Caffeine in Coffee Chart

Last checked: November 4, 2026

Chart page (the live, interactive version):
https://baristabetter.com/tools/caffeine-calculator/

The FDA cites about 400 mg a day as an amount not generally linked to negative effects for most healthy adults. Limits differ for pregnancy, breastfeeding, children and teens, heart conditions and some medicines: ask your doctor.

https://www.fda.gov/consumers/consumer-updates/spilling-beans-how-much-caffeine-too-much

Caffeine in coffee drinks, as ranges (mg)

Ranges, not exact numbers: caffeine varies with the bean, roast, grind, brew time and serving size. Cold brew is not listed by our sources, so it is left out.

Drink	Size	Caffeine (mg)
Brewed (drip) coffee	8 fl oz	75-165 mg
Brewed (drip) coffee	12 fl oz	110-250 mg
Brewed (drip) coffee	16 fl oz	150-330 mg
Brewed (drip) coffee	20 fl oz	185-415 mg
Instant coffee	8 fl oz	60-65 mg
Instant coffee	12 fl oz	90-95 mg
Instant coffee	16 fl oz	120-125 mg
Decaf brewed coffee	8 fl oz	2-16 mg
Decaf brewed coffee	12 fl oz	3-25 mg
Decaf brewed coffee	16 fl oz	4-35 mg
Decaf brewed coffee	20 fl oz	5-40 mg
Espresso	1 shot	60-95 mg
Espresso	2 shots	125-190 mg
Espresso	3 shots	185-285 mg
Espresso	4 shots	250-380 mg
Latte, cappuccino or flat white	1 shot	60-95 mg
Latte, cappuccino or flat white	2 shots	125-190 mg
Latte, cappuccino or flat white	3 shots	185-285 mg
Latte, cappuccino or flat white	4 shots	250-380 mg

The FDA line

The FDA cites about 400 mg a day as an amount not generally linked to negative effects for most healthy adults. This chart compares drinks with that reference; it is not advice for any one person. If you are pregnant, breastfeeding, have a heart condition or take medicines, ask your doctor what is right for you.

Sources

USDA FoodData Central: Beverages, coffee, brewed, prepared with tap water (FDC 171890, SR Legacy)
https://fdc.nal.usda.gov/food-details/171890/nutrients
Caffeine 40 mg per 100 g; a fl oz is 29.6 g, a cup (8 fl oz) is 237 g. Checked November 4, 2026.

FDA: Spilling the Beans: How Much Caffeine Is Too Much?
https://www.fda.gov/consumers/consumer-updates/spilling-beans-how-much-caffeine-too-much
400 mg a day reference; brewed coffee 113 to 247 mg per 12 fl oz; decaf coffee 2 to 15 mg per 8 fl oz. Content current as of 2024-08-28. Checked November 4, 2026.

Harvard T.H. Chan School of Public Health, The Nutrition Source: Caffeine
https://nutritionsource.hsph.harvard.edu/caffeine/
8 oz brewed about 95 mg; 1 espresso shot (1.5 oz) about 65 mg; instant about 60 mg per 8 oz; decaf about 4 mg. Last reviewed July 2020. Checked November 4, 2026.

USDA FoodData Central: Beverages, coffee, instant, regular, prepared with water (FDC 174130, SR Legacy)
https://fdc.nal.usda.gov/food-details/174130/nutrients
Caffeine 26 mg per 100 g. Checked November 4, 2026.

USDA FoodData Central: Beverages, coffee, brewed, prepared with tap water, decaffeinated (FDC 171889, SR Legacy)
https://fdc.nal.usda.gov/food-details/171889/nutrients
Caffeine 1 mg per 100 g. Checked November 4, 2026.

USDA FoodData Central: Beverages, coffee, brewed, espresso, restaurant-prepared (FDC 171891, SR Legacy)
https://fdc.nal.usda.gov/food-details/171891/nutrients
Caffeine 212 mg per 100 g; 1 fl oz is 29.6 g. Checked November 4, 2026.

Figures are starting points taken from the pages above, not medical or maker advice. Check your own equipment and ask a professional about health questions.