**Supplemental Material**

**Coffee brand selection and preparation**

Paper drip-filtered (de)caffeinated coffee was prepared by adding 30 g of ground coffee to 300 mL of water with or without cane sugar (30 g). The coffee was served hot, immediately after brewing, whereas water (300 mL), with or without sugar (30 g), was served at room temperature. No milk, any other ingredient or food was served with the beverages. All beverages were served in a double lined dark capped mug with a black straw to blind the researchers to the beverage being served.

The amount (mg/g) of caffeine, fractions (3-,4-, 5- caffeoylquinic acid) and total caffeoylquinic acids (CQA) was determined in four commercial coffee brands, two regular and two decaffeinated, by high-performance liquid chromatography. The decision of which commercial brands were used in the study was based on the lowest amount of caffeine for the decaffeinated brand and the highest proportion of total CQA to caffeine for the caffeinated brand (0.56 versus 0.95). The amounts of caffeine, 3-, 4-, 5-, and total CQA in the caffeinated (Café do Ponto Araulto, *Coffea arabica* L., São Paulo, Brazil) and decaffeinated (Mellita descafeinado Clássico, São Paulo, Brazil) brands chosen for use in the study were 19.93 and 3.40, 4.22 and 2.80, 5.14 and 3.39, 9.63 and 6.15, and 18.99 and 12.35 mg/g, respectively.

Roasted and ground coffee brewed by dripping partially loses some of its components (1). Considering a loss of 50 to 70 % after brewing (2) the estimated range of caffeine provided to the participants (mg/kg body weight) was 1.4 - 2.0 and 0.24 – 0.33 for caffeinated and decaffeinated coffee, respectively. This is considered a moderate amount compared to the levels offered in clinical trials that investigated coffee and glucose disposal (i.e. 5-6 mg/kg body weight) (3,4).

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