

Caffeine Levels in Common Products

Type of coffee	Size*	Caffeine**
Espresso, restaurant-style	1 oz. (30 mL)	40-75 mg
Espresso, restaurant-style, decaffeinated	1 oz. (30 mL)	0-15 mg
Generic brewed	8 oz. (240 mL)	95-200 mg
Generic brewed, decaffeinated	8 oz. (240 mL)	2-12 mg
Generic instant	8 oz. (240 mL)	27-173 mg
Generic instant, decaffeinated	8 oz. (240 mL)	2-12 mg
McDonald's brewed	16 oz. (480 mL)	100 mg
McDonald's Mocha Frappe	16 oz. (480 mL)	125 mg
Starbucks Latte	16 oz. (480 mL)	150 mg
Starbucks Pike Place brewed	16 oz. (480 mL)	330 mg
Starbucks Pike Place brewed, decaffeinated	16 oz. (480 mL)	25 mg

Type of tea	Size*	Caffeine**
Brewed tea		
Black tea	8 oz. (240 mL)	14-61 mg
Black tea, decaffeinated	8 oz. (240 mL)	0-12 mg
Green tea	8 oz. (240 mL)	24-40 mg
Iced tea		
Arizona Iced Tea, lemon-flavored	8 oz. (240 mL)	11 mg
Generic instant, unsweetened	8 oz. (240 mL)	26 mg
Lipton Brisk Lemon Iced Tea	8 oz. (240 mL)	5-7 mg

Soft drink	Size*	Caffeine**
7UP	12 oz. (355 mL)	0 mg
A & W Root Beer	12 oz. (355 mL)	0 mg
Barq's Root Beer	12 oz. (355 mL)	18 mg
Coca-Cola Classic	12 oz. (355 mL)	30-35 mg
Coca-Cola Zero	12 oz. (355 mL)	35 mg
Diet Coke	12 oz. (355 mL)	38-47 mg
Diet Pepsi	12 oz. (355 mL)	27-37 mg
Dr Pepper	12 oz. (355 mL)	36 mg
Mountain Dew	12 oz. (355 mL)	46-55 mg
Pepsi	12 oz. (355 mL)	32-39 mg
Sprite	12 oz. (355 mL)	0 mg

Energy drink	Size*	Caffeine**
5-Hour Energy	2 oz. (60 mL)	207 mg
AMP, regular or sugar-free	8 oz. (240 mL)	72-74 mg
Cran-Energy	8 oz. (240 mL)	70 mg
Full Throttle	8 oz. (240 mL)	70-72 mg
Monster	8 oz. (240 mL)	80 mg
Red Bull	8.4 oz (250 mL)	76-80 mg
Rockstar, regular or sugar-free	8 oz. (240 mL)	79-80 mg
Vault, regular or sugar-free	8 oz. (240 mL)	47 mg

Type of product	Size	Caffeine*
Sweets		
Chocolate chips, semisweet	1 cup	104 mg
Dark chocolate-coated coffee beans	28 pieces	336 mg
Foosh Energy Mints	1 mint	100 mg
Hershey's Kisses	9 pieces	9 mg
Medications		
Excedrin, Extra Strength	2 tablets	130 mg
NoDoz, Maximum Strength	1 tablet	200 mg

Adapted from Pediatrics, 2011; USDA National Nutrient Database for Standard Reference, Release 23, 2010; Food and Drug Administration, 2011; Vroom Foods, Inc., 2011; Journal of Food Science, 2010; American Academy of Pediatrics, 2011; USDA National Nutrient Database for Standard Reference, Release 23, 2010; Consumer Reports, 2011; Mayo Clinic Proceedings, 2010; Journal of Food Science, 2007; Journal of Analytical Toxicology, 2006; USDA National Nutrient Database for Standard Reference, Release 23, 2010; Starbucks, 2011; McDonald's, 2011

*Sizes are listed in fluid ounces (oz.) and milliliters (mL).

**Caffeine is listed in milligrams (mg).