

effects of caffeine on the body are not wholly good or bad (<https://cspinet.org/tip/beware-these-effects-caffeine-body>). But exactly how much caffeine is there in the food and beverages you consume?

Coffees

	Serving Size	Caffeine (mg)
Starbucks Coffee, Blonde Roast	venti, 20 oz.	475
Dunkin' Donuts Coffee with Turbo Shot	large, 20 oz.	398
Starbucks Coffee, Pike Place Roast	grande, 16 oz.	310
Panera Coffee, Light Roast	regular, 16 oz.	300
Starbucks Coffee, Pike Place Roast	tall, 12 oz.	235
Dunkin' Donuts Cappuccino	large, 20 oz.	233
Starbucks Caffè Americano	grande, 16 oz.	225
Dunkin' Donuts Coffee	medium, 14 oz.	210
Starbucks Iced Coffee	grande, 16 oz.	190
Panera Frozen Mocha	medium, 16 oz.	188
Starbucks Caffè Mocha	grande, 16 oz.	175
Starbucks Iced Black Coffee, bottle	11 oz.	160
Starbucks—Caffè Latte or Cappuccino	grande, 16 oz.	150
Starbucks Espresso	doppio, 2 oz.	150
Starbucks Doubleshot Energy Coffee, can	15 oz.	145
Starbucks Coffee Frappuccino, bottle	14 oz.	130
Nespresso Kazaar capsule	1 capsule, makes 1 oz.	120

Starbucks Mocha Frappuccino	grande, 16 oz.	110
Maxwell House Light Ground Coffee	2 Tbs., makes 12 oz.	50-100
Starbucks Coffee Frappuccino	grande, 16 oz.	95
Folgers Ground Coffee, House Blend	2 Tbs., makes 12 oz.	60-80
Nespresso capsule—except Kazaar	1 capsule, makes 1 oz.	50-80
Green Mountain Keurig K-Cup—Breakfast Blend or Nantucket Blend	1 pod, makes 8 oz.	75
Maxwell House Lite Ground Coffee	2 Tbs., makes 12 oz.	50-70
International Delight—Iced Coffee or Iced Coffee Light	8 oz.	55-65
Califia Farms Café Latte Cold Brew Coffee	8 oz.	50
Dunkin' Donuts, Panera, or Starbucks Decaf Coffee	16 oz.	10-25
Maxwell House Decaf Ground Coffee	2 Tbs., makes 12 oz.	2-10

Teas

Serving Size Caffeine (mg)

Starbucks Chai Latte—iced or regular	grande, 16 oz.	95
Honest Tea Organic Lemon Tea	17 oz.	90
Starbucks Green Tea Latte—iced or regular	grande, 16 oz.	80
KeVita Master Brew Kombucha	15 oz.	80
Black tea, brewed	8 oz.	47
Tazo Organic Iced Black Tea, bottle	14 oz.	45
Snapple Lemon Tea	16 oz.	37
Arizona Iced Tea, black	16 oz.	30
Green tea, brewed	8 oz.	29

Lipton Lemon Iced Tea	20 oz.	25
Gold Peak Unsweetened Tea	19 oz.	23
Arizona Iced Tea, green	16 oz.	15
Lipton Decaffeinated Tea, black, brewed	8 oz.	5
Herbal tea, brewed	8 oz.	0

Soft Drinks

Serving Size

Caffeine (mg)

FDA official limit for cola and pepper soft drinks	12 oz.	71 (200 parts per million)
Pepsi Zero Sugar	20 oz.	115
Mountain Dew—diet or regular	20 oz.	91
Diet Coke	20 oz.	76
Surge	16 oz.	69
Pepsi Zero Sugar	12 oz.	69
Dr Pepper or Sunkist—diet or regular	20 oz.	68
Pepsi	20 oz.	63
Coca-Cola, Coke Zero, or Diet Pepsi	20 oz.	56-57
Mountain Zevia (Zevia)	12 oz.	55
Mountain Dew—diet or regular	12 oz.	54
Coca-Cola Life	20 oz.	47
Diet Coke	12 oz.	46
Dr Pepper or Sunkist—diet or regular	12 oz.	41
Pepsi	12 oz.	38
Pepsi True	12 oz.	38

