

Caffeine Content in Common Foods

BEVERAGE	AMOUNT	CAFFEINE (MG)
RockStar Energy Drink	8.0 fl oz	79
Diet Cola	8.0 fl oz	32
Starbucks Blonde Roast	16 fl oz	360
Dunkin Donuts Coffee	14 fl oz	210
Starbucks Latte or Cappuccino	16 fl oz	150
Keruig K Cup	1 K-Cup	75-150
Green Tea, brewed	8 fl oz	28-38
Starbuck Chai Latte	16 fl oz	95
Tazo Organic Iced Black Tea	13.8 fl oz	46-60
KeVita Master Brew Kombucha	15.2 fl oz	36-68
Mountain Dew	20 fl oz	91
Dr. Pepper	12 fl oz	41
Red Bull	8.4 fl oz	80

The information contained here within is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.

If you think you may have a medical emergency, call your doctor, go to the emergency department, or call 911 immediately. GemCare Wellness (GCW) does not recommend or endorse any specific tests, physicians, products, procedures, opinions, or other information that may be mentioned here within. Reliance on any information provided by GCW, GCW employees, contracted writers, or medical professionals presenting content for publication here within is solely at your own risk.

Resources:

- *Abridged List Ordered By Nutrient Content In Household Measure. USDA. Accessed 21 October 2020. Retrieved from <https://www.nal.usda.gov/sites/www.nal.usda.gov/files/caffeine.pdf>*
- *Caffeine Chart. Center for Science in the Public Interest. Accessed 21 October 2020. Retrieved from <https://cspinet.org/eating-healthy/ingredients-of-concern/caffeine-chart>*

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