

Examples: of Caffeine Equivalents in Sodas and Coffees.

An individual may drink up to 2 (20 oz) sodas in one day

1 Coke (20 oz) = 60 mg of caffeine

Therefore 2 Cokes (20 oz) = 120 mg of caffeine



120 mg of caffeine

On a typical day, a person usually drinks 2 cups of coffee a day

However:

1 cup of Tall (12 oz) Starbucks = 375 mg of caffeine

Therefore:

2 cups of Tall (12 oz) Starbucks = 750 mg of caffeine



750 mg of caffeine