

Caffeine chart

Product	Serving Size ¹	Caffeine (mg) ²
<u>OTC Drugs</u>		
NoDoz, maximum strength; Vivarin	1 tablet	200
Excedrin	2 tablets	130
NoDoz, regular strength	1 tablet	100
Anacin	2 tablets	64
<u>Coffees</u>		
Coffee, brewed	8 ounces	135
General Foods International Coffee, Orange Cappuccino	8 ounces	102
Coffee, instant	8 ounces	95
General Foods International Coffee, Cafe Vienna	8 ounces	90
Maxwell House Cappuccino, Mocha	8 ounces	60-65
General Foods International Coffee, Swiss Mocha	8 ounces	55
Maxwell House Cappuccino, French Vanilla or Irish Cream	8 ounces	45-50
Maxwell House Cappuccino, Amaretto	8 ounces	25-30
General Foods International Coffee, Viennese Chocolate Café	8 ounces	26
Maxwell House Cappuccino, decaffeinated	8 ounces	3-6
Coffee, decaffeinated	8 ounces	5
<u>Teas</u>		
Celestial Seasonings Iced Lemon Ginseng Tea	16-ounce bottle	100
Bigelow Raspberry Royale Tea	8 ounces	83
Tea, leaf or bag	8 ounces	50
Snapple Iced Tea, all varieties	16-ounce bottle	48
Lipton Natural Brew Iced Tea Mix, unsweetened	8 ounces	25-45
Lipton Tea	8 ounces	35-40
Lipton Iced Tea, assorted varieties	16-ounce bottle	18-40
Lipton Natural Brew Iced Tea Mix, sweetened	8 ounces	15-35
Nestea Pure Sweetened Iced Tea	16-ounce bottle	34
Tea, green	8 ounces	30
Arizona Iced Tea, assorted varieties	16-ounce bottle	15-30

Lipton Soothing Moments Blackberry	Tea 8 ounces	25
Nestea Pure Lemon Sweetened Iced Tea	16-ounce bottle	22
Tea, instant	8 ounces	15
Lipton Natural Brew Iced Tea Mix, diet	8 ounces	10-15
Lipton Natural Brew Iced Tea Mix, decaffeinated	8 ounces	< 5
Celestial Seasonings Herbal Tea, all varieties	8 ounces	0
Celestial Seasonings Herbal Iced Tea, bottled	16-ounce bottle	0
Lipton Soothing Moments Peppermint Tea	8 ounces	0
<u>Soft Drinks</u>		
Mountain Dew	12 ounces	55
Surge	12 ounces	51
Diet Coke	12 ounces	47
Coca-Cola	12 ounces	45
Dr. Pepper, regular or diet	12 ounces	41
Sunkist Orange Soda	12 ounces	40
Pepsi-Cola	12 ounces	37
Guarana sodas	12 ounces	30
Barqs Root Beer	12 ounces	23
7-UP or Diet 7-UP	12 ounces	0
Barqs Diet Root Beer	12 ounces	0
Caffeine-free Coca-Cola or Diet Coke	12 ounces	0
Caffeine-free Pepsi or Diet Pepsi	12 ounces	0
Minute Maid Orange Soda	12 ounces	0
Mug Root Beer	12 ounces	0
Sprite or Diet Sprite	12 ounces	0
<u>Caffeinated Waters</u>		
Java Water	1/2 liter (16.9 ounces)	125
Krank 20	1/2 liter (16.9 ounces)	100
Aqua Blast	1/2 liter (16.9 ounces)	90
Water Joe	1/2 liter (16.9 ounces)	60-70
Aqua Java	1/2 liter (16.9 ounces)	50-60

<u>Juices</u>		
Juiced	10 ounces	60
<u>Frozen Desserts</u>		
Ben & Jerry's No Fat Coffee Fudge Frozen Yogurt	1 cup	85
Starbucks Coffee Ice Cream, assorted flavors	1 cup	40-60
Häagen-Dazs Coffee Ice Cream	1 cup	58
Häagen-Dazs Coffee Frozen Yogurt, fat-free	1 cup	40
Häagen-Dazs Coffee Fudge Ice Cream, low-fat	1 cup	30
Starbucks Frappuccino Bar	1 bar (2.5 ounces)	15
Healthy Choice Cappuccino Chocolate Chunk or Cappuccino Mocha Fudge Ice Cream	1 cup	8
<u>Yogurts, one container</u>		
Dannon Coffee Yogurt	8 ounces	45
Yoplait Cafe Au Lait Yogurt	6 ounces	5
Dannon Light Cappuccino Yogurt	8 ounces	< 1
Stonyfield Farm Cappuccino Yogurt	8 ounces	0
<u>Chocolates or Candies</u>		
Hershey's Special Dark Chocolate Bar	1 bar (1.5 ounces)	31
Perugina Milk Chocolate Bar with Cappuccino Filling	1/3 bar (1.2 ounces)	24
Hershey Bar (milk chocolate)	1 bar (1.5 ounces)	10
Coffee Nips (hard candy)	2 pieces	6
Cocoa or Hot Chocolate	8 ounces	5

- 1. Serving sizes are based on commonly eaten portions, pharmaceutical instructions, or the amount of the leading-selling container size. For example, beverages sold in 16-ounce or half-liter bottles were counted as one serving.
- 2. Sources: National Coffee Association, National Soft Drink Association, Tea Council of the USA, and information provided by food, beverage, and pharmaceutical companies and J.J. Barone, H.R. Roberts (1996) "Caffeine Consumption." *Food Chemistry and Toxicology*, vol. 34, pp. 119-129.