

# Caffeine Content of Common Drinks

Whether you're trying to reduce your caffeine intake, or simply avoid caffeinated food/drinks in the afternoon, use this handy reference to help you choose lower-caffeinated items.

Consuming caffeinated food or beverages after 3pm can result in difficulty falling asleep, difficulty staying asleep, and a feeling of fatigue the next morning.



<b>Coffeehouse Coffee</b>	<b>8oz</b>	<b>175mg</b>
<b>Home Brewed Coffee</b>	<b>8oz</b>	<b>100-150mg</b>
<b>Red Bull</b>	<b>8.3oz</b>	<b>80mg</b>
<b>Mt. Dew</b>	<b>12oz</b>	<b>54mg</b>
<b>Black Tea</b>	<b>8oz</b>	<b>50-100mg</b>
<b>Chai Tea</b>	<b>8oz</b>	<b>50-100mg</b>
<b>Cola</b>	<b>12oz</b>	<b>35mg</b>
<b>Dark Chocolate</b>	<b>1oz</b>	<b>30mg</b>
<b>Green Tea</b>	<b>8oz</b>	<b>25-50mg</b>
<b>Decaf Coffee</b>	<b>8oz</b>	<b>25mg</b>
<b>White Tea</b>	<b>8oz</b>	<b>15-50mg</b>
<b>Decaf Tea</b>	<b>8oz</b>	<b>0-5mg</b>
<b>Rooibos Tea</b>	<b>8oz</b>	<b>0mg</b>
<b>Herbal Tea</b>	<b>8oz</b>	<b>0mg</b>

Remember that Herbal and Rooibos teas are naturally caffeine free, but even decaffeinated tea and coffee contain some amount of caffeine. In fact, Decaf Coffee contains about as much caffeine as a cup of Green Tea.

