

Healthy eating

Caffeine levels in popular drinks

At home	milligrams per cup
Instant coffee	61 to 70
Percolated ground coffee	97 to 125
Tea	15 to 75
Cocoa	10 to 17
Coffee, Decaf, brewed	3 to 4
Coffee, Decaf, instant	2 to 3

At the coffee shop	milligrams per cup
Grande coffee	330
Grande Latté	150
Regular coffee	100
Espresso (2 ounces)	100
Grande Decaf Latté	13
Chocolate Milk (8 oz)	5

Soft Drinks	milligrams per cup
Energy drink 250ml	80
Energy drink 480ml	144
Coca-Cola cherry, regular or diet	35
Dr Pepper, regular or diet	42 to 44
Fanta, all flavours	0
Mountain Dew, regular or diet	54
Pepsi, regular or diet	36 to 38
Sprite, regular or diet	0

