

Caffeine Content Of Popular Drinks

Soft drinks (12-ounce)	caffeine (mg)	Coffee and tea (8-ounce)	caffeine (mg)
Red Bull (8.2 oz)	80.0	Coffee, Drip	115-175
Jolt	71.2	Coffee, Brewed	80-135
Pepsi One	55.5	Coffee, Espresso (2 ounces)	100
Mountain Dew	55.0	Ben & Jerry's Coffee Fudge Frozen Yogurt(8oz)	85
Mountain Dew Code Red	55.0	Coffee, Instant	65-100
Diet Mountain Dew	55.0	Tea, iced	47
Kick Citrus	54.0	Tea, brewed, imported brands (avg.)	60
Mellow Yellow	52.8	Tea, brewed, U.S. brands (avg.)	40
Surge	51.0	Tea, instant	30
Tab	46.8	Tea, green	15
Diet Coke	45.6	Hot cocoa	14
Shasta Cola	44.4	Coffee, Decaf, brewed	3-4
Shasta Cherry Cola	44.4	Coffee, Decaf, instant	2-3
Shasta Diet Cola	44.4	Dark chocolate (1 oz)	20 mg
RC Cola	43.0		
Diet RC	43.0		
Dr. Pepper	41.0		
Diet Dr. Pepper	41.0		
Diet Sunkist Orange	41.0		
Mr. Pibb	40.0		
Sugar-Free Mr. Pibb	40.0		
Red Flash	40.0		
Sunkist Orange	40.0		
Slim-Fast Cappuccino Delight Shake	40.0		
Ruby Red	39.0		
Storm	38.0		
Big Red	38.0		
Pepsi-Cola	37.5		

Pepsi Twist	37.5
Diet Pepsi Jazz	37.5
Diet Pepsi	36.0
Wild Cherry Pepsi	38.0
Diet Wild Cherry Pepsi	36.0
Diet Pepsi Twist	36.0
Aspen	36.0
Coca-Cola Classic	34.0
Cherry Coke	34.0
Lemon Coke	34.0
Vanilla Coke	34.0
Diet Cherry Coke	34.0
Snapple Flavored Teas (Reg. or Diet)	31.5
Canada Dry Cola	30.0
A&W Creme Soda	29.0
Nestea Sweet Iced Tea	26.5
Nestea Unsweetened Iced Tea	26.0
Barq's Root Beer	23.0
A&W Diet Creme Soda	22.0
Slim-Fast Chocolate Flavors	20.0
Snapple Sweet Tea	12.0
Lipton Brisk, All Varieties	9
Canada Dry Diet Cola	1.2
Diet Rite Cola	0
Sprite	0
7-Up	0
Mug Root Beer	0
Diet Barq's Root Beer	0
Sundrop Orange	0
Minute Maid Orange	0
A&W Root Beer	0
Slice	0
Sierra Mist	0
Fresca	0



Caffeine Content of Food & Drugs



Caffeine is the only drug that is present naturally or added to widely consumed foods (quinine is the other drug used in foods). It is mildly addictive, one possible reason that makers of soft drinks add it to their products. Many coffee drinkers experience withdrawal symptoms, such as headaches, irritability, sleepiness, and lethargy, when they stop drinking coffee.

[More background on caffeine »](#)

Coffees	Serving Size	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	2½ 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
Teas	Serving Size	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
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.	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.	5
Herbal Tea, brewed	8 fl. 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 MAX	12 oz.	69
Mountain Zevia (Zevia)	12 oz.	55
Mountain Dew, regular or diet	12 oz.	54 (20 oz. = 90)
Diet Coke	12 oz.	47 (20 oz. = 78)

