



Abridged List Ordered by Nutrient Content in Household Measure
Source: USDA National Nutrient Database for Standard Reference Legacy (2018)
Nutrients: **Caffeine(mg)**

Description	Measure	Caffeine(mg)Per Measure
Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	336
Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	16.0 fl oz	163
Beverages, Energy drink, ROCKSTAR, sugar free	8.0 fl oz	79
Beverages, Energy drink, AMP, sugar free	8.0 fl oz	72
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	57
Beverages, tea, instant, unsweetened, powder	1.0 serving 1 tsp	40
Chocolate, dark, 60-69% cacao solids	1.0 oz	24
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	15
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	13
Candies, NESTLE, CRUNCH Bar and Dessert Topping	1.0 bar 1.55 oz	13
Alcoholic beverage, liqueur, coffee, 63 proof	1.0 fl oz	9
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	7
Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	1.0 fl oz	4
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	4
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	4
Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	1.0 fl oz	4
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	3
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	3
Cookies, sugar wafers with creme filling, regular	3.0 cookies	3
Candies, MOUNDS Candy Bar	1.0 bar snack size	3
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	3
Cookies, chocolate chip, refrigerated dough	1.0 serving	3
Puddings, chocolate, dry mix, regular, prepared with whole	0.5 cups	3
Cookies, chocolate wafers	1.0 oz	3
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	3
Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	1.0 fl oz	3
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	3

Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	2
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	2
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	2
Beverages, coffee, instant, decaffeinated, powder	1.0 tsp rounded	2
Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.0 oz	2
Candies, truffles, prepared-from-recipe	1.0 piece	2
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	2
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	2
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	1
Cookies, chocolate sandwich, with creme filling, special	1.0 oz	1
Cereals, MALT-O-MEAL, chocolate, dry	3.0 tbsp (1 NLEA serving)	1
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	1
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar	1
Cereals ready-to-eat, POST, COCOA PEBBLES	0.75 cups (1 NLEA serving)	1
Milk shakes, thick chocolate	1.0 fl oz	1
Puddings, chocolate, ready-to-eat	1.0 oz	1