

Your alarm clock is blaring once again. Do you smack the snooze button or groan and shuffle towards the coffee pot?

When it's lunchtime, are you scavenging the breakroom for a pick-me-up? Are you still snoring into your salad after four, five, or six cups of coffee? When bedtime finally rolls around, do you find yourself staring at the ceiling, unable to shut your eyes?

Maybe it's time for a caffeine break. This article will show you why a break may be good for your health and how you can make the switch to one of seven healthy caffeine alternatives.

## The Gist on Jitters

The average cup of brewed coffee contains about 100mg of caffeine. Our bodies aren't built to handle more than 400mg daily, but unfortunately, as the coffee-drinking habit builds, so does our tolerance.

While caffeine is normally tolerated well by most adults, too much caffeine can take a toll on our body, particularly our nervous, cardiac, and digestive systems.

Too much caffeine can result in:

- Jitters and shakes
- Nervousness and anxiety
- Headache
- Dizziness
- Rapid heart rate
- Dehydration
- Trouble sleeping

## The Top Seven Caffeine Alternatives

Chances are you're familiar with some of the symptoms of too much caffeine. Ready for a caffeine break but still love a morning pick-me-up? We've got your back with these top seven caffeine alternatives.

### 1. Vitamin C

A healthy dose of vitamin C in the morning may be just the thing you need to get started. Vitamin C is an essential nutrient and [provides natural energy](#) to the body. It aids in immune system functions and helps your body convert foods into energy!

### 2. Herbal Tea

Do you prefer a cozy, warm wake-up call? Try replacing your morning coffee with herbal tea. Peppermint tea is said to improve alertness and focus while ginger can kickstart your digestion.

If you like to add sugar or milk to your morning cup, try red Rooibos tea. This South African staple is a smooth, antioxidant-rich tea perfect for boosting your morning mood.

### 3. Golden Milk

Another cozy option for chilly mornings is Golden Milk. Ever heard of golden milk? [This tasty beverage](#) is usually made with warm milk or milk alternatives, turmeric, and other sweet and spicy ingredients to give your morning a kick in the butt.

### 4. Hot Cocoa

Who said hot cocoa was just for kids? You really can't go wrong with this warm and sweet classic. Cocoa powder is another naturally energizing ingredient, and you can pop in some mini marshmallows for a cute touch.

## **5. Malt Drinks**

Some people overlook the energizing benefits of malt drinks, but [this product](#) may be just what you need to get you through a tough day. Malted drinks are packed with vitamins like vitamin D and B, plus they taste delicious!

## **6. Energy Smoothie**

When in doubt, smoothie it out. Adding ingredients like coconut water, mango, oranges, and carrots will give your body a major boost in vitamins C, K, and potassium, and any dairy will provide good protein and calcium. Yum!

## **7. Good Plain Water**

When it comes to energizing beverages, water is surprisingly hard to beat. Keeping a glass or bottle of water by the bed may be just the thing to wake you up. Drink eight ounces every morning, and you'll notice benefits in your skin, stomach, and mind!

## **The Glass Half-Full**

Giving up caffeine doesn't have to mean an overhaul of your morning routine. One of these healthy caffeine alternatives is sure to start your day off on the right foot!

Did you enjoy these suggestions? Are you ready to make more healthy diet choices? Check out our other articles for more tips on health and fitness, beauty, and more!