

# SIP SMART! BC™

## CHECK THE CAFFEINE!

Name \_\_\_\_\_

Date \_\_\_\_\_

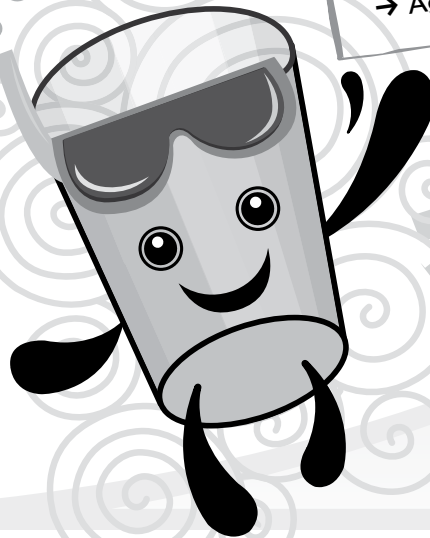
Drink	Serving size (mL)	Caffeine (mg)
Hot Chocolate	300 mL	8 mg
Cola	355 mL	40 mg
Iced tea	355 mL	25 mg
Root beer	355 mL	40 mg
Energy drink	500 mL	160 mg
Coffee (regular)	350 mL	186 mg
Coffee (decaf)	350 mL	4 mg
Iced coffee	500 mL	115 mg
Black or green tea	250 mL	30 mg
Tea (decaf)	240 mL	1 mg

How much caffeine did Tom drink?

Iced tea \_\_\_\_\_ mg  
 + Iced coffee \_\_\_\_\_ mg  
 + Energy drink \_\_\_\_\_ mg  
 = TOTAL \_\_\_\_\_ mg

What is the maximum amount of caffeine that students can safely have in one day?

→ Age 7 to 12 years: \_\_\_\_\_ mg



Circle or highlight the drinks that you've tried before!