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REGISTERED NUTRITIONIST & REGISTERED NURSE

Food Rich in Caffeine

Food	Serving Size	Caffeine (mg)
Coffee or coffee based beverages		
Coffee, brewed	250mL (1 cup or 8 oz)	80-180
Coffee, instant	250mL (1 cup or 8 oz)	76 – 106
Espresso, brewed	30 mL (1 oz)	64-90
Cappuccino or Latte	250mL (1 cup or 8 oz)	45-75
Decaffeinated coffee	250mL (1 cup or 8 oz)	3 – 15
Coffee liqueur	45 mL (1½ oz)	4-14
Coffee, instant, decaffeinated	250mL (1 cup or 8 oz)	3-5
Decaffeinated espresso	30 mL (1 oz)	0
Tea		
Iced Tea, sweetened	1 can (341-355 mL)<	15-67
Tea, leaf or bag (black, flavoured black)	250mL (1 cup)	43-60
Tea (green, oolong, white)	250mL (1cup)	25-45
Decaffeinated tea	250mL (1cup)	0-5
Herbal tea, all varieties	250mL (1cup)	0

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Soft Drinks and Energy Drinks		
Energy drink, various types	250mL (1cup)	80-125
Diet cola	355 mL (1 can)	25-43
Dr. Pepper (regular, diet)	355 mL (1 can)	40
Cola	355 mL (1 can)	30
Cocoa Products		
Chocolate covered coffee beans, dark or milk chocolate	60 mL (1/4 cup)	338-355
Chocolate, dark	1 bar (40 g)	27
Hot chocolate	250 mL (1 cup)	5-12
Milk chocolate bar	1 bar (40 g)	8-12
Chocolate milk	250mL (1 cup)	3-5
Chocolate brownie	1 brownie (24-34 g)	1-4
Yogurt, chocolate	175 g (3/4 cup)	4
Chocolate pudding	125mL (1/2 cup)	2
Ice cream, chocolate	125mL (1/2 cup)	2

* The caffeine content in foods can vary a lot

**Certain brands of root beer do not contain caffeine