

## Caffeine Q & A



### How much caffeine is in . . . ?

Most of the caffeine we consume comes from beverages. Amounts can vary, but here's how much caffeine can be found in popular drinks:

- **8 oz. black coffee:**  
80 to 100 mg
- **8 oz. black or green tea:**  
30 to 50 mg
- **12 oz. cola:**  
30 to 40 mg
- **8 oz. energy drink:**  
40 to 250 mg

Some foods and medicines have caffeine in them, too. Anything chocolate- or coffee-flavored—such as candy, ice cream and even some cereals—likely contains the substance, as do some cold medicines, pain relievers and over-the-counter drugs for alertness.



### How much is too much caffeine?

According to the U.S. Food and Drug Administration (FDA), most adults can safely consume up to 400 mg of caffeine a day.

The FDA hasn't set a level for children and teens, but the American Academy of Pediatrics recommends they steer clear of caffeine.

### Can caffeine in the afternoon really keep me awake at night?

It might, depending on what time you go to bed. To help ensure a good night's sleep, avoid consuming caffeine for four to six hours before your usual bedtime.



### Should I avoid caffeine?

In low to moderate amounts, caffeine is harmless for most healthy adults. But experts do recommend that some people limit or avoid caffeine. This includes anyone who:

- Is pregnant or breast-feeding
- Has acid reflux or ulcers
- Struggles to get quality sleep
- Has anxiety
- Experiences migraines or chronic headaches
- Has high blood pressure or fast or irregular heart rhythms
- Takes certain medicines or supplements

Talk with your healthcare provider if you're worried about caffeine and your health.