

How much caffeine is there in a cup of coffee?

Our textbook suggests 240 mg of caffeine per cup

[Health Canada standard for adults: 400 mg of caffeine per day]

Amount of caffeine in a cup of coffee varies considerably depending on the coffee beans used and the size of the drink. For example ...

Tim Hortons Beverage Caffeine Amounts

	Canada	USA			
Beverage	X-Small (8 oz)	Small (10 oz)	Medium (14 oz)	Large (20 oz)	X-Large (24 oz)
Coffee	80mg	100mg	140mg	200mg	240mg
Decaffeinated Coffee	5mg	6mg	9mg	12mg	15mg
Espresso Shot	-	45mg			
Americano	-	-	95mg	140mg	185mg
Cappuccino	-	-	75mg	100mg	140mg
Hot Latte	-	-	35mg	50mg	75mg
Mocha Latte	-	-	65mg	95mg	125mg
English Toffee Capp.	45mg	60mg	80mg	110mg	135mg
French Vanilla Capp.	45mg	60mg	80mg	110mg	135mg
Café Mocha	50mg	70mg	90mg	130mg	160mg

Starbucks Hot Beverage Caffeine

	USA	UK/Europe			
Beverage	Short (8 floz)	Tall (12 floz)	Grande (16 floz)	Venti (20 floz)	
Brewed Coffee	180mg	260mg	330mg	415mg	
Brewed Decaf Coffee	15mg	20mg	25mg	30mg	
Caffè Americano	75mg	150mg	225mg	300mg	
Caffè Latte (also flavored)	75mg	75mg	150mg	150mg	
Caffè Mocha (also flavored Mocha's)	90mg	95mg	175mg	180mg	
Cappuccino	75mg	75mg	150mg	150mg	
Caramel Macchiato	75mg	75mg	150mg	150mg	
Caramel Flan Latte	75mg	75mg	150mg	150mg	

source:

<http://www.caffeineinformer.com/tim-hortons-coffee-caffeine-content>

<http://www.caffeineinformer.com/the-complete-guide-to-starbucks-caffeine>

WARNING - Caffeine can kill!



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Sudden death of Ohio teen highlights dangers of caffeine powder

ANN SANNER
COLUMBUS, Ohio — The Associated Press
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Caffeine powder is extremely toxic

white powder, legal for now, sold as a dietary supplement; usually taken before a workout, as energy booster, or to control weight gain

a heap-full teaspoon of caffeine powder could contain 3200 mg of caffeine! so 1/16th of a teaspoon is roughly 1 cup of coffee

a heap-full teaspoon of caffeine powder could kill:
person first alert, then agitated and confused ->
irregular heartbeat -> nausea, vomiting -> seizure ->
death



Tiny sample cups of coffee steam as they are handed out at the company's annual shareholders meeting Wednesday, March 24, 2010, in Seattle. Image via AP

British university 'sorry' after wrongly giving students 300 coffee cups' worth of caffeine

 Study International Staff |  January 26, 2017

1874
SOCIAL BUZZ

The [University of Northumbria](#) has apologised for an experiment on caffeine that went horribly wrong, after they were found to have given two students the equivalent of 300 cups of coffee each.

A fine of £400,000 was slapped on the university for the "life-threatening" effects caused by the experiment blunder, the [BBC](#) reported.

How did it happen?

Lab staff ...

They had used a mobile phone to calculate the caffeine dosage, resulting in the decimal point being in the wrong place, he added, saying that no risk assessments had been made.