



# A jolt of java

The addictive drug caffeine (yes, it's a drug) is naturally found in coffee beans and is added to other drinks and foods. So how much is in your daily cup?

Here's what the Center for Science in the Public Interest says. (Numbers are in milligrams per 8 ounce cup, unless otherwise stated, so judge accordingly because who drinks just 8 ounces?)

\* **Note:** The FDA advises consumers to talk with their health care providers before using any product marketed as an "energy shot" or "energy drink."

- Brewed coffee 102 to 200 (by comparison, brewed decaf 5)
- Instant coffee 27 to 173
- Starbucks brewed 160 (Starbucks vanilla latte 75 or 1 oz Espresso 75)
- Dunkin' Donuts 103
- Starbucks Tazo Chai tea 50
- Brewed tea 40-120
- Arizona Iced Tea, black 16; green 7.5
- Snapple, Just Plain Unsweetened 9
- 5-Hour Energy (1.93 oz) 207\*
- Monster Energy 80 (but the cans are 16 oz so 160)\*
- Coke, regular or diet 54 (12 oz); Classic 35
- Sprite, regular or diet 0
- SoBe Essential 48
- Ben & Jerry's Coffee Heath Bar Crunch 84
- Hershey's Chocolate Bar (1.55 oz) 9
- Hershey's Kisses (9 pieces) 9
- Excedrin (Extra Strength, 2 tablets) 130