Dr Pepper or Sunkist, regular or diet	12 oz.	41 (20 oz. = 68)
Pepsi	12 oz.	38 (20 oz. = 63)
Coca-Cola, Coke Zero, or Diet Pepsi	12 oz.	35 (20 oz. = 58)
Surge	8 oz.	35 mg (20 oz. = 87.5 mg)
Coca-Cola Life	12 oz.	27 mg (20 oz. = 45 mg)
Pepsi True	7.5 oz.	24 mg (20 oz. = 64 mg)
Barq's Root Beer, regular	12 oz.	23 (20 oz. = 38)
7-Up, Fanta, Fresca, ginger ale, or Sprite	12 oz.	0
Root beer, most brands, or Barq's Diet Root Beer	12 oz.	0
Energy Drinks	Serving Size	Caffeine (mg)
Bang Energy Drink	16 fl. oz.	357
Redline Energy Drink	8 fl. oz.	316
Rockstar Citrus Punched	16 fl. oz.	240
5-hour Energy	1.9 fl. oz.	208
Full Throttle (Monster)	16 fl. oz.	200
Frava Caffeinated Juice	16 oz.	200 mg
Monster Energy	16 fl. oz.	160
Rockstar	16 fl. oz.	160
Venom Energy Drink (Dr Pepper/Seven Up Inc.)	16 fl. oz.	160
NOS Energy Drink (Monster)	16 fl. oz.	160
AMP Energy Boost Original (PepsiCo)	16 fl. oz.	142
NoDoz Energy Shots	1.89 fl. oz.	115
Mountain Dew Kick Start	16 fl. oz.	92
ávitáe Caffeinated Water	16.9 oz.	90 mg
Red Bull	8.4 fl. oz.	80
V8 V-Fusion+Energy	8 fl. oz.	80
Ocean Spray Cran-Energy	20 fl. oz.	55
Glacéau Vitaminwater Energy	20 fl. oz.	50
Starbucks Refreshers	12 fl. oz.	50
Caffeinated Snack Foods	Serving Size	Caffeine (mg)
Crackheads ²	1 box, 40g	600
Crackheads Espresso Bean Candies, regular	1 package, 28 pieces	200
Wired Waffles	1 waffle	200
MiO Energy, all flavors	1 squirt, ½ tsp.	60
Crystal Light Energy	½ packet	60
Jelly Belly Extreme Sport Beans	1 package, 1 oz.	50
Jolt Gum	1 piece	45
Muscle Milk Orange Energy Chews	1.27 oz.	30 mg

Blue Diamond Almonds, Roasted Coffee Flavored	1 oz.	25
Perky Jerky	1 package, 1 oz.	10
Ice Cream & Yogurt	Serving Size	Caffeine (mg)
Bang!! Caffeinated Ice Cream	4 fl. oz.	125
Cold Stone Creamery Mocha Ice Cream	Gotta Have It, 12 fl. oz.	52
Starbucks Coffee Ice Cream	4 fl. oz.	45
TCBY Coffee Frozen Yogurt	large, 13.4 fl. oz.	42
Dannon All Natural Coffee Lowfat Yogurt	6 oz.	30
Häagen-Dazs Coffee Ice Cream	4 fl. oz.	29
Stonyfield Gotta Have Java Nonfat Frozen Yogurt	4 fl. oz.	28
Starbucks Mocha Frappuccino Ice Cream	4 fl. oz.	25
Baskin Robbins Jamoca Ice Cream	4 fl. oz.	20
Dreyer's or Edy's Grand Ice Cream—Coffee or Espresso Chlp	4 fl. oz.	17
Breyers Coffee Ice Cream	4 fl. oz.	1
Häagen-Dazs Coffee Almond Crunch Snack Size Bar	1.8 oz.	10
Dreyer's, Edy's, or Häagen-Dazs Chocolate Ice Cream	4 fl. oz.	less than 1
Chocolate Candy & Chocolate Drinks	Serving Size	Caffeine (mg)
Awake Caffeinated Chocolate Bar	1.55 oz.	101
Awake Caffeinated Chocolate Bites	0.53 oz.	50
Starbucks Hot Chocolate	grande, 16 fl. oz.	25
Hershey's Special Dark Chocolate Bar	1.5 oz.	20
Hershey's—Milk Chocolate Bar	1.6 oz.	9
Hershey's Kisses	9 pieces, 1.4 oz.	9
Hershey's Cocoa	1 Tbs.	8
Dove Dark Chocolate Silky Smooth Promises	5 pieces, 1.4 oz.	4
Silk Chocolate Soymilk	8 fl. oz.	4
Hershey's Chocolate Lowfat Milk, bottle	12 fl. oz.	2
Over-The-Counter Pills	Serving Size	Caffeine (mg)
Zantrex-3 weight-loss supplement	2 capsules	300
NoDoz or Vivarin	1 caplet	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 tsp. (200mg)	200 mg

Liquid Caffeine	½ tsp. (.08 oz.)	41.5
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November 2014. Most information was obtained from company Web sites or direct inquiries.

Serving sizes are based on commonly eaten portions, pharmaceutical instructions, or the amount in the leading-selling container size. For example, beverages sold in 16-ounce or 20-ounce bottles were counted as one serving.

Additional information: Juliano, L.M. & Griffiths, R.R. (2005). "Caffeine." In Lowinson, J.H., Ruiz, P., Millman, R.B., Langrod, J.G. (Eds.). Substance Abuse: A Comprehensive Textbook, Fourth Edition. (pp 403-421). Baltimore: Lippincott, Williams, & Wilkins.



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