



Dr. Julia Gonen, N.D.
 7 hate'ena street
 bnei atarot 60991
 p: 050.933.6004
 e: julia@gaiianaturopathic.com
 www.gaiianaturopathic.com

Caffeine Content of Food & Drugs

In the U.S. when caffeine is an added ingredient to soft drinks and other beverages it must be included in the ingredient list. However, labels do not have to disclose just how much caffeine these foods contain. When caffeine (in the form of coffee or tea) is added to foods such as ice-creams and yogurts caffeine does not need to be included as an ingredient.

Even coffee and tea – we know it contains caffeine but just how much? Is there a difference between instant vs brewed coffee? How about tea? Some people think that there is more caffeine in a cup of tea than coffee. Here is a chart of the caffeine content in foods taking from CSPI. Did you know that there is as much caffeine in Dannon's Coffee yogurt as in a 12oz can of Coca Cola?

Coffees	Serving Size	Caffeine (mg)
Coffee, generic brewed	8 oz.	133 (range: 102-200) (16 oz. = 266)
Starbucks Brewed Coffee (Grande)	16 oz.	320
Einstein Bros. regular coffee	16 oz.	300
Dunkin' Donuts regular coffee	16 oz.	206
Starbucks Vanilla Latte (Grande)	16 oz.	150
Coffee, generic instant	8 oz.	93 (range: 27-173)
Coffee, generic decaffeinated	8 oz.	5 (range: 3-12)
Starbucks Espresso, doppio	6.5 oz.	150
Starbucks Frappuccino Blended Coffee Beverages, average	9.5 oz.	115
Starbucks Espresso, solo	1 oz.	75
Einstein Bros. Espresso	1 oz.	75
Espresso, generic	1 oz.	40 (range: 30-90)
Starbucks Espresso decaffeinated	1 oz.	4
Teas	Serving Size	Caffeine (mg)
Tea, brewed	8 oz.	53 (range: 40-120)
Starbucks Tazo Chai Tea Latte (Grande)	16 oz.	100
Snapple, Lemon (and diet version)	16 oz.	42
Snapple, Peach (and diet version)	16 oz.	42
Snapple, Raspberry (and diet version)	16 oz.	42
Arizona Iced Tea, black	16 oz.	32
Nestea	12 oz.	26
Snapple, Just Plain Unsweetened	16 oz.	18
Arizona Iced Tea, green	16 oz.	15
Snapple, Kiwi Teawi	16 oz.	10
Soft Drinks	Serving Size	Caffeine (mg)
<i>FDA official limit for cola and pepper soft drinks</i>	12 oz.	71



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Vault	12 oz.	71 (20 oz. = 118)
Jolt Cola	12 oz.	72
Mountain Dew MDX, regular or diet	12 oz.	71 (20 oz. = 118)
Coke Blak	12 oz.	69 (20 oz. = 115)
Code Red, regular or diet	12 oz.	54 (20 oz. = 90)
Mountain Dew, regular or diet	12 oz.	54 (20 oz. = 90)
Pepsi One	12 oz.	54 (20 oz. = 90)
Mello Yellow	12 oz.	53
Diet Coke	12 oz.	47 (20 oz. = 78)
Diet Coke Lime	12 oz.	47 (20 oz. = 78)
TAB	12 oz.	46.5
Pibb Xtra, Diet Mr. Pibb, Pibb Zero	12 oz.	41 (20 oz. = 68)
Dr. Pepper	12 oz.	42 (20 oz. = 68)
Dr. Pepper diet	12 oz.	44 (20 oz. = 68)
Pepsi	12 oz.	38 (20 oz. = 63)
Pepsi Lime, regular or diet	12 oz.	38 (20 oz. = 63)
Pepsi Vanilla	12 oz.	37
Pepsi Twist	12 oz.	38 (20 oz. = 63)
Pepsi Wild Cherry, regular or diet	12 oz.	38 (20 oz. = 63)
Diet Pepsi	12 oz.	36 (20 oz. = 60)
Pepsi Twist diet	12 oz.	36 (20 oz. = 60)
Coca-Cola Classic	12 oz.	35 (20 oz. = 58)
Coke Black Cherry Vanilla, regular or diet	12 oz.	35 (20 oz. = 58)
Coke C2	12 oz.	35 (20 oz. = 58)
Coke Cherry, regular or diet	12 oz.	35 (20 oz. = 58)
Coke Lime	12 oz.	35 (20 oz. = 58)
Coke Vanilla	12 oz.	35 (20 oz. = 58)
Coke Zero	12 oz.	35 (20 oz. = 58)
Barq's Diet Root Beer	12 oz.	23 (20 oz. = 38)
Barq's Root Beer	12 oz.	23 (20 oz. = 38)
7-Up, regular or diet	12 oz.	0
Fanta, all flavors	12 oz.	0
Fresca, all flavors	12 oz.	0
Mug Root Beer, regular or diet	12 oz.	0
Sierra Mist, regular or Free	12 oz.	0
Sprite, regular or diet	12 oz.	0
Energy Drinks	Serving Size	Caffeine (mg)
Spike Shooter	8.4 oz.	300
Cocaine	8.4 oz.	280
Monster Energy	16 oz.	160



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Full Throttle	16 oz.	144
Rip It, all varieties	8 oz.	100
Enviga	12 oz.	100
Tab Energy	10.5 oz.	95
SoBe No Fear	8 oz.	83
Red Bull	8.3 oz.	80
Red Bull Sugarfree	8.3 oz.	80
Rockstar Energy Drink	8 oz.	80
SoBe Adrenaline Rush	8.3 oz.	79
Amp	8.4 oz.	74
Glacéau Vitamin Water Energy Citrus	20 oz.	50
SoBe Essential Energy, Berry or Orange	8 oz.	48
Product	Serving Size	Caffeine (mg)
Frozen Desserts		
	Serving Size	Caffeine (mg)
Ben & Jerry's Coffee Heath Bar Crunch	8 fl. oz.	84
Ben & Jerry's Coffee Flavored Ice Cream	8 fl. oz.	68
Haagen-Dazs Coffee Ice Cream	8 fl. oz.	58
Haagen-Dazs Coffee Light Ice Cream	8 fl. oz.	58
Haagen-Dazs Coffee Frozen Yogurt	8 fl. oz.	58
Haagen-Dazs Coffee & Almond Crunch Bar	8 fl. oz.	58
Starbucks Coffee Ice Cream	8 fl. oz.	50-60
Chocolates/Candies/Other		
	Serving Size	Caffeine (mg)
Jolt Caffeinated Gum	1 stick	33
Hershey's Special Dark Chocolate Bar	1.45 oz.	31
Hershey's Chocolate Bar	1.55 oz.	9
Hershey's Kisses	41g (9 pieces)	9
Hot Cocoa	8 oz.	9 (range: 3-13)
Over-The-Counter Drugs		
	Serving Size	Caffeine (mg)
NoDoz (Maximum Strength)	1 tablet	200
Vivarin	1 tablet	200
Excedrin (Extra Strength)	2 tablets	130
Anacin (Maximum Strength)	2 tablets	64

September 2007. Most information was obtained from company Web sites or direct inquiries.

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 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.