

### Oral Health Message

Brush teeth and gums at bedtime and on at least one other occasion for 2 minutes daily. Use toothpaste containing at least 1450 parts per million (ppm) fluoride (see toothpaste tube for details). From 0 to 3years use a smear of toothpaste and 3years and above a pea sized amount.

Keep sugary foods and drinks to mealtimes and consume on no more than 4 occasions daily.

Everyone should have regular dental check-ups (whether you have natural teeth or not) to make sure your mouth stays healthy.

Smoking and excessive alcohol consumption can effect the health of your mouth. Speak to your dentist for advice and support.

If you need help to find an NHS dentist call Fife Dental Advice Line on 01592 226555.

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# Caffeine



## Caffeine

Caffeine is found in tea, coffee, cola drinks, energy drinks, some health food supplements and chocolate.

Individuals with a mental health condition often consume large amounts of caffeine containing drinks. This may be to relieve a dry mouth, for the stimulant effects or due to cravings for sugary foods & drinks.

### What does caffeine do?

- Caffeine can increase mental alertness and make you feel more energetic.
- **But** too much caffeine (>600mg/day) can produce anxiety, sleeplessness, agitation, palpitations, diarrhoea and restlessness.
- In individuals with a mental health condition caffeine can worsen psychosis and result in the need for higher amounts of medication.
- Caffeine can reduce how well your antipsychotic medications work.



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## Caffeine content of foods & drinks

| PRODUCT                                | SERVING   | CAFFINE (mg)    |
|--|---|-----------------|
| Tea                                    | 1 mug (200ml)                                       | 45              |
| Coffee ( <i>instant</i> )              | 1 mug (200ml)                                       | 60              |
| Coffee ( <i>brewed</i> )               | 1 mug (200ml)                                       | 100             |
| Lemonade (Sprite, 7up)                 | 1 can (330ml)                                       | 0               |
| Cola<br>( <i>includes diet, zero</i> ) | 1 can (330ml)<br>Bottle (500ml)<br>Bottle (2 litre) | 35<br>53<br>212 |
| Irn Bru                                | 1 can (330ml)<br>Bottle (500ml)<br>Bottle (2 litre) | 30<br>45<br>182 |
| Lucozade                               | 1 bottle (500ml)                                    | 60              |
| Energy drinks                          | 1 can (250ml)                                       | 80              |
| Chocolate                              | Bar (50g)   | 5-36            |

If you continue to have problems you may wish to talk to your doctor about referral to a Dietitian.

Your Dietitian's Details:

A large empty rounded rectangular box with a blue border, intended for writing the dietitian's details.

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