



Caffeine content of selected Emmi products

All Emmi products with mocca/coffee aroma contain caffeine. So do many other foods. Here are some average caffeine contents for comparison:

- black tea	15-25 mg / dl
- coffee	40-90 mg / dl
- cola	25-40 mg / dl
- milk chocolate	15-20 mg / 100 g
- dark chocolate	80-90 mg / 100 g

Yogurt drinks/milk drinks

Caffeine content (mg per consumer unit)

Emmi CAFÉ LATTE Double Zero unsweetened	approx. 115 mg caffeine / cup (230 ml)
Emmi CAFÉ LATTE Balance lactose-free	approx. 80 mg caffeine / cup (230 ml)
Emmi CAFÉ LATTE Cappuccino	approx. 80 mg caffeine / cup (230 ml)
Emmi CAFÉ LATTE Macchiato	approx. 80 mg caffeine / cup (230 ml)
Emmi CAFÉ LATTE Espresso	approx. 120 mg caffeine / cup (230 ml)
Emmi CAFÉ LATTE Caramel	approx. 60 mg caffeine / cup (230 ml)
Emmi CAFÉ LATTE Vanille	approx. 60 mg caffeine / cup (230 ml)
Emmi CAFÉ LATTE Columbia	approx. 110 mg caffeine / cup (230 ml)
Emmi CAFÉ LATTE Cold Brew less sweet	approx. 80 mg caffeine / cup (230 ml)
Emmi CAFÉ LATTE Espresso Extra Shot	approx. 140 mg caffeine / can (250ml)
Emmi Energy Milk Mocca	approx. 69 mg caffeine / bottle (330 ml)
Emmi Energy Milk High Protein 26g Coffee	approx. 86 mg caffeine / bottle (330 ml)
Emmi Yogurt Drink Bifidus Mocca	approx. 86 mg caffeine / bottle (500 ml)
Emmi Yogi Drink Mocca	approx. 17 mg caffeine / cup (200 ml)
Emmi Babeurre Cappuccino	approx. 90 mg caffeine / bottle (500 ml)

Yogurts

Caffeine content (mg per consumer unit)

Emmi Suisse Yogurt Mocca	approx. 31 mg caffeine / cup (150 g)
Emmi Suisse Yogurt light Mocca	approx. 29 mg caffeine / cup (150 g)
Emmi Yogurt Pur Mocca	approx. 50 mg caffeine / cup (150 g)
Toni Yogurt Mocca	approx. 32 mg caffeine / cup (180 g)
Cristallina Yogurt Mocca	approx. 32 mg caffeine / cup (180 g)
Emmi YoQua 15g Protein low carb Mocca	approx. 49 mg caffeine / cup (170 g)

Comments

The caffeine contents given in this list are subject to natural variations. However, caffeine content information on the packaging is binding. Although this list is updated regularly, Emmi accepts no responsibility for any adjustments to recipes or other changes.

Emmi Schweiz AG, 01.05.2019