

Food Sources of Caffeine



Information about Caffeine

- Caffeine is a chemical that is found naturally in the leaves and seeds of various plants. Natural sources of caffeine include coffee beans, cocoa beans, kola nuts, tea leaves, yerba mate and guarana.
- Caffeine can be added to energy drinks and some carbonated drinks and drug products.
- Caffeine excites the central nervous system. It also improves alertness for short periods of time.
- Some people are more sensitive to caffeine than others. For these people too much caffeine

can cause:

- trouble sleeping
- anxiety
- irritability
- nervousness
- rapid heart rate
- headaches.
- People who often include caffeine in their diet may experience side effects such as headaches or drowsiness if they suddenly stop having it.

Caffeine Intake

The following amounts of caffeine are considered safe

Age in Years	Stay below milligrams (mg)/day
Men and Women 19 and older	400
Pregnant and Breastfeeding women 19 and older	300

Food Sources of 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

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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 (1 cup)	25-45
Decaffeinated tea	250mL (1 cup)	0-5
Herbal 'teas', all varieties	250mL (1 cup)	0
Soft Drinks and Energy Drinks		
Energy drink, various types	250mL (1cup)	80-125
Diet cola	355 mL (1 can)	25-43
Cola	355 mL (1 can)	30
Dr. Pepper (regular, diet)	355 mL (1 can)	40
Barq's Root Beer**	355 mL (1 can)	23
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 brownie	1 brownie (24-34 g)	1-4
Chocolate milk	250mL (1 cup)	3-5
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

Source: "Canadian Nutrient File 2010"

<http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php>

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