

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	2 <sup>2</sup> / <sub>3</sub> 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 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)
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)
5-hour Energy	1.9 fl. oz.	208
Full Throttle	16 fl. oz.	200
Monster Energy	16 fl. oz.	160
Rockstar	16 fl. oz.	160

AMP Energy Boost Original	16 fl. oz.	142
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
<b>Caffeinated Snack Foods</b>	<b>Serving Size</b>	<b>Caffeine (mg)</b>
Crackheads Espresso Bean Candies, hyper	1 box, 40g	600
Crackheads Espresso Bean Candies, regular	1 package, 28 pieces	200
Wired Waffles	1 waffle	200
Perky Jerky	1 package, 1 oz.	150
Arma Potato Chips	1 package, 2 oz.	70
Cracker Jack'D	1 package, 2 oz.	70
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
<b>Ice Cream &amp; Yogurt</b>	<b>Serving Size</b>	<b>Caffeine (mg)</b>
Cold Stone Creamery Mocha Ice Cream	Gotta Have It, 12 oz.	52
Starbucks Coffee Ice Cream	4 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 oz.	28
Starbucks Mocha Frappuccino Ice Cream	4 oz.	25
Baskin Robbins Jamoca Ice Cream	4 oz.	20
Dreyer's or Edy's Grand Ice Cream—Coffee or Espresso Chip	4 oz.	17
Breyers Coffee Ice Cream	4 oz.	1
Häagen-Dazs Coffee Almond Crunch Snack Size Bar	1.8 oz.	10
Breyer's, Edy's, or Häagen-Dazs Chocolate Ice Cream	4 oz.	less than 1

Chocolate Candy & Chocolate Drinks	Serving Size	Caffeine (mg)
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

December 2012. 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.