

Joe College

BY MARK BEESON

CAFFEINE

PHILADELPHIA, PA. — Caffeine is a substance consumed by people in almost all age groups. Many soft drinks, for example, contain caffeine, which means young people start ingesting caffeine at an early age.

And if not in what people drink, caffeine is eaten in other foods — baked goods, frozen dairy products, gelatins, puddings, chocolate, soft candies.

It is also consumed in many common medications — cold, headache, allergy, stay-awake, and other remedies, both non-prescription and prescription. According to the Food and Drug Administration, more than 1,000 over-the-counter drugs show caffeine as a listed ingredient. There is today a wide selection of products that either have no caffeine in them or have reduced caffeine content. Many of these products, especially soft drinks, were introduced after FDA in 1980 advised pregnant women to be prudent about how much caffeine they consumed.

Caffeine is a drug and, like most drugs, it enters the bloodstream and crosses the placental barrier to reach the unborn child. FDA offered this advice to pregnant women: Check with your doctor before taking any drugs, including simple over-the-counter medicines such as aspirin and sleeping preparations.

Because of its long history of use in the human food supply, caffeine for many years has been included on FDA's list substances that are "generally

recognized as safe" — the so-called GRAS list. FDA's 1980 advisory to pregnant women prompted new scientific studies on caffeine.

Agency officials report that, to date, the evidence received does not suggest that caffeine at present levels of consumption poses a hazard to public health. The agency expects the ongoing safety studies to help resolve other concerns raised about caffeine consumption.

The caffeine content of regular coffee may range from 30 to 120 milligrams (mg) in a 5 ounce cup. The average for coffee made by the drip method is 115 milligrams; for percolated coffee, 80. Instant coffee has an average of 65 mg. Decaffeinated coffee runs 1 to 5 mg. A 5-ounce cup of tea runs 25 to 110 mg. Brewed tea generally has more caffeine than instant.

A cup of cocoa ranges from 2 to 20 mg of caffeine, with an average of 4 mg for a 5 ounce cup. Chocolate milk average 5 mg for an 8 ounce glass.

Soft drinks range in caffeine content from 1.2 to 58.8 mg for a 12-ounce serving, according to the Institute of Food Technologists. That institute also reported that there are at least 68 caffeine-free flavors and varieties produced by leading bottlers. Of those drinks that contain caffeine, the average content for 22 major manufacturer brands was 41.6 mg per 12 ounces. If you have further questions, please direct them to the Consumer Affairs Officer Theresa A. Young (215) 597-0837.

media 300 W. Baltimore Avenue * STREET PARKING AVAILABLE

mini art

- * 1/2 LB. MINI HOAGIES 99¢
- * REGULAR HOAGIES \$1.99

3 Hotdogs for Only \$1.00 !!

COUPON HONEY BUNN & 10 OZ. COFFEE With Coupon 49¢

CALL IN ORDERS Phone * * 565-3409

FOR A PENN STATE BACCALAUREATE DEGREE
 In an intimate campus environment
 It's a **CAPITOL ALTERNATIVE**
 at
PENN STATE/CAPITOL CAMPUS
 Middletown, Pennsylvania
 The Upper Division and Graduate Center of
THE PENNSYLVANIA STATE UNIVERSITY
LOOK US OVER — WE MAY HAVE JUST THE PROGRAM YOU'RE LOOKING FOR

Accounting	Actuarial Mathematics	American/International Studies	Building Construction Technology	Business Administration	Computer Applications	Computer Operations	Early Childhood Education	Economics	Electrical Design	Engineering Technology	Elementary Education	Energy Technology	Finance
Health Care Management	Humanities	Humanities/Business	Literature	Marketing									

For Further Information — Call or Write:
ADMISSIONS OFFICE
 Penn State/Capitol Campus
 Middletown, PA 17057
 Toll free: 1-800-222-2056

Mathematics
 Mechanical Design
 Engineering Technology
 Multi-Media Journalism
 Philosophy
 Psychosocial Science
 Public Policy
 Secondary Education
 (English, Mathematics, Social Studies)
 Social Science
 Transportation Technology
 Water Resources Engineering Technology