

# Caffeine Q&A



## How much caffeine is in...?

Most of the caffeine we consume comes from beverages, including these popular drinks:

- 8 oz black coffee: **80 to 100 mg**
- 8 oz black or green tea: **30 to 50 mg**
- 12 oz cola: **30 to 40 mg**
- 8 oz energy drink: **40 to 250 mg**

## How much is too much caffeine?

According to the U.S. Food and Drug Administration (FDA), most adults can safely consume up to 400 mg of caffeine a day.

## Should I avoid caffeine?

In low to moderate amounts, caffeine is harmless for most healthy adults. But experts do recommend that some people limit or avoid caffeine, including those who:

- Are pregnant or breastfeeding
- Have acid reflux or ulcers
- Struggle to get quality sleep
- Have anxiety
- Experience migraines or chronic headaches
- Have high blood pressure or fast or irregular heart rhythms
- Take certain medicines or supplements

**Talk with your healthcare provider if you're worried about caffeine and your health.**