

CAFFEINE CONTENTS

Daily caffeine intake should be limited to 200 milligrams (mg), the equivalent of about two cups of coffee.

	Milligrams of Caffeine
Coffee (5 fluid ounces), automatic drip	137
Coffee (5 fluid ounces), nonautomatic drip	124
Coffee (5 fluid ounces), automatic percolated	117
Coffee (5 fluid ounces), nonautomatic percolated	108
Coffee (5 fluid ounces), regular instant	60
Coffee (5 fluid ounces), decaffeinated instant	3

Tea (brewed 5 minutes), Black, imported 6 oz	65
Tea (brewed 5 minutes), Black, US 5 oz	46
Tea (brewed 5 minutes), Green, 5 oz	31
Tea (brewed 5 minutes), Decaffeinated	1

Mountain Dew (12 oz)	54
Coca-Cola (12 oz)	45
Pepsi (12 oz)	38
RC Cola (12 oz)	36

Chocolate, Baker's Brand baking, 1 oz	25
Chocolate, sweet dark chocolate candy, 1 oz	20
Chocolate, milk chocolate candy, 1 oz	6
Chocolate milk, 8 oz	5
Hot Coca, 6 oz	5