

Water is still the best choice to stay hydrated, with the goal being to consume at least 8 cups of water per day. In hot and arid conditions, such as remote mining sites, you may need more than this to maintain hydration levels.

CONCLUSION

Whilst caffeine can help to increase our alertness and focus, particularly during long working hours, it is important to carefully monitor your caffeine intake, stay well hydrated and remain attuned to how your body reacts to caffeine.

By adapting to these measures, it can help to ensure that your daily coffee can be enjoyed without any adverse effects.

For more information, please visit:

Food Standards Australia and New Zealand: Caffeine

<https://www.foodstandards.gov.au/consumer/generalissues/pages/caffeine.aspx>

Better Health Channel: Caffeine

<https://www.betterhealth.vic.gov.au/health/healthyliving/caffeine>

**NUTRITION
FACT SHEETS BY
CATER CARE**