



Coffees	Serving Size	Caffeine (mg)
Dunkin' Donuts Coffee with Espresso Shot	20 oz.	398
Starbucks Coffee, Blonde Roast	16 oz.	360
Dunkin' Donuts Iced Coffee, bottle—Original	12 oz.	327
Starbucks Coffee, Pike Place Roast	16 oz.	310
Panera Coffee, Light Roast	16 oz.	307
Starbucks Nitro Cold Brew	16 oz.	280
Starbucks Plus 2X Caffeine Keurig K-Cup	1 K-Cup	260
Dunkin' Donuts Cappuccino	20 oz.	252
Starbucks Coffee, Pike Place Roast	12 oz.	235
Starbucks Caffè Americano	16 oz.	225
Dunkin' Donuts Coffee	14 oz.	210
Kitu Super Coffee, bottle—Vanilla or Hazelnut	12 oz.	200
Starbucks Cold Brew Cocoa and Honey with Cream, bottle	11 oz.	185
Starbucks Caffè Mocha	16 oz.	175
Starbucks—Caffè Latte or Cappuccino	16 oz.	150
Starbucks Salted Caramel Mocha, bottle	14 oz.	150
Keurig K-Cup, most varieties	1 K-Cup	75-150
Starbucks Doubleshot Energy Coffee, can	15 oz.	145
Panera Frozen Mocha	16 oz.	144

Coffees (cont.)	Serving Size	Caffeine (mg)
Dunkin' Donuts Shot in the Dark, can—all flavors	8.1 oz.	126-134
Nespresso Kazaar capsule	1 capsule	125
Starbucks Mocha Frappuccino, bottle	16 oz.	110
Starbucks Doubleshot Protein Caramel, can	11 oz.	110
Peet's Iced Espresso, can—all flavors	8 oz.	100
Maxwell House Regular Ground Coffee	1 Tbs., makes 6 oz.	45-100
Starbucks Coffee Frappuccino, bottle	16 oz.	95
Starbucks Coffee Frappuccino, bottle	9.5 oz.	93
Folgers Ground Coffee, House Blend	1 Tbs., makes 6 oz.	60-80
Starbucks Espresso	0.8 oz.	75
Nespresso capsule—except Kazaar	1 capsule	55-65
International Delight—Iced Coffee or Iced Coffee Light	8 oz.	55-65
Califia Farms Café Latte Cold Brew Coffee	8 oz.	50
Maxwell House Lite Ground Coffee	1 Tbs., makes 6 oz.	25-50
Starbucks Decaf Coffee	16 oz.	25
Maxwell House Decaf Ground Coffee	1 Tbs., makes 6 oz.	1-5

Teas	Serving Size	Caffeine (mg)
Starbucks Chai Latte—iced or regular	grande, 16 oz.	95
Starbucks Green Tea Latte—iced or regular	grande, 16 oz.	80
KeVita Master Brew Kombucha	15.2 oz.	36-68
Honest Tea Organic Lemon Tea	16 oz.	63
Tazo Organic Iced Black Tea, bottled	13.8 oz.	46-60
Gold Peak Unsweetened Tea	18.5 oz.	47
Green tea, brewed	8 oz.	28-38
Snapple Lemon Tea	16 oz.	37
Lipton Lemon Iced Tea	16.9 oz.	21
Arizona Iced Tea, black	8 oz.	15
Arizona Iced Tea, green	8 oz.	7.5
Lipton Decaffeinated Tea, black, brewed	8 oz.	<5
Herbal tea, brewed	8 oz.	0

Soft Drinks	Serving Size	Caffeine (mg)
Pepsi Zero Sugar	20 oz.	115
Mountain Dew—diet or regular	20 oz.	91
Diet Coke	20 oz.	76
FDA official limit for cola and pepper soft drinks	12 oz.	71
Pepsi Zero Sugar	12 oz.	69
Surge	12 oz.	69
Pepsi	20 oz.	63
Mountain Zevia	12 oz.	55
Mountain Dew—diet or regular	12 oz.	54
Diet Coke	12 oz.	46
Coca-Cola, Coke Zero, or Diet Pepsi	16 oz.	45
Dr. Pepper—diet or regular	12 oz.	41
Pepsi	12 oz.	38
Coca-Cola, Coke Zero, or Diet Pepsi	12 oz.	34
Pepsi True	10 oz.	32
Sunkist Orange Soda—diet or regular	20 oz.	31
Coca-Cola Life	12 oz.	28
Dr. Pepper—diet or regular	8 oz.	28
Barq's Root beer, regular	12 oz.	22
7-Up, Fanta, Fresca, ginger ale or Sprite	12 oz.	0
Root beer, most brands—diet or regular	20 oz.	0

