

## Nutritionist Survey Method 3: Assessing Beverages

### Beverage Sleuthing (Tracking)

Over the next three days, keep track of the beverages you drink. Eat the way you normally do. This exercise will help you identify a beverage profile for you and your group.

At the end of each day, write the number of times you drank the beverage listed. For example:

- if you drank a glass of milk at lunch that would be 1,
- if you had a lemonade after school that would be 1,
- if you had 2 cups of coffee with breakfast that would be 2,
- if you had a can of soda on the way to school, with lunch, and with dinner that would be 3.

At the end of the three days, add up the number of beverages by item (across the each row) and write the amount in the total column.

Reflect on where and when these foods are eaten in the spaces below the table.

Beverages	DAY ONE	DAY TWO	DAY THREE	TOTAL
Coffee or coffee beverage				
Fruit juices or fruit drinks				
Lemonade or Kool-aid®				
Milk (any flavor)				
Non-fat, 1%				
2%, low-fat milk				
Whole milk				
Sodas (pop)				
Non-diet				
Diet				
Sports Drinks				
Tea (any kind)				
Water				

Where are you most often when you drink the beverages above? Some examples include soda on the way to school, milk at school, coffee at the mall.

What are you doing most often when you drink the beverages above? Some examples include coffee-hanging out with friends, soda-watching TV, fruit juice-eating with family dinners.

What are your conclusions about your beverage intake profile?

Among young people, milk consumption has been declining while soda consumption (and other beverages) have been increasing, how do you compare to this trend?

Experts recommend that milk and water make up most of the beverages a teenager consumes, how do you compare to this recommendation?

If you need to improve your beverage intake profile, where would you start?

## Group Beverage Profile

### Group Work: Analyze your Results


#### 1. Review your data and create a graph

Nutritionists, put your data into a graph to help you decide how the beverage consumption of your group measures up.

Once everyone in the group completes the surveys, combine the information into the table below.

**First, total** the results of all the surveys using the table below and a calculator. Write the numbers from the total columns (3 day total) of each person in your group to the correct column and row.

In the table below, put the 3 day total by beverage item for each person in your group in the “total” column in the shaded boxes. With a calculator, total the numbers from the 3 milk beverage rows and record total in the “Food grouping totals” column in the shaded box. Repeat the same process for the soda beverage rows.

	Students								Subtotal	Total 
	1	2	3	4	5	6	7	8		
Coffee or coffee beverage									X	
Fruit juices or fruit drinks										
Lemonade or Kool-aid®										
Non-fat 1% milk									X	
Low-fat 2% milk										
Whole milk										
<b>All Milk</b>										
Non-diet Soda									X	
Diet Soda										
<b>All Soda</b>										
Sports Drinks									X	
Tea (any kind)										
Water										

Total each row. Using the graphs for “Survey 3 – Beverage Sleuthing” in the *Nutritionists’ Presentation Template*, replace the “total” data with the numbers from the far right columns. For “milk” and “sodas” use the “food grouping totals” values.

What are your conclusions about your group’s beverage profile?

Among young people, milk consumption has been declining while soda consumption (and other beverages) have been increasing, how does your group compare to this trend?

Experts recommend that milk and water make up most of the beverages a teenager consumes, how does your group compare to this recommendation?

If you need to improve your group’s beverage profile, where would you start?