



SIP SMART! BC™ DRINK REPORT



	1	2	3
How much water did our class drink?			
How much plain milk and unsweetened fortified soy beverage did our class drink?			
How many students completed a drink diary?			
What is the maximum amount of sugar cubes recommended for our class in one day?			
How many cubes of sugar did we consume?			
How many sugar cubes came from the pop our class drank?			
How many sugar cubes came from the 100% juice our class drank?			

REMEMBER!

Maximum recommended amount of added sugar per student per day:
13 sugar cubes = 13 teaspoons