

No Cardiac Stimulant Diet (Caffeine Restricted)

Your doctor recommends that you restrict foods, drinks and medicines that have caffeine in them. Caffeine is a stimulant to the heart. It increases the heart rate, which increases the amount of oxygen the heart needs. In some cases, this results in heart rhythm irregularity. Caffeine may also cause stomach upset and may bother stomach ulcers or gastritis.

To determine if a product has caffeine, **read the label** carefully. Caffeine is colorless, odorless and flavorless. A cola color does not always mean the product has caffeine.

Food and Drink with Caffeine to Avoid	Choose Caffeine-Free Foods and Drinks
<ul style="list-style-type: none"> • Regular coffees and teas • Energy drinks • Regular and diet cola soft drinks: <ul style="list-style-type: none"> ▶ Coca-cola ▶ Mello Yello ▶ Pepsi ▶ Mountain Dew ▶ Dr. Pepper ▶ Cherry Cola ▶ RC Cola ▶ Big Red ▶ Mr. Pibb 	<ul style="list-style-type: none"> • Decaffeinated coffee and tea • Soft drinks labeled “caffeine-free” • Other caffeine-free soft drinks: <ul style="list-style-type: none"> ▶ Sprite ▶ Club Soda ▶ 7-Up ▶ Seltzer ▶ Squirt ▶ Dr. Brown sodas ▶ Sierra Mist ▶ Ginger Ale ▶ Root Beer ▶ Orange
<ul style="list-style-type: none"> • Chocolate is allowed only in limited amounts as listed on the next page. 	

More on next page →

Learn more about your health care.

Foods and Drinks That Have a Moderate Amount of Caffeine (2-5 mg)

- **Do not** have more than one serving a day of these chocolate containing foods and drinks:
 - ▶ Baby Ruth (2.1 oz bar)
 - ▶ Butterfinger (2.16 oz bar)
 - ▶ After Eight Mints (2 mints)
 - ▶ Chocolate coated raisins (10 each)
 - ▶ Milk chocolate chips (½ oz)
 - ▶ Peanut butter cup (1 each)
 - ▶ Rolos (8 each)
 - ▶ Chocolate ice cream (½ cup)
 - ▶ Whatchamacallit (1.8 oz bar)
 - ▶ Kit Kat (1.625 oz bar)
 - ▶ Chocolate fudge topping (1 Tbsp)
 - ▶ Chocolate syrup (2 Tbsp)
 - ▶ Unsweetened cocoa powder (1 tsp)
 - ▶ Powdered hot cocoa mix (1 oz packet)
 - ▶ Jello-O Pudding pop (1 pop), avoid “Deluxe” pudding pops
 - ▶ Jello-O Chocolate or Milk Chocolate pudding
 - ▶ Pudding from instant mix (½cup)

Many prescription and non-prescription drugs such as cold medicines, pain relievers, water pills (diuretics), stimulants and weight-control medicines have caffeine. Read labels and ask a pharmacist whether certain products have caffeine.

Avoid Non-Prescription Drugs that Have Caffeine:

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| • Anacin | • Dexatrim | • Neo-synephrine |
| • Aqua-ban | • Dietac | • No Doz |
| • Bromoquinine | • Dristan | • Prolamine |
| • Cope | • Excedrin | • Sinarest |
| • Coryban-D | • Midol | • Vanquish |
| • Goody's Headache Powder | | |

Talk to your doctor or pharmacist about using any herb or dietary supplement. Even though these products may come from natural sources, they may not be safe. Use caution and ask to be sure the product does not contain caffeine or other stimulants that may be harmful to your health. Also, check that these products will not interfere with other medicines you are to take.