

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.