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Caffeine content in foods and beverages

Coffees	Serving size, oz (mL)	Caffeine, mg
Coffee, brewed	8 (235)	133 (range: 102 to 200)
Coffee, generic instant	8 (235)	93 (range: 27 to 173)
Coffee, generic decaffeinated	8 (235)	5 (range: 3 to 12)
Espresso	1 (30)	40 (range: 30 to 90)
Espresso decaffeinated	1 (30)	4
Teas	Serving size, oz (mL)	Caffeine, mg
Tea, brewed	8 (235)	53 (range: 40 to 120)
Arizona Iced Tea, black	16 (470)	32
Arizona Iced Tea, green	16 (470)	15
Nestea	12 (355)	26
Snapple, Just Plain Unsweetened	16 (470)	18
Snapple, Kiwi Teawi	16 (470)	10
Snapple, Lemon, Peach, or Raspberry	16 (470)	42
Starbucks Tazo Chai Tea Latte (Grande)	16 (470)	100
Soft drinks	Serving size, oz (mL)	Caffeine, mg
FDA official limit for cola and pepper soft drinks	12 (355)	71
7-Up, regular or diet	12 (355)	0
Barq's Diet Root Beer	12 (355)	0
Barq's Root Beer	12 (355)	22
Coke, regular or diet	12 (355)	35 to 47
Dr. Pepper, regular or diet	12 (355)	42 to 44
Fanta, all flavors	12 (355)	0
Fresca, all flavors	12 (355)	0
Jolt Cola	12 (355)	72
Mellow Yellow	12 (355)	53
Mountain Dew, regular or diet	12 (355)	54 (20 oz = 90)
Mountain Dew MDX, regular or diet	12 (355)	71 (20 oz = 118)
Mug Root Beer, regular or diet	12 (355)	0
Pepsi, regular or diet	12 (355)	36 to 38

Sierra Mist, regular or free	12 (355)	0
Sprite, regular or diet	12 (355)	0
TAB	12 (355)	46.5
Energy drinks	Serving size, oz (mL)	Caffeine, mg
5-hour ENERGY	2 (60)	215*
Amp	8.4 (250)	74
Cocaine	8.4 (250)	288
Enviga	12 (355)	100
Full Throttle	16 (470)	144
Glaceau Vitamin Water Energy Citrus	20 (590)	50
Monster Energy	16 (470)	160
Red Bull	8.3 (245)	80
Red Bull Sugarfree	8.3 (245)	80
Rip It, all varieties	8 (235)	100
Rockstar Energy Drink	8 (235)	80
SoBe Adrenaline Rush	8.3 (245)	79
SoBe Essential Energy, Berry or Orange	8 (235)	48
SoBe No Fear	8 (235)	83
Spike Shooter	8.4 (250)	300
Tab Energy	10.5 (310)	95
Frozen desserts	Serving size, oz (mL)	Caffeine, mg
Ben & Jerry's Coffee Ice Cream	8 (235)	68 to 84
Häagen-Dazs Coffee Ice Cream or Yogurt	8 (235)	58
Starbucks Coffee Ice Cream	8 (235)	50 to 60
Chocolates/candies/other	Serving size, various units	Caffeine, mg
Hershey's Chocolate Bar	1.55 oz (45 g)	9
Hershey's Kisses	41 g (9 pieces)	9
Hershey's Special Dark Chocolate Bar	1.45 oz (41 g)	31
Hot cocoa	8 oz (235 mL)	3 to 13
Powdered caffeine	1/16 tsp	200

FDA: US Food and Drug Administration; oz: ounce.

* Reported by Consumer Reports.

References:

1. Harland BF. Caffeine and nutrition. *Nutrition* 2000; 16:522.
2. Juliano LM, Griffiths RR. Caffeine. In: *Substance Abuse: A Comprehensive Textbook, Fourth Edition*, Lowinson JH, Ruiz P, Millman RB, Langrod JG (Eds), Baltimore: Lippincott Williams, & Wilkins, 2005.
3. Center for Science in the Public Interest. *Caffeine Content of Food and Drugs*.

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