How much casseine are you having?



How much caffeine in a single serving?









Drinking chocolate (250ml)

Decaffeinated long black coffee (130ml)

Green tea (250ml)

Cola-type soft drink (355ml)*

Black tea (250ml)*











Instant coffee (250ml)*

Chocolate bar (100g)

Plunger coffee (250ml)*

e Energy drink (250ml)*

Coffee (cappuccino) (260ml) (single shot)

Source: MOH New Zealand

If you want to cut back on how much tea and coffee you are having, try these alternatives:



herbal tea (caffeine free)



flavoured water with fruit/vege



sparkling water

Recommended maximum levels of caffeine

Under 18 years old



No more than 3mg of caffeine per kg in a single serving

E.g. for a 40kg child, 3mg x 40kg = 120mg

Over 18 years old



MAXIMUM 400mg caffeine per day (from all sources)

MAXIMUM 200mg in a single serving

Pregnant & breastfeeding



MAXIMUM 200mg per day (from all sources)

Coffee...more than just the caffeine to consider!







240kJ





(340ml serve)







FLAT WHITE, DOUBLE SHOT, STANDARD MILK (285ml serve, large) 500kJ



SOY FLAT WHITE, DOUBLE SHOT (285ml serve, large) 500kJ

Source: www.healthyfood.com

