

## What Foods and Drinks Have Caffeine?



Caffeine is naturally produced in the leaves and seeds of many plants. It's also made artificially and added to some foods. Kids get most of their caffeine from sodas, but it's also found in energy drinks, coffee, tea, chocolate, coffee ice cream, and some pain relievers and other over-the-counter medicines.

Here's how some sources of caffeine compare:

<b>Item</b>	<b>Size</b>	<b>Amount of Caffeine</b>
<b>Jolt soft drink</b>	12 oz.	71.2 mg
<b>Mountain Dew</b>	12 oz.	55 mg
<b>Coca-Cola</b>	12 oz.	34 mg
<b>Diet Coke</b>	12 oz.	45 mg
<b>Pepsi</b>	12 oz.	38 mg
<b>brewed coffee (drip method)</b>	5 oz.	115 mg*
<b>iced tea</b>	12 oz.	70 mg*
<b>dark chocolate</b>	1 oz.	20 mg*
<b>milk chocolate</b>	1 oz.	6 mg*
<b>cocoa beverage</b>	5 oz.	4 mg*
<b>chocolate milk beverage</b>	8 oz.	5 mg*
<b>cold relief medicine</b>	1 tablet	30 mg*
*average amount of caffeine		

Sources: U.S. Food and Drug Administration and the National Soft Drink Association