Drinks calculator

You can do this activity for yourself or another family member.

For each question, select what and how much you drink over a typical day. Work through each question, then you'll have a tally of the drinks you consume over a typical day at the end.

Q1. How much water do you drink each day?

Standard cup (250ml) = 1 cup

750ml drink bottle = 3 cups

0 cups ☐	1/2 cup ☐	1 cup ☐	2 cups ☐	3 cups ☐	4 cups ☐	5 cups ☐	6+ cups ☐

Q2. How much plain (unflavoured) milk do you drink each day? (Not including the milk you may put in your tea or coffee)

Standard drinking glass = 1 cup

0 cups ☐	1/2 cup ☐	1 cup ☐	2 cups ☐	3 cups ☐	4 cups ☐	5 cups ☐	6+ cups ☐

Q3. How many cups of juice and/or smoothies do you drink each day?

Half a standard glass = 1/2 cup

Juice box = 1 cup

Full standard glass = 1 cup

0 cups ☐	1/2 cup ☐	1 cup ☐	2 cups ☐	3 cups ☐	4 cups ☐	5 cups ☐	6+ cups ☐

Q4. How many cups of sugar drinks do you drink each day? (Not including any 'diet' or sugar free drinks)

Standard glass = 1 cup
375ml can = about 1 ½ cups
600ml bottle = about 2 ½ cups

Full Standard glass = 1 cup

750ml bottle = 3 cups

0 cups ☐	1/2 cup ☐	1 cup ☐	2 cups ☐	3 cups ☐	4 cups ☐	5 cups ☐	6⁺ cups ☐

Q5. How many cups of diet or 'sugar free' drinks do you drink each day?

375ml can = about 1 ½ cups

600ml bottle = about 2 ½ cups

Standard glass = 1 cup

0 cups ☐	1/2 cup ☐	1 cup ☐	2 cups ☐	3 cups ☐	4 cups ☐	5 cups ☐	6⁺ cups ☐

Q6. How many cups of caffeine drinks do you drink each day?

Small = about 1 cups
Medium = about 1 ½ cups
Large = about 2 cups

250ml mug = 1 cup

250ml can = 1 cup

0 cups ☐	1/2 cup ☐	1 cup ☐	2 cups ☐	3 cups ☐	4 cups ☐	5 cups ☐	6⁺ cups ☐

Are you drinking enough water?

Remember, water should be your main drink of choice. If you're having lots of other types of drinks, think about how you can swap these for water. Try to stick to drinking water between meals and snacks too. This can help you regulate your appetite.