

Drinks in Your Home

Participant #: _____

We want you to write down all the drinks in your home.

<u>Drink/Syrup Name:</u> Examples- Diet Coke Black Cherry Vanilla Goya Guava Nectar Capri Sun Fruit Punch	<u>Type:</u> Examples- Soda Juice drink 100% juice Milk Water Syrups	<u>Size:</u> Examples – 36 oz. bottle 8.75 juice box 12 fl oz. can	<u>Number:</u> How many containers do you have?	<u>How much:</u> How much does your child drink at meals?		<u>How does your child drink it?</u> Examples: Mixed with water Without mixing it with water	<u>Who drinks it?</u> Check what applies	
				Frequency (times/d)	Amount		Mother	Child

Look in your:

- ✓ Fridge
- ✓ Counters
- ✓ Freezer
- ✓ Cupboards
- ✓ Pantry
- ✓ Cabinets
- ✓ Closets
- ✓ Anywhere else you would store drinks