

CAFFEINE AND THEOBROMINE CONTENT OF SELECTED FOODS AND BEVERAGES

	Caffeine mg per serving	Theobromine mg per serving
Carbonated Beverages (12 oz.)		
Cola, regular and diet, unless caffeine free	31-37	
Dr. Pepper, regular and diet	37	
Fanta Orange, Patio Orange	0	
Fresca	0	
Hires	0	
Mountain Dew	55	
Mr. Pibb, regular and sugar-free	27	
Mellow Yellow	35	
Sprite, 7-Up	0	
Kick	58	
Coffee^a (5 oz.)		
Brewed, Percolator	103	
Ground	59	
Instant	57	
Decaffeinated	2	
Tea^a (6 oz.)		
American black, 3 min. brew	36	2
From instant (1 tsp)	30	2
Green, 5 min. brew	26-36	
Herb	none detected	
Chocolate Foods		
Chocolate, baking (1 oz.)	57	346
Chocolate candy, milk (1 oz.)	6	50
Chocolate, sweet dark (1 oz.)	27	137
Chocolate milk (1 c)	5 (2-7)	*
Chocolate pudding (1/2 c)	7	88
Chocolate syrup (1 oz.)	5	68
Carob powder	0	
Chocolate ice cream (4 oz.)	2	41
Cocoa beverage (6 oz.)	5 (2-8)	*

^a The amount of caffeine depends upon the ratio of coffee or tea to water, method of preparation, blend of coffee or tea, and the length of exposure of the coffee or tea to hot water.

* Data not available

Source

Pennington J. *Bowes & Church's: Food Values of Portions Commonly Used*. 17th ed. Philadelphia, Pa: 1998.

METRIC/ENGLISH CONVERSIONS OF WEIGHT AND MEASURES

METRIC EQUIVALENTS

1 centimeter (cm)	= 10 millimeters (mm)
1 kilogram (kg)	= 1000 grams (g)
1 gram (g)	= 1000 milligrams (mg)
1 milligram (mg)	= 1000 micrograms (µg)
1 liter (L)	= 1000 milliliters (mL)
1 mL liquid	= 1 gram
	= 1 cubic centimeter (cc)

ENGLISH TO METRIC

1 inch (in)	= 2.54 centimeters
1 pound (lb)	= 0.45 kilograms
	= 454 grams (actual amount is 453.6 g)
1 quart (qt)	= 0.946 liter
	= 946 milliliters
1 pint (pt)	= 480 milliliters
1 fluid ounce (fl oz)	= 30 milliliters (actual 28.35 mL)

ENGLISH EQUIVALENTS

1 bushel =	4 pecks
	= 8 quarts
1 gallon =	4 quarts
	= 2 pecks
1 peck =	2 quarts
1 quart (qt) =	2 pints
	= 4 cups
	= 32 fluid ounces
1 pint (pt) =	2 cups
	= 16 fluid ounces
1 cup (c) =	16 tablespoons
	= 8 fluid ounces
1 tablespoon (tbsp) =	3 teaspoons
	= 0.5 fluid ounce
	= 15 milliliters
1 teaspoon (tsp) =	1/6 fluid ounce
	= 5 milliliters

METRIC TO ENGLISH

1 centimeter =	0.39 in
1 kilogram =	2.2 lb
1 gram =	0.035 ounce (oz)
1 milligram =	0.015 grain
1 liter =	1.057 quarts

MILLIGRAM/MILLIEQUIVALENT CONVERSIONS

<u>ELEMENT</u>	<u>ATOMIC WEIGHT</u>	<u>VALENCE</u>
Calcium	40.08	2
Chlorine	35.45	1
Magnesium	24.31	2
Phosphorus	30.97	3
Potassium	40 (39.10)	1
Sodium	23 (22.98)	1
Sulfur	32.06	2

Conversions:

mg to mEq: Divide the milligrams by the atomic weight; multiply by the valence.

Example: 200 mg Sodium × Valence (1) = 87 mEq
Atomic Weight (23)

mEq to mg: Multiply milliequivalents by the atomic weight; divide by the valence.

Example: 90 mEq Sodium × 23 ÷ 1 = 2070 mg

SALICYLATE CONTENT OF SELECTED FOODS

The restriction of foods containing salicylates may be used to treat urticaria (hives). Berries and dried fruits are high in salicylates, as are most herbs and spices. Aspirin use or penicillin and food molds may also be restricted. Hives may appear within minutes or up to two hours after eating, depending on where the food is absorbed in the digestive tract.

Note: The most common foods that cause hives are chocolate, fish, tomatoes, eggs, fresh berries and milk (1). Of these foods, only fish, eggs, tomatoes and fresh berries contain salicylates. Their salicylate content is <.1 mg/100 mg, <.1 mg/100 mg, <.5 mg/100 mg, and 1.0-4.99 mg/100 mg respectively.

FOOD GROUP	.50 – .99 mg salicylate/ 100 mg	1.0 – 4.99 mg salicylate/ 100 mg	5.0 – 10.0 mg salicylate/ 100 mg
Fruits	apple, canned or granny smith avocado cherries, sweet figs, dried grapes, red grape juice, dark grapefruit mandarin orange peach tangelo	apricot berries, all except fresh raspberries (which is higher) cantaloupe cherries, canned cranberry sauce currants, black and red dates, fresh and dried grapes, sultana orange pineapple plum, dark red	raisins prunes, canned raspberries, fresh
Vegetables	alfalfa broad beans broccoli chili peppers, green/yellow cucumber without peel eggplant with peel mushrooms, canned okra spinach, fresh squash sweet potato, white tomato, canned watercress	chicory chili peppers, red endive peppers, sweet green radishes tomato paste tomato sauce zucchini	
Nuts	macadamia nuts pine nuts pistachios	almonds peanuts waterchestnuts	
Other	sherry, sweet wine	all spices and herbs if used in high amounts	

Reference

1. American Academy of Dermatology. Urticaria-Hives. <http://tray.dermatology.uiowa.edu> (4/28/98).

Bibliography

Pennington J. *Bowes and Church's Food Values of Portions Commonly Used*. 17th ed. Philadelphia, Pa: Lippinott; 1998.
Escott-Stump S. *Nutrition and Diagnosis-Related Care*. 4th ed. Baltimore: Williams & Wilkins; 1997:75-76.