

CAFFEINE



Caffeine



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graph TD; A([Caffeine]) --> B([is a purine alkaloid stimulants, bitter colorless or white crystals. Is a stimulant found in coffee, tea and many soft drinks]);
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Coffee has a bad reputation when it comes to the damage it's said to do to kids and pregnant women, largely because of the caffeine content. But as it turns out, claims are largely unsubstantiated—as long as moderation is practiced.



One of the claims made is that children who drink coffee will have their growth stunted.






Studies on children and adolescents who drank coffee over a six-year period showed absolutely no loss in bone density or growth. Caffeine might hinder the body's ability to absorb calcium, but in such a small amount that it's pretty negligible. A healthy, well-rounded diet will mean there are no ill effects from the caffeine intake. Eat the way you're supposed to, and a cup of coffee's not going to hurt you.

So why do we think that? Because we're buying into the advertising campaign of a product that tried to replace coffee as the morning drink of choice.

Без кофеина

A close-up photograph of a white ceramic coffee cup filled with a dark liquid. A wisp of white steam rises from the surface of the liquid. The background is a dark, out-of-focus cityscape at night, with numerous warm, yellow and orange bokeh lights from buildings and streetlights. The overall mood is cozy and urban.



In the 1800s, the breakfast-centric company Post invented a caffeine-free beverage that they marketed to replace coffee at the breakfast table. It was called Postum, and clearly the manufacturer would do or say anything to monopolize breakfast. To do that, they had to make parents aware of the dangers they were giving their children with their morning cup of coffee. That included depressed heart function, the development of a pale, sallow complexion, indigestion, and, of course, stunting of their growth.

There's never been any real evidence to support any of Post's claims, and the campaign eventually died out. (Even though Postum is still made today.)




Of course, there's still the issue of caffeine's addictive potential and the possibility of it interfering with a child's much-needed sleep. But there's nothing scientific that has shown the caffeine itself is going to be doing any lasting damage to the child who's allowed a cup in the morning



And what about the danger to unborn babies? Pregnant women have long completely cut caffeine out of their diet, but according to the American College of Obstetricians and Gynecologists, minimal to moderate caffeine intake poses no risks and won't increase your chances of a miscarriage.





And considering that your standard, home-brewed cup of coffee has as little as 95 milligrams of caffeine in, it's probably not going to hurt you if you don't turn down that morning cup. And if tea is more your thing? That's still only between 14 and 61 milligrams of caffeine in a single cup. Many doctors will still err on the side of, though, and there's nothing wrong with that.

thank you for his attention

