**Coffee, Gender and the Human Body**

Coffee consumption varies depending on coffee blend and type of preparation. The human body will absorb just 300-310 mg of caffeine at any given time. Additional amounts are released and provide no additional stimulation to brain receptors. The human body dissipates 20% of the caffeine per hour.

**Caffeine content can vary depending on coffee blend and type of preparation.**

- Espresso: 100 mg
- Brewed: 80 - 135 mg
- Instant: 65 - 100 mg
- Decaf: 3 - 4 mg

The majority of all caffeine consumed worldwide comes from coffee. On average, the following amounts of caffeine can be expected in a single 7 ounce cup of coffee, or a single shot of espresso.

**Coffee Purchased by Country**

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**A Mixture of Blends, a Blend of Mixtures**

A short guide to the complex world of coffee drinks.

- Cafe au lait
- Cafe mocha
- Chocolate
- Milk
- Water
- Brandy
- Irish

**Sources**

- National Coffee Association
- The Specialty Coffee Association of America
- CoffeeResearch.org
- International Coffee Organization

**Additional Facts**

- On average men drink more coffee than women.
- On average, the following amounts of coffee can be expected in a single 7 ounce cup of coffee, or a single shot of espresso.
- From age 18 to 64, the typical full-time employee will drink 47,840 cups of tea or coffee each day.
- This results in 190 days of lost productivity over a working lifetime.
- This costs employers $400 per worker per year.