



CAFFEINE IN FOOD

Caffeine Content of Drinks

Caffeine is the only drug that is present naturally or added to widely consumed foods. People who consume caffeine regularly develop a dependence on it, so if they haven't had some for a day or two, they may experience unpleasant withdrawal symptoms, like headaches, drowsiness, and difficulty concentrating.

Drinking a cup of coffee or an energy drink will make the symptoms disappear and make them feel much better again. "But they're probably not feeling or performing any better than if they didn't have a caffeine habit," notes caffeine researcher Laura Juliano of American University in Washington, D.C.

Coffee	Caffeine (mg)
Dunkin' Donuts Coffee with Turbo Shot (large, 20 fl. oz.)	436
Starbucks Coffee (venti, 20 fl. oz.)	415
Starbucks Coffee (grande, 16 fl. oz.)	330
Panera Frozen Mocha (16.5 fl. oz.)	267
Starbucks Coffee (tall, 12 fl. oz.)	260
Starbucks Caffè Americano (grande, 16 fl. oz.)	225
Panera Coffee (regular, 16.8 fl. oz.)	189
Starbucks Espresso Frappuccino (venti, 24 fl. oz.)	185
Dunkin' Donuts Coffee (medium, 14 fl. oz.)	178
Starbucks Caffè Mocha (grande, 16 fl. oz.)	175
Starbucks Iced Coffee (grande, 16 fl. oz.)	165
Maxwell House Ground Coffee—100% Colombian, Dark Roast, Master Blend, or Original Roast (2 Tbs., makes 12 fl. oz.)	100-160
Dunkin' Donuts Cappuccino (large, 20 fl. oz.)	151
Starbucks—Caffè Latte, Cappuccino, or Caramel Macchiato (grande, 16 fl. oz.)	150
Starbucks Espresso (doppio, 2 fl. oz.)	150
Keurig Coffee K-Cup, all varieties (1 cup, makes 8 fl. oz.)	75-150
Folgers Classic Roast Instant Coffee (2 tsp., makes 12 fl. oz.)	148
Starbucks Doubleshot Energy Coffee, can (15 fl. oz.)	146
Starbucks Mocha Frappuccino (venti, 24 fl. oz.)	140
Starbucks VIA House Blend Instant Coffee (1 packet, makes 8 fl. oz.)	135
McDonald's Coffee (large, 16 fl. oz.)	133
Maxwell House International Café, all flavors (2 2/3 Tbs., makes 12-16 fl. oz.)	40-130
Seattle's Best Coffee—Iced Latte or Iced Mocha, can (9.5 fl. oz.)	90
Starbucks Frappuccino Coffee, bottle (9.5 fl. oz.)	90
International Delight Iced Coffee (8 fl. oz.)	76
Maxwell House Lite Ground Coffee (2 Tbs., makes 12 fl. oz.)	50-70
Dunkin' Donuts, Panera, or Starbucks Decaf Coffee (16 fl. oz.)	15-25
Maxwell House Decaf Ground Coffee (2 Tbs., makes 12 fl. oz.)	2-10

Tea	Caffeine (mg)
Starbucks Tazo Awake—Brewed Tea or Tea Latte (grande, 16 fl. oz.)	135
Starbucks Tazo Earl Grey—Brewed Tea or Tea Latte (grande, 16 fl. oz.)	115
Starbucks Tazo Chai Tea Latte (grande, 16 fl. oz.)	95

	Caffeine (mg)
Starbucks Tazo Green Tea Latte—Iced or regular (grande, 16 fl. oz.)	80
Black tea, brewed for 3 minutes (8 fl. oz.)	30-80
Snapple Lemon Tea (16 fl. oz.)	62
Lipton Pure Leaf Iced Tea (18.5 fl. oz.) ¹	60
Green tea, brewed for 3 minutes (8 fl. oz.)	35-60
Lipton 100% Natural Lemon Iced Tea, bottle (20 fl. oz.)	35
Arizona Iced Tea, black, all varieties (16 fl. oz.)	30
Nestea Unsweetened Iced Tea Mix (2 tsp., makes 8 fl. oz.)	20-30
Arizona Iced Tea, Green, all varieties (16 fl. oz.)	15
Lipton Decaffeinated Tea—black or Green, brewed (8 fl. oz.) ¹	5
Herbal tea, brewed (8 fl. oz.)	0

Soft Drinks (12 fl. oz.)	Caffeine (mg)
Pepsi MAX	69
Mountain Dew—Diet or regular	54
Diet Coke	47
Dr Pepper or Sunkist—Diet or regular	41
Pepsi	38
Coca-Cola, Coke Zero, or Diet Pepsi	35
Barq's Root Beer, regular	23
7-Up, Fanta, Fresca, ginger ale, or Sprite	0
Root beer, most brands, or Barq's Diet Root Beer	0

Energy Drinks (16 fl. oz. unless noted)	Caffeine (mg)
5-hour Energy (1.9 fl. oz.)	208*
Full Throttle	200
Monster Energy	160
Rockstar	160
AMP Energy Boost Original	142
Red Bull (8.4 fl. oz.)	80
V8 V-Fusion+Energy (8 fl. oz.)	80
Ocean Spray Cran-Energy (8 fl. oz.)	55
Glacéau Vitaminwater Energy (20 fl. oz.)	50
Starbucks Refreshers (12 fl. oz.)	50

¹Average.

*Number from ConsumerLab.com analysis.

Sources: Company information, *J. Anal. Toxicol.* 32: 702, 2008.

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