

Collection date of caffeine intake information:

(DD-MM-YYYY)

CAFFEINE INTAKE

For each of the following:

Caffeinated Sodas: How often does the participant consume this type of beverage?

- ☐ Usually (>4 days a week)
☐ Sometimes (1-4 days a week)
☐ Rarely (< 3 days a month)
☐ Never

Caffeinated Instant Coffee: How often does the participant consume this type of beverage?

- ☐ Usually (>4 days a week)
☐ Sometimes (1-4 days a week)
☐ Rarely (< 3 days a month)
☐ Never

Caffeinated Instant Coffee: Cup Size?

- ☐ S (120-270ml)
☐ M (270-290ml)
☐ L (350-450ml)
☐ XL (>500ml)

Caffeinated Brewed Coffee: How often does the participant consume this type of beverage?

- ☐ Usually (>4 days a week)
☐ Sometimes (1-4 days a week)
☐ Rarely (< 3 days a month)
☐ Never

Caffeinated Brewed Coffee: Cup Size?

- ☐ S (120-270ml)
☐ M (270-290ml)
☐ L (350-450ml)
☐ XL (>500ml)

Decaffeinated Coffee (instant or brewed): How often does the participant consume this type of beverage?

- ☐ Usually (>4 days a week)
☐ Sometimes (1-4 days a week)
☐ Rarely (< 3 days a month)
☐ Never

Decaffeinated Coffee (instant or brewed): Cup Size?

- ☐ S (120-270ml)
☐ M (270-290ml)
☐ L (350-450ml)
☐ XL (>500ml)

Caffeinated Espresso and Espresso Drinks: How often does the participant consume this type of beverage?

- ☐ Usually (>4 days a week)
☐ Sometimes (1-4 days a week)
☐ Rarely (< 3 days a month)
☐ Never

Caffeinated Espresso and Espresso Drinks: Cup Size?

- ☐ Single shot
☐ Double shot
☐ Triple shot

Decaffeinated Espresso and Espresso Drinks: How often does the participant consume this type of beverage?

- ☐ Usually (>4 days a week)
☐ Sometimes (1-4 days a week)
☐ Rarely (< 3 days a month)
☐ Never

Decaffeinated Espresso and Espresso Drinks: Cup Size?

- ☐ Single shot
☐ Double shot
☐ Triple shot

Herbal Tea: How often does the participant consume this type of beverage?

- ☐ Usually (>4 days a week)
☐ Sometimes (1-4 days a week)
☐ Rarely (< 3 days a month)
☐ Never

Herbal Tea: Cup Size?

- ☐ S (120-270ml)
☐ M (270-290ml)
☐ L (350-450ml)
☐ XL (>500ml)

Green Tea: How often does the participant consume this type of beverage?

- ☐ Usually (>4 days a week)
☐ Sometimes (1-4 days a week)
☐ Rarely (< 3 days a month)
☐ Never

Green Tea: Cup Size?

- ☐ S (120-270ml)
☐ M (270-290ml)
☐ L (350-450ml)
☐ XL (>500ml)

Black Tea: How often does the participant consume this type of beverage?

- ☐ Usually (>4 days a week)
☐ Sometimes (1-4 days a week)
☐ Rarely (< 3 days a month)
☐ Never

Black Tea: Cup Size?

- ☐ S (120-270ml)
☐ M (270-290ml)
☐ L (350-450ml)
☐ XL (>500ml)

English Tea: How often does the participant consume this type of beverage?

- ☐ Usually (>4 days a week)
☐ Sometimes (1-4 days a week)
☐ Rarely (< 3 days a month)
☐ Never

English Tea: Cup Size?

- ☐ S (120-270ml)
☐ M (270-290ml)
☐ L (350-450ml)
☐ XL (>500ml)

Rooibos Tea: How often does the participant consume this type of beverage?

- ☐ Usually (>4 days a week)
☐ Sometimes (1-4 days a week)
☐ Rarely (< 3 days a month)
☐ Never

Rooibos Tea: Cup Size?

- ☐ S (120-270ml)
☐ M (270-290ml)
☐ L (350-450ml)
☐ XL (>500ml)

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H3ABioNet & H3Africa Phenotype Standards