

Caffeine-Free Diet Guide

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Worldwide Clinical Trials

NOV 15 2012

INTEGREVIEW

What is caffeine?

Caffeine is one of several substances known as xanthines. They are naturally found in coffee, tea, cocoa, chocolate, and the kola nut (extracts of the nut are used in cola soft drinks). Caffeine is also added to some soft drinks and medications. Decaffeinated coffee and tea have only 97% of the caffeine removed and are excluded from this diet.

Please AVOID the following foods and beverages while on a caffeine/xanthine restricted diet:

Coffee	Brewed, instant, flavored, <i>and decaffeinated</i>
Tea	Black and green, brewed, instant, flavored, <i>and decaffeinated</i>
Chocolate	Any food/drink containing cocoa or chocolate (brownies, candy, chocolate milk, etc.)
Cola Soft Drinks	Regular and diet Coke, Pepsi, RC, Dr. Pepper, Tab, Barq's Rootbeer, etc.
Other Soft Drinks	Regular and diet Mountain Dew and Mellow Yello, Caffeinated Energy Drinks
Medications	Any containing caffeine – check the label or ask WCT Research staff

The following caffeine-free beverages are ALLOWED

Please check the label on beverages not listed below.

(Note: Beverages containing grapefruit are not allowed)

Caffeine-free colas	Club Soda	Ginger Ale	Grape Soda	Herb Tea
Sprite®/7UP®	Tonic Water	Lemonade	Milk (white)	Water
Kool-Aid®	Gatorade®	Fanta® Sodas	Fruit Juices	Slice®

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CAFFEINE-FREE SNACK SUGGESTIONS

Vending Machine:

Pretzels	Garden of Eatin'	Chex Mix	Popcorn	Doritos
Animal Crackers	Potato Chips	Cheese-Its	Fritos	Life Savers
Chewing Gum	Skittles	Twisters	Hot Tamales	Fruit Roll Ups
Rice Krispie Treats	Breath Mints	Corn Chips	Corn Nuts	Starburst

Fruits:

Apple	Banana	Cantaloupe	Strawberries	Watermelon
Dates	Figs	Grapes	Mangos	Raisins
Raspberries	Blueberries	Kiwi	Oranges	Honey-Dew Melon

Cookies:

Fig Newtons	Sugar Cookies	Oatmeal/Raisin	Graham Crackers
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If you have any questions about the caffeine-free diet, please call your assigned Research Associate or Study Coordinator.