

Caffeinated beverages

Children's Health Queensland compliance criteria

Supportive Environments at Healthcare Facilities Steering Committee

26/04/2017



Maximum daily caffeine consumption in children, as defined by Health Canada¹:

For children aged 4-6: **45mg/day maximum**

Caffeine content of common beverages ^{2,3}		
Size	Drink	Caffeine content (mg)
375mL	Coca-cola	34
	Coke Zero	34
	Diet Pepsi	34
	Diet coke	46
390mL	Diet coke	50
	Coke zero	37
600mL	Coca-cola	56
	Coke Zero	56
	Diet Pepsi	56
	Diet coke	76
	Coca-Cola Life	47
250mL	Red Bull	80
	Monster Energy	92
500mL	Ice Break Regular	140mg
275mL	Dare Iced Coffee	44mg

Compliance criteria

1. Caffeinated beverages containing > 50mg caffeine total are classified as '**RED**' drinks.
2. Beverages classified as 'energy drinks' e.g. Red Bull, Mother, Monster, Rockstar are **NOT** to be stocked in Children's Health Queensland facilities, even if meeting caffeine guidelines.
3. The Supportive Environments at Healthcare Facilities steering committee has executive decision regarding which beverages may be stocked in Children's Health Queensland facilities

References

1. Health Canada. (2016). "Caffeine in Food: Recommended Maximum Caffeine Intake Levels for Children and Women of Childbearing Age."
2. Consumer Reports. (2012) The buzz on energy-drink caffeine. [Caffeine levels per serving for the 27 products we checked ranged from 6 milligrams to 242 milligrams per serving](#)
3. Center for Science in the Public Interest (2017) Caffeine Chart.