

# 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.

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

## Food Sources of Caffeine

<i>Food</i>	<i>Serving Size</i>	<i>Caffeine (mg)</i>
<i>Coffee or coffee based beverages</i>		
Coffee, brewed	250mL (1 cup or 8 oz)	100-170
Coffee, instant	250mL (1 cup or 8 oz)	76-106
Coffee, iced	250 mL (1 cup or 8 oz)	59-80
Espresso, brewed	30 mL (1 oz)	43-90
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
<i>Tea</i>		
Iced Tea, sweetened	1 can (341-355 mL)	15-67
Tea, leaf or bag (black, flavoured black)	250mL (1 cup)	43-80
Tea (green, oolong, white)	250mL (1 cup)	25-48
Decaffeinated tea	250mL (1 cup)	0-5
Herbal 'teas', all varieties	250mL (1 cup)	0
<i>Soft Drinks and Energy Drinks</i>		
Energy drink, various types	250mL (1cup)	80-100
Diet cola	355 mL (1 can)	25-43

<i>Food</i>	<i>Serving Size</i>	<i>Caffeine (mg)</i>
Dr. Pepper (regular, diet)	355 mL (1 can)	40
Cola	355 mL (1 can)	30
Barq's Root Beer**	355 mL (1 can)	23
<i>Cocoa Products</i>		
Chocolate covered coffee beans, dark or milk chocolate	60 mL (¼ 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	250 mL (1 cup)	3-5
Chocolate brownie	1 brownie (24-34 g)	1-4
Yogurt, chocolate	175 g (¾ cup)	4
Chocolate pudding	125mL (½ cup)	2
Ice cream, chocolate	125mL (½ cup)	2

\* The caffeine content in foods can vary a lot

\*\*Certain brands of root beer do not contain caffeine

Source: "Canadian Nutrient File 2015" <https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/nutrient-data.html>

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## Notes

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