Energy Drinks	Serving Size	Caffeine (mg)
Bang Energy	16 oz.	300
Starbucks Tripleshot Energy—all flavors	15 oz.	225
5-hour Energy	2 oz.	200
Hiball—Organic Energy Drink or Sparkling Energy	16 oz.	160
Monster Energy	16 oz.	160
NOS Energy	16 oz.	160
Rockstar Energy	16 oz.	160
Venom Energy	16 oz.	160
Redline Energy	4 oz.	158
AMP Zero Energy	16 oz.	157
AMP Energy Boost Original	16 oz.	142
avitae Caffeine + Water	16.9 oz.	90
Mountain Dew Kick Start	16 oz.	90
Full Throttle	8 oz.	80
Red Bull	8.4 oz.	80
V8 V-Fusion+Energy	8 oz.	80
Crystal Light Energy	8 oz.	60
MIO Energy, all flavors	1/2 tsp., makes 8 oz.	60
Ocean Spray Cran-Energy	8 oz.	55
Glacéau Vitamin Energy	20 oz.	50
Starbucks Refresher, can	12 oz.	50
Bai Antioxidant Infusion	8 oz.	35

Caffeinated Shakes & Waters	Serving Size	Caffeine (mg)
Ensure Max Protein Café Mocha Nutrition Shake	11 oz.	100
Water Joe	23.7 oz.	85
Phocus Sparkling Water—all flavors	11.5 oz.	75
Sparkling Ice + Caffeine—all flavors	8 oz.	70
Kellogg's Special K Vanilla Cappuccino Protein Shake	10 oz.	65
Vitaminwater Energy Tropical Citrus	20 oz.	50
Odwalla Chai Vanilla Protein Shake	15.2 oz.	29-48

Caffeinated Snack Food	Serving Size	Caffeine (mg)
Awake Energy Chocolate	1.5 oz.	100
Awake Energy Granola	1 bar, 40 g	100
Clif Shot Energy Gel Double Espresso	1.2 oz.	100
Run Gum Original	1 piece	50
Jelly Belly Extreme Sport Beans	1 oz. package	50
Clif Shot Energy Gel Mocha	1.2 oz.	50
Gu Energy Gel—Espresso Love, Caramel Macchiato or Jet Blackberry	1.1 oz.	40
Gu Energy Chews—Strawberry	4 chews	20
Gu Energy Stroopwafel—Caramel Coffee or Wild Berries	1.1 oz.	20

Ice Cream & Yogurt	Serving Size	Caffeine (mg)
Bang!! Caffeinated Ice Cream	4 oz.	125
Dannon Lowfat Coffee Yogurt	6 oz.	30
Häagen-Dazs Coffee Ice Cream	4 oz.	29
Breyers Coffee Ice Cream	4 oz.	15
Dreyer's or Edy's Slow Churned Coffee Ice Cream	4 oz.	14
Häagen-Dazs Chocolate Ice Cream	4 oz.	5
Dannon Oikos Café Latte Greek Yogurt	5.3 oz.	0.1

Chocolate Candy & Chocolate Drinks	Serving Size	Caffeine (mg)
Crackheads Gourmet Chocolate Coffee Caffeine	1 box, 40 g	600
Crackheads Espresso Bean Candies	1 package, 28 pieces	200
Awake Caffeinated Chocolate Bar	1.5 oz.	100
Starbucks Hot Chocolate	16 oz.	25
Hershey's Milk Chocolate Kisses	9 pieces	10
Hershey's Milk Chocolate Bar	1.5 oz.	9
Hershey's Cocoa	1 Tbs.	8
Silk Chocolate Soymilk	8 oz.	<5
Silk Dark Chocolate Almondmilk	8 oz.	<5
Hershey's Chocolate Lowfat Milk	12 oz.	2

Over-the-Counter Pills	Serving Size	Caffeine (mg)
Zantrex Blue weight-loss supplement	2 capsules	300
NoDoz or Vivarin	1 tablet	200
Zantrex Red weight-loss supplement	2 capsules	200
Exedrin Migraine	2 tablets	130
Midol Complete	2 caplets	120
Bayer Back and Body	2 caplets	65
Anacin	2 tablets	64

From <https://cspinet.org/eating-healthy/ingredients-of-concern/caffeine-chart>