

This information and other health topics can be found at....

DoctorDoug.com

CAFFEINE INFORMATION IN FOODS:

SOFT DRINKS (12 OZ UNLESS NOTED):

COCA COLA	34 MG
DIET COKE	34 MG
PEPSI	34 MG
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DR. PEPPER	38 MG
MT. DEW	52 MG
RED BULL (8OZ)	80 MG
7-UP	0 MG
SPRITE	0 MG

COFFEE:

DECAF	2 MG
DRIP REGULAR (5OZ)	146 MG
STARBUCKS GRANDE COFFEE	330 MG
STARBUCKS DECAF !!!	50mg+
STARBUCKS GRANDE CAPPUCINO	150 MG
STARBUCKS GRANDE LATTE	150 MG
STARBUCKS BOTTLED FRAPUCCINO	90 MG
DUNKIN DONUTS COFFEE (REG)	132 MG
MCDONALDS COFFEE (SMALL)	109 MG

TEA:

BREWED (3 MINUTES...5OZ CUP)	22-46 MG
LIPTON ICED TEA (20 OZ)	50 MG
NESTEA ICED TEA (16 OZ)	34 MG
SNAPPLE TEA (16 OZ)	42 MG
CRYSTAL LIGHT ICED TEA (8OZ)	11 MG

CHOCOLATE:

REGULAR CANDY BAR (APPROX)	25 MG
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MEDICATIONS:

EXCEDRIN	65 MG
VIVARIN	200 MG
NO-DOZ	200 MG

WEBSITE: <http://www.energyfiend.com/the-caffeine-database>