



## How Much Caffeine is in Your Favorite Drink?

Experts recommend we limit daily caffeine intake to moderate consumption, about 300 milligrams/day. Use the chart below to figure out how much caffeine you consume in a typical day.



| Beverage                | Amount             | Typical Amount of Caffeine |
|-------------------------|--------------------|----------------------------|
| Brewed Coffee           | 8 ounces           | 65-120 milligrams          |
| Instant Coffee          | 8 ounces           | 60-85 milligrams           |
| Espresso                | 8 ounces           | 30-50 milligrams           |
| Café Latte              | 8 ounces           | About 35 milligrams        |
| Decaffeinated Coffee    | 8 ounces           | 2-4 milligrams             |
| Brewed Tea              | 8 ounces           | 20-110 milligrams          |
| Instant Tea             | 8 ounces           | 24-31 milligrams           |
| Iced Tea                | 8 ounces           | 9-50 milligrams            |
| Hot Cocoa               | 8 ounces           | 3-32 milligrams            |
| Coca Cola or Pepsi Cola | 12 ounces          | About 35 milligrams        |
| Dr. Pepper              | 12 ounces          | About 40 milligrams        |
| Mountain Dew            | 12 ounces          | About 55 milligrams        |
| Chocolate Milk          | 8 ounces           | 2-7 milligrams             |
| Red Bull Energy Drink   | 8.3 ounces per can | About 80 milligrams        |
| Caffeinated Water       | 8 ounces           | About 70 milligrams        |



Information in this table was adapted from the “Everything You Need to Know About Caffeine” brochure produced by the International Food Information Council (IFIC) dated July 1998, retrieved from <http://ific.org/publications/brochures/caffeinebroch.cfm>

and the Center for Science in the Public Interest (CSPI) Nutrition Action Health Newsletter article “Caffeine: The Inside Scoop” retrieved from [http://www.cspinet.org/nah/caffeine/caffeine\\_corner.htm](http://www.cspinet.org/nah/caffeine/caffeine_corner.htm).

