

# Caffeine in Foods



Beverage	Caffeine per 12 ounces (1 1/2 Cups)
Coke	65 mg.
Diet Coke	46 mg.
Dr. Pepper	61 mg.
Diet Dr. Pepper	40 mg.
Mountain Dew	55 mg.
Diet Dr. Pepper	54 mg.
Tab	49 mg.
Pepsi Cola	43 mg.
Diet Pepsi	36 mg.
RC Cola	34 mg.
Diet RC Cola	33 mg.
Diet Rite	32 mg.
Mr. Pibb	40 mg.
Mellow Yellow	52 mg.
Decaffeinated Cola	trace

Nonprescription Supplement	Caffeine per Standard Dose
Alertness Tablets	150 mg.
Analgesic/Pain Relief Tablets	41 mg.
Cold/Allergy Remedies	27 mg.
Diuretics	167 mg.
Weight Control Aids	168 mg.
Caffeine Pills	100-200 mg.

Dessert	Caffeine per 1/2 Cup
Chocolate Ice Cream	4 mg.
German Sweet Chocolate	32 mg.
Semi Sweet Chocolate Chips	28 mg.
Instant Chocolate Pudding	6 mg.

Coffee	Caffeine per 1 Cup
Instant	106 mg.
Percolated, Automatic	176 mg.
Automatic Drip	234 mg.
Instant.	91 mg
Instant, Decaffeinated	3 mg.

Tea	Caffeine
Bagged Tea	
Black, 5 Minute Brew	73.6 mg.
Black, 1 Minute Brew	45 mg.
Loose Tea	
Black, 5 Minute Brew	64 mg.
Green, 5 Minute Brew	56 mg.
Green, Japan, 5 Minute Brew	3 mg.

Cocoa/ Hot Chocolate	Caffeine
Cocoa per Tbsp.	21 mg.
Hot Chocolate	6 mg.