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By Scott | 10/23/2015 | Brewing Tips, Driftaway Blog

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Most people know that coffee has more caffeine than tea, right? That's actually not quite true. While brewed coffee does have more caffeine than steeped tea, it's because coffee is a stronger drink than tea. Tea leaves actually contain more caffeine than coffee beans.

## Tea Leaves Have More Caffeine Than Coffee Beans

Before brewing, tea leaves contain more caffeine than coffee beans. Caffeine is a naturally occurring compound that's found in both tea and coffee (as well as cocoa and yerba mate). There is more caffeine in the leaves of the camellia sinensis plant, which is the only species of tea plant, than there is in the beans of either the *coffea robusta* or *coffea arabica* plant.

## Brewed Coffee Has More Caffeine Than Steeped Tea

After brewing, however, a cup of coffee has more caffeine than a cup of tea. The reason for this is simple: coffee is a stronger beverage than tea. If you don't think brewed coffee is more concentrated than steeped tea, just look at a cup of each. You'll be able to see through the tea more than the coffee, even if you're comparing black tea. In some cases, *brewed coffee can look almost black*.

Coffee's stronger because it's extracted more than tea during the brewing process. Both beverages can be prepared in a variety of ways, but generally speaking coffee is:

- brewed at a higher temperature than some teas (especially green and white teas)
- brewed longer than most teas are steeped (especially green)

- fresher than tea

4.9 ★★★★★

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## Caffeine Levels Vary a Lot in Coffee and Tea

As a rule of thumb, coffee has about twice as much caffeine as tea. Caffeine levels vary a lot, though, in both beverages. More specifically a cup of:

- coffee has between 5 and 200 milligrams of caffeine
- black tea has between 14 and 70 milligrams of caffeine
- green tea has between 24 and 45 milligrams of caffeine
- white tea has between 6 and 60 milligrams of caffeine

(In comparison, caffeinated sodas tend to have between 20 and 50 milligrams of caffeine.)

The variance in coffee comes mainly from the two species of plants. Robusta varieties have about



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## Both Coffee and Tea Are Healthy

As long as you enjoy your beverages in moderation, both coffee and tea are healthy beverages. The Mayo Clinic recommends keeping your caffeine intake below 500 milligrams per day, which is **several cups of coffee** or tea, and neither of them have the sugar that soda contains.

Tags:

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Coffee

Tea



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Author

Scott

Scott is a professional writer for Driftaway Coffee. He worked as a barista for eight years, but today prefers to enjoy his beverages from the other side of the counter. When not drinking Driftaway Coffee, Scott usually has a mug of his own roasted coffee nearby.



Rating



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“After brewing, however, a cup of coffee has more caffeine than a cup of tea. The reason for this is simple: coffee is a stronger beverage than tea.” That is a tautology. It is like saying “Jim is richer than Aaron. The reason is simple: Jim has more money than Aaron.”



[...] Is There More Caffeine in Coffee or Tea? – Driftaway Coffee – Does coffee really have more caffeine than tea? Or is it a rumor that the caffeine in coffee is stronger? Read on to find out more! [...]



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