

THE CAFFEINE COUNT AND BAP FIBRE RECIPE

These are instruction sheets for patients.

The caffeine count gives an idea of the caffeine content of many different beverages—useful information for those trying to control incontinence or frequent voiding by reducing their caffeine intake.

BAP is a recipe for a high-fibre food that is easy and inexpensive to prepare and useful to manage constipation, especially in the elderly.

the caffeine count

coffee (5 oz)

caffeine
milligrams

Automatic drip	110-150
Percolated	65-125
Instant	40-80
Decaffeinated	1-2

tea

caffeine
milligrams

Brewed, 5 min (5 oz)	40-60
Iced (12 oz can)	35-60

chocolate

caffeine
milligrams

Baking chocolate (1 oz)	35
Chocolate candy bar, small	
15-25	

soft drinks (12 oz)

caffeine
milligrams

Jolt cola	71
Mountain Dew	55 (0 in Canada)
Mello Yello	53
Tab	47
Coca Cola	46
Diet RC Cola	43
Dr Pepper	41
Pepsi Cola	37
Barq's Root Beer	23 (0 in Canada)
Ginger ale; Fresca	0
Seven Up; Sprite	0
Orange; Most root beers	0
Caffeine-free colas	0

recipe for BAP

ingredients

Bran

Apple sauce

Prune juice

method

Mix together equal parts of each of the above ingredients. Refrigerate.

Start with one tablespoon two times per day. Wait one week and increase gradually, if necessary, until desired results are achieved.