Caffeine isn't only in the drinks you consume. Check the caffeine content of the foods you eat, including sweets and the medications you take.

Medications

Туре	Size	Caffeine
Excedrin, Extra Strength	2 tablets	130 mg
NoDoz, Maximum Strength	1 tablet	200 mg

Sweets

Туре	Size	Caffeine
Semisweet Chocolate Chips	1 cup	104 mg
Dark Chocolate coated coffee beans	28 pieces	336 mg
Foosh Energy Mints	1 mint	100 mg
Hershey's Kisses	9 pieces	9 mg

Public Health... Every day, Everywhere, Everyone



Jefferson County Public Health

Lakewood Arvada

(303) 232-6301

jeffco.us/public-health
January 2014



Caffeine



How much are you getting everyday? Caffeine isn't only in the drinks you consume.

Jefferson County Public Health 303-232-6301 jeffco.us/public-health

Public Health...Every day, Everywhere, Everyone

What's in your Drink?

Caffeine has become a part of our regular routine. However, most people don't realize how much they are getting.

Although moderate caffeine intake isn't likely to cause harm, too much can lead to some unpleasant effects.

Heavy daily caffeine use — more than 500 to 600 mg a day — may cause:

- Insomnia
- Nervousness
- Restlessness
- Irritability
- Stomach upset
- Fast heartbeat
- Muscle tremors



Coffee

Type	Size	Caffeine
Espresso	1oz	40-75 mg
Decaf Espresso	1oz	0-15 mg
Generic Brewed	8oz	95-200 mg
Decaf Generic Brewed	8oz	2-12 mg
Generic Instant	8oz	27-173 mg
Decaf Generic Instant	8oz	2-12 mg
McDonald's Brewed	16oz	100 mg
McDonald's Mocha Frappe	16oz	125 mg
Starbucks Latte	16oz	150 mg
Starbucks Pike Place Brewed	16oz	330 mg
Starbucks Decaf Pike Place Brewed	16oz	25 mg

<u>Te a</u>

Туре	Size	Caffeine
Brewed Black Tea	8oz	14-61 mg
Decaf Black Tea	8oz	0-12 mg
Green Tea	8oz	24-40 mg
Arizona Iced Tea Lemon flavored	8oz	11 mg
Generic Instant	8 oz	26 mg
Lipton Brisk Lemon Iced Tea	8 oz	5-7 mg

Soft Drinks

Туре	Size	Caffeine
7UP	12 oz	0 mg
A&W Root Beer	12 oz	0 mg
Barq's Root Beer	12 oz	18 mg
Coca-Cola Classic	12 oz	30-35 mg
Coca-Cola Zero	12 oz	35 mg
Diet Coke	12 oz	38-47 mg
Diet Pepsi	12 oz	27-37 mg
Dr Pepper	12 oz	36 mg
Mountain Dew	12 oz	46-55 mg
Pepsi	12 oz	32-39 mg
Sprite	12 oz	0 mg



Energy Drinks

Energy Drinks are very popular, especially with today's youth. According to the American Academy of Pediatrics, kids should get no more than 100 mg of caffeine per day. Younger children should not drink caffeine on a regular basis. Use the chart below to find out what is in your favorite energy drink.

Туре	Size	Caffeine
5-Hour Energy	2 oz	207 mg
AMP	8 oz	72-74 mg
Cran-Energy	8 oz	70 mg
Full Throttle	8 oz	70-72 mg
Monster	8 oz	80 mg
Red Bull	8.4 oz	76-80 mg
Rockstar	8 oz	79-80 mg
Vault	8 oz	47 mg