Caffeine Chart: Amounts in Common Foods and Beverages

Food or Beverage	Amount	Caffeine Content
Coffee		
Coffee, generic brewed	8 oz (236ml – almost one metric cup)	102-200 mg
Coffee, Starbucks brewed	16 oz (Grande)	330 mg
Coffee, Tim Hortons brewed	14 oz (Large)	140 mg
Latte or cappuccino, Starbucks	16 oz (Grande)	150 mg
Latte or cappuccino, Tim Hortons	14 oz (Large)	80 mg
Iced cappuccino, Tim Hortons	14 oz (Large)	150 mg
Espresso, Starbucks	1 oz	75 mg
Espresso, generic	1 oz	30-90 mg
Coffee, generic instant	8 oz	27-173 mg
Coffee, generic decaffeinated	8 oz	3-26 mg
Tea		
Black tea, brewed	8 oz	25-110 mg (average 45 mg)
Green tea, brewed	8 oz	10-50 mg (average 20 mg)
White tea, brewed	8 oz	5-25 mg (average 15 mg)
Oolong tea, brewed	8 oz	12-60 mg (average 45 mg)
Rooibos tea, brewed	8 oz	0-0.4 mg
Tazo Chai Tea Latte, Starbucks	16 oz (Grande)	100 mg
Nestea iced tea	12 oz	26 mg
Snapple iced tea	16 oz	42 mg
Lipton Brisk iced tea	12 oz	10 mg
Soft Drinks		
Coke	12 oz	35 mg
Pepsi	12 oz	38 mg
Jolt Cola	12 oz	72 mg
Mountain Dew	12 oz	0 mg (in Canada) 54 mg (in USA)
7-Up	12 oz	0 mg
Sprite	12 oz	0 mg
Energy Drinks		
Red Bull	8.3 oz	80 mg
SoBe Essential Energy, berry or orange	8 oz	48 mg
SoBe No Fear	8 oz	83 mg
Desserts		
Dark chocolate	1.45 oz (41g) bar	31 mg
Milk chocolate	1.45 oz (41g) bar	11 mg
Coffee ice cream or frozen yogurt	8 oz	50-60 mg
Hot chocolate, generic	8 oz	3-13 mg
Hot chocolate, Tim Hortons	14 oz (Large)	20 mg
Chocolate cake	2.8 oz (80g)	36 mg
Chocolate brownies	1.5 oz (42g)	10 mg
Chocolate mousse	3.2 oz (90g)	15 mg
Chocolate pudding	5.1 oz (145g)	9 mg

Dr. Lisa Watson, ND
www.drlisawatson.com