

Caffeine Content by Coffee Preparation Method

Preparation Method	Caffeine Content
Drip coffee (8 oz)	80 to 100 mg
Espresso (2 oz)	-130 mg
Instant coffee (8 oz)	80 to 112 mg
Decaffeinated drip (8 oz)	2 to 15 mg
Cold brew	Varies; limited data

RESOURCES

1. US DEPARTMENT OF HEALTH & HUMAN SERVICES. DIETARY GUIDELINES FOR AMERICANS 2015-2020: EIGHTH EDITION. [HTTP://HEALTH.GOV/DIETARYGUIDELINES/2015/GUIDELINES](http://health.gov/dietaryguidelines/2015/guidelines). PUBLISHED JANUARY 7, 2016.
2. SPILLING THE BEANS: HOW MUCH CAFFEINE IS TOO MUCH? US FOOD AND DRUG ADMINISTRATION WEBSITE. [HTTPS://WWW.FDA.GOV/CONSUMERS/CONSUMER-UPDATES/SPILLING-BEANS-HOW-MUCH-CAFFEINE-TOO-MUCH](https://www.fda.gov/consumers/consumer-updates/spilling-beans-how-much-caffeine-too-much). UPDATED DECEMBER 12, 2018.
3. CARRILLO JA, BENITEZ J. CLINICALLY SIGNIFICANT PHARMACOKINETIC INTERACTIONS BETWEEN DIETARY CAFFEINE AND MEDICATIONS. *CLIN PHARMACOKINET*. 2000;39(2):127-153.