

11TH EUROPEAN NUTRITION AND DIETETICS CONFERENCE

June 29-July 01, 2017 Madrid, Spain

Caffeine and health

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Many foods and drinks contain caffeine (1, 2, 7 trimethylxanthine) as purine alkaloids. On beside of coffee, caffeine can also be taken from drinks such as tea, cola, cocoa and energy drinks. Furthermore caffeine is part of frequently used drugs such as flu medicines, painkillers, slimming pills and stimulating drugs. Caffeine has effects on the body such as staying awake, reducing physical fatigue, increasing performance, increasing attention due to its stimulating properties. Recent studies on caffeine have found that this substance has many effects on the heart and circulatory system, respiratory system and endocrine system as well as the central nervous system. The stimulating effect of caffeine on the specific nervous system makes individuals more vigilant and alerted to the effects on the cardiovascular system as well as accelerating heart rate and vasodilatation by expanding blood vessels. It is a very important stimulating particle as it is found that it results in many complications, such as; insomnia, headache, impaired concentration, rise in heart rate and blood pressure, stomach problems, spontaneous abortions in pregnant women, babies with low birth weight and the diuretic effect. Depending on high dose caffeine consumption (400 mg/kg/day) it also adversely affects bone health and increases the risk of post-menopausal osteoporosis. On the other hand, it is shown that caffeine consumed in appropriate levels positively effects human health. Caffeine alleviates the physical and mental fatigue and thus increases work capacity. It increases alertness and mindfulness and in some cases, it eases headache and migraine pains. Therefore, caffeine is one of the most researched and discussed molecules of recent times.

Biography

Şemsi Gül Yılmaz has completed her Bachelor's degree from Gazi University's Department of Nutrition and Dietetics in Ankara after graduating from primary school and high school in Konya. She completed her Master's degree in Department of Nutrition and Dietetics at Ankara University in 2015. Also, she is a Research Assistant at the same university. She is interested in obesity, nutrigenetics, nutrigenomics and genotoxicity.

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