

Sip Smart! BC™ Drink Diary Calculation Sheet

We have developed spreadsheets for manual calculations. However, we encourage you to use the EXCEL® spreadsheet!

- **STEP 1: Column A.** Transcribe the TOTAL number of drinks/class by drink from the last column of the *Sip Smart!BC™ Drink Diary Record* sheet to Column A in the table below.
- **STEP 2: Column C.** Calculate the total sugar cubes/class by drink by multiplying the values in Columns A and B.¹
- **STEP 3: Column D.** Calculate the total caffeine in mg/class by drink by multiplying the values in Columns A and D.
- **STEP 4: Caffeine and Drink Report Calculation Boxes.** Calculate the values/class to be used in the *Reports* on the following pages by referring to the table below.

		Column A	Column B	Column C	Column D	Column E
Enter # completed Drink Diaries	#: _____	TL# drinks /class	# sugar cubes/size	Total cubes/ drink	Caffeine mg/ size	Caffeine in mg/ drink
Water	S (250 mL)		0		0	
	M(500 mL)		0		0	
	L (1 L)		0		0	
Plain Milk + other ²	S (250 mL)		0		0	
	M(500 mL)		0		0	
Reduced Sugar drinks ³	S (250 mL)		3		0	
	M(500 mL)		6		0	
Flavoured Milk (choc)	S (250 mL)		3		5	
	M(500 mL)		6		10	
100% Juice	S (200 mL)		5.5		0	
	M(350 mL)		10		0	
	L (605 mL)		20		0	
Fruity Drink	S (200 mL)		6		0	
	M(350-473 mL)		10		0	
	L (695 mL)		20		0	
Ice Tea	M(355-473 mL)		10		28	
	L (695 mL)		19.5		45.9	
Slurpy	M(500 mL)		12		0	
	L (1 L)		24		0	
	XL (1.9 L)		45.6		0	

¹ NOTE: Values above for drinks that contain both naturally occurring sugar and added sugar will show only the added sugar. All added sugar numbers are calculated in cubes.

² Plain Milk + Unsweetened Fortified Soy Beverage

³ Reduced Sugar Flavoured Milk + Reduced Sugar Fortified Soy Beverage (not chocolate)

		Column A	Column B	Column C	Column D	Column E
		TL# drinks /class	# sugar cubes/size	Total cubes/ drink	Caffeine mg/ size	Caffeine in mg/ drink
Pop: not Cola	S (237 mL)		6.8		0	
	M(355-591 mL)		17		0	
	L (1 L)		28.7		0	
Pop: Cola+Root Beer	S (237 mL)		6.8		35.8	
	M(355-591 mL)		17		88	
	L (1 L)		28.7		146	
Diet Pop: not Cola	S (237 mL)		0		0	
	M(355-591 mL)		0		0	
	L (1 L)		0		0	
Diet Pop: Cola	S (237 mL)		0		35.8	
	M(355-591 mL)		0		88	
	L (1 L)		0		146	
Energy Drink	S (250 mL)		7		75	
	M(500 mL)		14		150	
Sports Drink	L (710 mL)		10		0	
Tea	S (250 mL)		0		50	
	M(355 mL)		0		71	
Herbal Tea/Decaf	S (250 mL)		0		0	
	M(355 mL)		0		0	
Coffee	S (250 mL)		0		133	
	M(355 mL)		0		188	
Iced Coffee	M (500 mL)		20		110	
Decaffeinated Coffee	S (250 mL)		0		0	
	M(355 mL)		0		0	
Vitamin Enh'd Water	M (591 mL)		8		0	
Store-Bt Smoothie	M (500 mL)		14		0	
Bubble Tea	M (500 mL)		21		50	
Total						
				# sugar cubes/ class		

Calculations for Reports

Caffeine Calculations for the Sip Smart! BC™ Caffeine Report

(1) Sum values for each type of drink.

(2) Then sum for total mg. caffeine:

Chocolate Milk ___ + ___ = _____

Iced Tea ___ + ___ = _____

Pop (2 types) ___ + ___ + ___ + ___ + ___ + ___ = _____

Energy Drink ___ + ___ = _____

Tea ___ + ___ = _____

Coffee including Iced ___ + ___ + ___ = _____

NOTE: Caffeine Report does not include Bubble Tea

TOTAL caffeine in mg/class _____

Calculations for the Sip Smart! BC™ Drink Report

1. **Calculate Water/Class:** Transfer the total # drinks of water for each size of drink in Column A into the table below. Multiply these values and the # mL for each size of drink - then sum to obtain the total water reported by the class.

_____	x250	_____
_____	x500	_____
_____	x1000	_____
		_____ mL/class

2. **Calculate Milk/Class:** Transfer the total # drinks of Plain Milk + Unsweetened Fortified Soy Beverage for each size of drink from Column A into the table below. Multiply these 2 values and the # mL for each size of drink then sum to obtain the total mL of milk reported by the class.

_____	x250	_____
_____	x500	_____
		_____ mL/class

3. **Number of Completed Drink Diaries:** _____

4. Maximum # sugar cubes recommended/person/day: **13**

Calculate Maximum # sugar cubes recommended/class/day: Multiply the number of Drink Diaries (#3 above) by 13.

_____ sugar cubes recommended/class/day

5. **Total # sugar cube intake/day:** Enter the sum of Column C:

_____ sugar cubes/class/day

6. **Calculate the total # sugar cubes from Pop/day.**

Refer to values for the 2 types of Pop with sugar in column C (i.e. Pop: not Cola and Pop: Cola+Root Beer). Sum the values for all sizes (6 values to be added):

_____ sugar cubes from Pop/day

7. **Total # sugar cubes from juice/day:** _____

To calculate this sum, sum the values for the total sugar cubes/drink from the 3 entries for 100% juice in Column C.