Caffeine Content of Common Beverages

General Guidelines: Excessive caffeine intake will be defined as more than 240 mg. caffeine per day or any combinations that approximates this, or:

- 3 or more cups of coffee (5 oz.)
- 4 or more glasses of iced tea (12 oz.)
- 5 to 6 soft drinks (12 oz.)

Beverage	milligrams of caffeine per serving
Coffee	
Drip, regular	106-164 mg./5 oz.
Instant, regular	47-68 mg./5 oz.
Decaffeinated	2-5 mg./5 oz.
Cocoa and Chocolate	
Chocolate milk	10 mg./8 oz.
Cocoa beverage (mix)	2-8 mg./6 oz.
Chocolate pudding	5-10 mg./ ½ cup
Chocolate ice cream	2 mg./ ½ cup
Loose-leaf Tea	
Black	25-110 mg./6 oz.
Oolong	12-55 mg./6 oz.
Green	8-36 mg./6 oz.
Tea (*black tea assumed*)	
Brewed, major U.S.brands	20-80 mg./5 oz.
1 minute brew	21-33 mg./5 oz.
3 minute brew	35-46 mg./5 oz.
5 minute brew	39-50 mg./5 oz.
Canned iced tea	22-36 mg./5 oz.
Iced tea	67-76 mg./12 oz.
Instant tea	22-36 mg./5 oz.

Beverage	milligrams of caffeine per 12 oz.
Soft Drinks/Sodas	
Coca-Cola	45 mg.
Coca-Cola, Diet	47 mg.
Dr. Pepper, Regular or Diet	40 mg.
Diet Right Cola	36 mg.
Mountain Dew	54 mg.
Mr. Pibb	41 mg.
Mr. Pibb, Diet	57 mg.
Pepsi Cola	38 mg.
Pepsi Light, Diet	36 mg.
Royal Crown Cola	36 mg.
Shasta Cola	44 mg.
Tab	45 mg.
Club Soda	0 mg.
Craigmont Cola	0 mg.
Fanta	0 mg.
Fresca	0 mg.
Ginger Ale	0 mg.
Grape Soda	0 mg.
Orange Soda	0 mg.
7-Up	0 mg.
Sprite	0 mg.
Tonic Water	0 mg.

Information adapted from research conducted by The US. Department of Nutritional Services (all figures approximate)