Barq's Root Beer, regular	20 oz.	38
Coca-Cola, Coke Zero, or Diet Pepsi	12 oz.	34
Coca-Cola Life	12 oz.	28
Pepsi True	7.5 oz.	24
Barq's Root Beer, regular	12 oz.	22
7-Up, Fanta, Fresca, ginger ale, or Sprite	12 oz.	0
Root beer, most brands—diet or regular	12 oz.	0

Energy Drinks

Serving Size Caffeine (mg)

Bang Energy	16 oz.	357
5-hour Energy	2 oz.	200
Redline Energy	4 oz. (1/2 bottle)	163
Full Throttle	16 oz.	160
Hiball—Organic Energy Drink or Sparkling Energy Water	16 oz.	160
Monster Energy	16 oz.	160
NOS Energy	16 oz.	160
Rockstar Energy	16 oz.	160
Venom Energy	16 oz.	160
AMP Zero Energy	16 oz.	157
AMP Energy Boost Original	16 oz.	142
ávitāe Caffeine + Water	17 oz.	45-125
Mountain Dew Kick Start	16 oz.	90-92
Red Bull	8 oz.	80

V8 V-Fusion+Energy	8 oz.	80
Bai Antioxidant Infusion	16 oz.	70
Mountain Dew Kickstart Hydrating Boost	12 oz.	68
Crystal Light Energy	1 packet, makes 16 oz.	60
MiO Energy, all flavors	½ tsp., makes 8 oz.	60
Ocean Spray Cran-Energy	8 oz.	55
Glacéau Vitaminwater Energy	20 oz.	50
Starbucks Refreshers, can	12 oz.	50

Caffeinated Snack Foods

Serving Size

Caffeine (mg)

STEEM Caffeinated Peanut Butter	2 Tbs., 36g	150
Awake Energy Chocolate	1 bar, 1.55 oz.	101
Jelly Belly Extreme Sport Beans	1 package, 1 oz.	50
Run Gum	1 piece	50
Awake Energy Granola	1 bar, 34g	50
GU Energy Chews Raspberry	4 chews	40
GU Energy Gel—Espresso Love, Caramel Macchiato, or Jet Blackberry	1 packet	40
Blue Diamond Café Mocha Almonds	1 oz.	24
GU Energy Stroopwafel—Caramel Coffee or Wild Berries	1 waffle	20
GU Energy Chews—Strawberry or Black Cherry	4 chews	20

Ice Cream & Yogurt

	Serving Size	Caffeine (mg)
Bang!! Caffeinated Ice Cream	4 oz.	125
Dannon Coffee Yogurt	1 container, 6 oz.	30
Häagen-Dazs Coffee Ice Cream	4 oz.	29
Stonyfield Gotta Have Java Nonfat Frozen Yogurt	4 oz.	28
Dreyer's or Edy's Slow Churned Coffee Ice Cream	4 oz.	15
Breyers Coffee Ice Cream	4 oz.	11
Häagen-Dazs Chocolate Ice Cream	4 oz.	less than 1
Dannon Oikos Café Latte Greek Yogurt	1 container, 5 oz.	less than 1

Chocolate Candy & Chocolate Drinks

	Serving Size	Caffeine (mg)
Crackheads ² Gourmet Chocolate Coffee Caffeine	1 box, 40g	600
Crackheads Espresso Bean Candies	1 package, 28 pieces	200
Awake Caffeinated Chocolate Bar	1.55 oz.	101
Starbucks Hot Chocolate	grande, 16 oz.	25
Hershey's Milk Chocolate Bar	1.6 oz.	9
Hershey's Milk Chocolate Kisses	9 pieces, 1.4 oz.	9
Hershey's Cocoa	1 Tbs.	8
Silk Soymilk—Chocolate or Light Chocolate	8 oz.	4
Silk Dark Chocolate Almondmilk	8 oz.	4
Hershey's Chocolate Lowfat Milk	12 oz.	2

Over-The-Counter Pills

Serving Size
Caffeine (mg)

Zantrex-3 weight-loss supplement	2 capsules	300
NoDoz or Vivarin	1 caplet or tablet	200
Excedrin Migraine	2 tablets	130
Midol Complete	2 caplets	120
Bayer Back & Body	2 caplets	65
Anacin	2 tablets	64

Pure Caffeine

Serving Size
Caffeine (mg)

Caffeine powder	1/16 or 1/32 tsp.	200
Liquid Caffeine (brand)	1 tsp.	83

Eating Healthy (/eating-healthy)

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