

## Caffeine. - The Ultimate Nutrition Guide for Women.

by Leslie Beck



It's recommended a daily maximum of 400 to 450 milligrams of caffeine for good health.

If you have assessed your daily caffeine intake and determined that you're overdoing it, gradually cut back over a period of two to three weeks to minimize withdrawal symptoms such as headaches, tiredness or muscle pain.

Start by eliminating caffeine from the latter part

of your day. Stick to a "no caffeine" rule after noon. Switch to low-caffeine beverages, like tea or hot chocolate, or caffeine-free alternatives such as decaf coffee, herbal tea, cereal coffee, juice, milk or water. If you're still hooked on coffee, order a latte or cappuccino to get extra calcium. And if your gut is sensitive to lactose in milk, try a soy latte (make sure the soy beverage is calcium fortified).