

Is Decaf Coffee Really Caffeine Free

Most of us know that coffee is always being equivalent to caffeine. There are many who love coffee but can't stand the existence of caffeine in coffee. Therefore decaf coffee is being introduced as the answer to this problem. You must be thinking that the caffeine is taken out of the product and the product is caffeine free, this perception is due to the word decaf or decaffeinated. However, in decaf coffee this is not the case. Not all caffeine is removed from the coffee beans when they undergo decaffeination.

The Standards Of Caffeine In Decaf Coffee

The international standard of caffeine in decaf coffee can only be less than 0.3 % of caffeine from the green coffee beans. While the EU standard requires 99.9 % of the green coffee beans to be free of caffeine by mass . If taking away too much caffeine than that stated in the standard means changing the taste and flavor of the finished product. If the taste is altered where 100% of the caffeine is removed, the producers are fearful that decaf coffee will actually be different from the full coffee, when the taste is no way near the original coffee, they can be sold at a profit.

How Caffeine In Decaf Coffee is Extracted

Before the coffee beans are roasted, decaf coffee is first having to undergo decaffeination . Swiss water process, direct and indirect method, CO₂/O₂ method and triglyceride process are the many ways of making decaf coffee.

The most common ways are, they usually start the unroasted green coffee beans by steaming in varying lengths of time. After the steaming process, the coffee beans are exposed to a solvent that is caffeine free coffee water or something alike to coffee without the caffeine. This exposure is recurrent for several times depending on which standard is the goal for making decaf coffee.

For those who have a negative reaction to caffeine, decaf coffee is going to be a great treat. Caffeine has a aptitude to make one more alert and perky, but the downside to this is that your sense become more sensitive and more stressed due to the unnatural high from the caffeine. those who react differently to caffeine by containing a very small amount of caffeine Decaf coffee helps . This minimal amount of caffeine is fractional enough not to cause the unwanted reaction some people have to it.

If you are allergic to coffee , what are the things that you should be looking out for, are you being more stressed or tense or easily agitated than usual, twitching of the eyes and hands and other signs.

However they could be other diseases so it is best to take advice from a doctor if these signs occur. You can make a conclusion from your reaction to ordinary pure coffee. Is you need to consume decaf coffee instead.

About the Author

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Source: <http://www.articletrader.com>