

Drinks Diary

How much and what are you drinking?

It can be easy to lose track of how much and what you drink each day. Use this handy diary to record how many calories you consume, and total caffeine intake each day. Include all fluids you drink. Don't forget tap water and alcohol!

Diary	Type of drink and brand name	Glass / container size How much? (quantity)	When? Where? Who with?	Calories	Caffeine
Mon	<i>e.g. lemonade supermarket brand</i>	<i>e.g. 1 can</i>	<i>e.g. 10am on the bus on my own</i>	<i>e.g. 144 Kcal</i>	<i>e.g. 0mg</i>
Tues					
Weds					
Thurs					
Fri					
Sat					
Sun					

Quantity reference guide



tea cup



coffee mug



330ml can



500ml bottle



small wine glass
(125ml)



large wine glass
(175ml)



standard glass
(250ml)



half pint glass
(284.13ml)



pint glass
(568ml)

Nutritional information, including calories, for all Coca-Cola drinks can be found at www.coca-cola.co.uk/brands/

A guide to the caffeine content of a range of drinks can be found at www.coca-cola.co.uk/health/caffeine-counter.html

Need further drinks diaries? More of these can be downloaded at: www.coca-cola.co.uk/health/drink-diary.html

The recommended total water intake (including water from drinking water, beverages of all kinds, and from food moisture) for females is 2.0 L/day and for males 2.5 L/day (European Food Safety Authority, December 2009)