



SIP SMART! BC™

CAFFEINE REPORT



	Caffeine
Caffeine from chocolate milk (7 mg/250 mL)	
Caffeine from cola (29 mg/250 mL)	
Caffeine from energy drinks (80 mg or more/250 mL)	
Caffeine from coffee (158 mg/250 mL)	
Caffeine from tea (30 mg/250 mL)	
How much caffeine did we consume?	

COMPARE!

Maximum amount of caffeine recommended per student/day = 65 to 85 mg (7 to 12 years)

Number of students in class = _____

Maximum amount of caffeine recommended/class/day = _____

