

SCOUTS-L

CAFFINE FACTS

Date: Thu, 8 Feb 1996 15:17:09 -0500
From: "Paul H. Brown" <phbrown@CAPACCESS.ORG>
Subject: Re: Drug using adults

On Thu, 8 Feb 1996, Bob Myers wrote:

>
> Do we also insist on decaffeinated sodas only? How about chocolate? I
> know these items have significant caffeine content. Does anyone know
> how a can of Coke compare with a cup of coffee?

Dunno about Coke, but here are some values for other personal stimulants:

1. How much caffeine is there in [drink/food/pill]?

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According to the National Soft Drink Association, the following is the caffeine content in mgs per 12 oz can of soda:

Jolt	100.0
Afri-Cola	100.0
Sugar-Free Mr. Pibb	58.8
Mountain Dew	55.0 (no caffeine in Canada)
Diet Mountain Dew	55.0
Mello Yellow	52.8
Tab	46.8
Coca-Cola	45.6
Diet Cola	45.6
Shasta Cola	44.4
Shasta Cherry Cola	44.4
Shasta Diet Cola	44.4
Mr. Pibb	40.8
OK Soda	40.5
Dr. Pepper	39.6
Pepsi Cola	37.2
Aspen	36.0
Diet Pepsi	35.4
RC Cola	36.0
Diet RC	36.0
Diet Rite	36.0
Canada Dry Cola	30.0
Canada Dry Diet Cola	1.2
7 Up	0

By means of comparison, a 7 oz cup of coffee has the following caffeine (mg) amounts, according to Bunker and McWilliams in J Am Diet 74:28-32, 1979:

Drip	115-175
Espresso 1 serving (1.5-2oz)	100mg of caffeine
Brewed	80-135
Instant	65-100
Decaf, brewed	3-4
Decaf, instant	2-3
tea, iced (12 ozs.)	70
tea, brewed, imported	60
tea, brewed, U.S.	40
tea, instant	30

The variability in the amount of caffeine in a cup of coffee or tea is huge even if prepared by the same person using the same equipment and ingredients day after day.

Other data on caffeine:

Cup of coffee	90-150mg
Instant coffee	60-80mg
Tea	30-70mg
Cola	30-45mg
Chocolate bar	30mg
Stay-awake pill	100mg
Vivarin	200mg
Cold relief tablet	30mg

The following information is from Bowes and Church's Food values of portions commonly used, by Anna De Planter Bowes. Lippincott, Phila. 1989.

Pages 261-2: Caffeine.

Candy:

Chocolate	mg caffeine
baking choc, unsweetened, Bakers--1 oz(28 g)	25
german sweet, Bakers -- 1 oz (28 g)	8
semi-sweet, Bakers -- 1 oz (28 g)	13

Choc chips	
Bakers -- 1/4 cup (43 g)	13
german sweet, Bakers -- 1/4 cup (43 g)	15

Chocolate bar, Cadbury -- 1 oz (28 g)	15
Chocolate milk 8oz	8

Desserts:

Jello Pudding Pops, Choc (47 g)	2
Choc mousse from Jell-O mix (95 g)	6
Jello choc fudge mousse (86 g)	12

Beverages

3 heaping teaspoons of choc powder mix	8
2 tablespoons choc syrup	5
1 envelope hot cocoa mix	5

Dietary formulas

ensure, plus, choc, Ross Labs -- 8 oz (259 g)	10
Cadbury Milk Chocolate Bar	

More stuff:

Guarana "Magic Power" (quite common in Germany),
 15 ml alcohol with
 5g Guarana Seeds 250.0 mg
 Guarana capsules with
 500 mg G. seeds 25.0 mg / capsule

(assuming 5% caffeine in seeds as stated in literature)

Guarana soda pop is ubiquitous in Brazil and often available at tropical groceries here. It's really tasty and packs a wallop. Guarana wakes you up like crazy, but it doesn't cause coffee jitters.

YiS,

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