

# SCHOLASTIC CHOICES®

SEPTEMBER 2010



## CAFFEINE ALERT

This table shows the caffeine content of various drinks.

### BEVERAGE ITEM

### AMOUNT OF CAFFEINE

Starbucks store-bought coffee (16 oz)

330 mg

Starbucks Latte, Cappuccino, Caramel Macchiato (16 oz)

150 mg

Maxwell House or Folgers coffee (16 oz)

160-200 mg

Starbucks Coffee—brewed from grounds

260 mg

Hot black or green tea (16 oz)

60-100 mg

Starbucks hot cocoa or decaf coffee (16 oz)

25 mg

Hot decaf tea (16 oz)

5 mg

Bottled iced tea (Arizona, Lipton, Snapple, etc.) (16 oz)

30-60 mg

Soda (Coke, Pepsi, Sunkist, Mountain Dew, etc.) (12 oz)

34-55mg (Coke: 34 mg, Pepsi: 38 mg, Sunkist: 41 mg, Mountain Dew: 55 mg)

Non-cola soda (7-Up, Sprite, Sierra Mist, diet or regular) (12 oz)

0 mg

Red Bull (regular or sugar free) (8.3 oz)

76 mg

Monster (8 oz)

80 mg