CHG
Learn. Promote. Manage.
A safe and healthy workplace.

CAFFEINE CALCULATOR

Caffeine has been labelled the most popular drug in the world. It is found naturally in over 60 plants including the coffee bean, tea leaf, kola nut and cacao pod. On a daily basis, all over the world caffeine is consumed through: coffee, tea, cocoa, chocolate, energy drinks, weight loss supplements, some soft drinks and some medications.

Source	Amount	Caffeine Content
Espresso based coffee	200ml cup	60 - 250mg
Instant coffee	200ml cup	60 - 100mg
Decaffeinated coffee	200ml cup	2 - 4mg
Iced coffee	600ml carton	115 - 140mg
Black tea	200ml cup	30 - 100mg
Green tea	200ml cup	30 - 50mg
Chocolate drink	200ml cup	10 - 15mg
Energy drink	250ml can	80 - 90mg
Cola drink	375ml can	35 - 50mg
Milk chocolate	100g bar	20 - 30mg

CAFFEINE CALCULATION

Use the following tables to determine how much caffeine you consume in an average day. How much caffeine a person can consume is dependent on the individual's sensitivity to caffeine, body mass and metabolism. For optimal health less than 250mg of caffeine should be consumed per day, with max. daily consumption less than 600mg.

GUIDELINES FOR SAFE CAFFEINE CONSUMPTION SUGGEST:

- Daily intake of **400mg or less**, from all sources, for adults in the general population, excluding pregnant women;
- Daily intake up to **200mg per day**, from all sources, for pregnant women, so not to raise safety concerns for the fetus;
- Single doses of caffeine **up to 200mg** (approximately 3mg / kg body weight for a 70kg adult) are unlikely to induce clinically impactful changes in blood pressure, myocardial blood flow, hydration status or body temperature.

CALCULATE;

Type of beverage or food	Quantity		Weak mg		Strong mg	Total mg
Espresso based coffee		@	60	or	200	
Instant coffee		@	60	or	100	
Decaf coffee		@	2	or	4	
Iced coffee		@	115	or	140	
Black tea		@	30	or	110	
Green tea		@	30	or	50	
Chocolate drink		@	10	or	15	
Energy drink		@	90			
Cola drink		@	50			
Milk chocolate		@	30			
Dark chocolate		@	90			
					Daily total average	

08 8354 9800
bookings@chg.net.au
www.chg.net.au
103 Henley Beach Rd Mile End
SA 5031