

Sip Smart! BC™ Drink Diary

The students will likely ask a number of questions. Here are answers provided by registered dietitians:

Q1. *What about hot chocolate vs. chocolate milk?*

A1. Hot chocolate is rarely prepared with milk and is considered a sugary drink that usually contains 24 g (6 sugar cubes) added sugar and 7 mg of caffeine per 250 mL. Chocolate milk contains 8 g (2 sugar cubes) added sugar and 7 mg caffeine per 250 mL, but also nutrients such as calcium, vitamin D, riboflavin, and phosphorus.

Q2. *What about diet pop vs. pop?*

A2. Both contain artificial colours and flavours, and both may contain caffeine, but neither contain important nutrients for growing bodies.

Q3. *What about homemade iced tea vs. commercially prepared iced tea?*

A3. Homemade iced tea may be made with herbal (caffeine-free) teas. The amount of added sugar may be controlled and smaller amounts consumed than the sugar contained in commercially prepared iced tea.

Q4. *What about herbal tea vs. green tea/black tea?*

A4. Herbal tea (technically not a real “tea” but an infusion) is usually naturally caffeine free. Both green tea and black tea contain caffeine.

How to calculate the results of the *Sip Smart!™ Drink Diary*:

On our *Sip Smart! BC™* website www.bcpeds.ca you will find the *Drink Diary Calculator* in the form of an EXCEL™ Spreadsheet that makes it easy to calculate the total sugar cube, water, pop, milk and caffeine intake per class.

Just download the *Drink Diary Calculator* to your computer and run it in EXCEL™. It takes about 10 minutes to put all of the students’ drinks into the *Drink Diary Calculator*. In Grade 6, this could be done by a group of students as an extension activity. However we suggest you replace the student’s name with a number, at the top of the sheet, before giving to students.

If you have questions about using EXCEL™ *Drink Diary Calculator*, please review our brief online tutorial available from the Programs and Resources page of the BC Pediatric Society website. Visit www.bcpeds.ca and, from the left navigation bar, select “SipSmart! BC™”, then “Teachers” and then “Drink Diary Calculator”.

We’ve included a list of drinks that are not easy to categorize below. Use your best judgement if in doubt and/or refer to the Brand Name Food List (see *List of Links* in Online Resources setion).

1. *Lemonade* is a sugary drink as it has very little fruit juice in it.
2. *Chocolate milk* is a dairy item, with its own category in the *Drink Diary Calculator* to account for the caffeine in it.
3. *Flavoured milk* is where you would put milkshakes, smoothies and drinkable yogurt as they have some naturally occurring lactose and nutrition, but also contain added sugar. The *Drink Diary Calculator* will tally added sugar only.
4. *Hot chocolate* is generally made from a powdered mix reconstituted with water. Therefore, it counts as a sugary drink. While we acknowledge that hot chocolate does contain a small amount of caffeine, we still feel it is a better fit in the sugary drinks category.
5. *Vitamin-enhanced waters* are also categorized with *diet pop* (not diet cola) as they have similar ingredients. Both are artificially sweetened and thus contain few “sugar cubes” but offer no other nutrients.

This activity invites students to share personal information. It is important to remember that some families do have challenges in providing enough nutritious foods and/or regular meals in the home environment. It is important to maintain an atmosphere of respect, by not judging what students report or exerting any pressure on them. [Adapted from *Healthy Eating and Physical Activity Learning Resource*, BC Ministry of Education and Ministry of Health]