

Table S1. Transformation of beverage and food in mg of caffeine.

Beverage/food	Volume	Mg caffeine
Coffee^a	1 cup 150 ml	100mg
Decaffeinated coffee^a	1 cup 150 ml	2mg
Tea^a	1 cup 150ml	39mg
Cola^a	1 bottle 200ml	20mg
Energetic drinks^b	1 bottle 200ml	64mg
Chocolate without milk^c	1 square 28g	23mg
Chocolate with milk^c	1 square 28g	6mg

Adapted from: ^aLi et al., 2015; ^b<http://energydrink-es.redbull.com/cafeina-en-red-bull>; ^cCnattingius *et al.*, 2000