

Supplementary Table S1. Conversion tables: standard volumes and caffeine containers.

Evaluation of Quantities: Standardization of Containers							
Containers	Usual Volumes (mL)				Mean Effective Volume (mL)		
Bowl	250–350				300		
Large cup (tea cup, hot chocolate cup, mug)	200–300				250		
Small cup (coffee cup)	90–120				100		
Can	330				330		
Tall glass (fruit juice glass)	250–280				265		
Standard glass (mustard glass)	150–200				175		
Vending machine cup	150–200				175		
Sources of Caffeine							
Food Items	Average Caffeine Content (mg/100 mL or mg/100 g)						
Decaffeinated coffee	2						
Instant coffee	43						
Filtered coffee	76						
Espresso	133, i.e., 40 mg for one espresso (30 mL)						
Brewed tea	26.6						
Iced tea	12						
Cola beverages (regular, diet)	12						
Dark chocolate	64.5						
Milk chocolate	25						
Caffeine content in Different Containers (in mg per container)							
Food Items	Bowl (300 mL)	Large Cup (250 mL)	Small Cup (100 mL)	Can (330 mL)	Tall Glass (265 mL)	Standard Glass (175 mL)	Venting Machine Cup (175 mL)
Decaffeinated coffee	6	5	2	/	5.3	3.5	3.5
Instant coffee	129	107.5	43	/	114	75.3	75.3
Filtered coffee	228	190	76	/	201.4	133	133
Brewed tea	79.8	66.5	26.6	/	70.5	46.6	46.6
Iced tea	36	30	12	39.6	31.8	21	21
Cola beverages	/	/	/	39.6	31.8	21	21
Espresso	133 mg per 100 mL, i.e., 40 mg per 1 espresso (30 mL)						
Other Food Items	1 square (10 g)			1 bar (25 g)			
Dark chocolate	6.5			16			
Milk chocolate	2.5			6.3			