VITALS VAULT

FREE GUIDE

The daily caffeine tally sheet

Add up the caffeine in a normal day and see where it comes from. It is often more than people think, and it can affect sleep and nerves.

CAFFEINE PER 100 ML: FILL IN YOUR DAY

Drink	mg per 100 mL	mL I drank	My mg
Brewed coffee	30		
Espresso	279		
Cappuccino	32		
Green tea	20		
Black tea	18		
Energy drink	30		
Cola	9		
Decaf coffee	2		

CHOCOLATE, PER 100 G

Food	mg per 100 g	g I ate	My mg
Dark chocolate	114		
Semisweet	70		
Milk chocolate	19		
Cocoa powder	230		

LIMIT

A review of healthy adults found more anxiety at 400 mg a day or more. These are lab values for specific products, and real cups vary. Sensitivity differs, so 400 mg is not a personal limit.

QUESTIONS TO ASK

- [ ] Could caffeine be adding to a racing heart or poor sleep?
- [ ] How much caffeine fits with my blood pressure?
- [ ] Does any medicine I take contain caffeine?
- [ ] When should I stop caffeine in the day?

Sources: Liu 2024 meta-analysis; Rocha 2022 food table. Values are for specific products. Healthy adults only.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com