




The
**Dunhill
Medical
Trust**












The Drinks Diary



Name: _____ Date: _____

To complete the Drinks Diary:

1. Start at 10pm, finish at 10pm the next day
2. Each time you drink (alone, with food or with your pills) – a. write the name of the drink, b. mark (✓) the type of mug, cup or glass used, c. mark (✓) the picture that shows how much you drank.
3. The example shows someone taking half a small glass of milk with their pills.

Time	What did you drink?	Type of mug, cup or glass used					How much did you drink?			
		Teacup 	Small mug 	Big mug 	Small glass 	Half pint glass 	Drank a little 	Drank half 	Drank most 	Drank all 
Example	Milk with pills				✓			✓		
Evening after 10pm										
During the night										
Before breakfast										
Before breakfast										
Breakfast										
Breakfast										
During the morning										

Drinks Diary, please turn over

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Part 2 of DrinkKit







([UEA Hydrate Group - Groups and Centres](#))










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During the morning										
Lunch										
Lunch										
During the afternoon										
During the afternoon										
Tea (evening meal)										
Tea (evening meal)										
During the evening										
During the evening										






Stop at 10pm

Working out how much a person has drunk in 24 hours (using a completed Drinks Diary)






- Volume of cups, mugs and glasses.** For each type of glass, cup and mug used you will need to measure or estimate the volume. For example, to measure the volume of a tea cup fill the teacup with water to the point it would be usually filled with tea or coffee (don't fill to the rim). Then pour the water into a measuring jug (the sort you use in the kitchen). Write down the volume (in ml).

Volumes	Type of mug, cup or glass used				
	Teacup 	Small mug 	Big mug 	Small glass 	Half pint glass 
Your measured volume (ml)					
If you prefer to estimate the volume, use these (ml)	190	220	260	160	280

- Amount drunk for each drink.** We need to calculate how much was drunk of each drink. Write down the measured volumes of each cup or mug on the grey row below, then multiply them to give the volume of each drink drunk.

Volumes	Type of mug, cup or glass used				
	Teacup 	Small mug 	Big mug 	Small glass 	Half pint glass 
Measured volume (ml)					
Drank a little (volume x 0.25)					
Drank a half (volume x 0.5)					
Drank most (volume x 0.75)					
Drank all (volume)					

If you use the estimated volumes of each cup, mug and glass then the volumes to use for each amount drunk are on the table at the top of the next page.

Volumes	Type of mug, cup or glass used				
	Teacup 	Small mug 	Big mug 	Small glass 	Half pint glass 
<i>Measured volume (ml)</i>	190	220	260	160	280
<i>Drank a little (volume x 0.25)</i>	48	55	65	40	70
<i>Drank a half (volume x 0.5)</i>	95	110	130	80	140
<i>Drank most (volume x 0.75)</i>	143	165	195	120	210
<i>Drank all (volume)</i>	190	220	260	160	280

- Adding up the volume.** For each drink on the Drinks Diary look at the type of cup, mug or glass, and the amount drunk – and write the volume (from the table above) to the right of the Diary row. Add up the volumes of each individual drink through the day, to get the total drunk during the day.
- Are they drinking enough?** The European Food Safety Authority (EFSA)¹ recommends that adult men of all ages drink at least 2.0 litres (or 2000ml) each day, and that adult women of all ages drink at least 1.6 litres (or 1600ml) each day.
- How to drink more.** Does this person need to drink a bit more to get to the recommendations? If so, then try these ideas:
 - Encourage at least one drink at every meal (and offer seconds)
 - Encourage a drink first thing in the morning, often when people are most thirsty
 - Always have drinks during the morning (between breakfast and lunch), during the afternoon (between lunch and evening meal), **and** during the evening
 - Drink a full drink with any medication, much more than just a sip
 - Try a different drink – have a fizzy lemonade, or Bovril with hot water, or ginger ale, or orange juice and lemonade, or a smoothie, or warm apple juice with cinnamon, or iced water
 - Present the drinks beautifully – use a favourite teacup, have a tray with a doily, teapot, milk jug, sugar, biscuits and tea cup, use a pretty glass for fruit juice or a stemmed glass for orange juice and lemonade – or even a cocktail parasol!
 - Ask them what they like to drink most, and have the brand they like, how they like it
 - Make sure they are able to get to the toilet when they need to (as people often cut down on drinks deliberately so they don't have any accidents)
 - Work on this, then use the Drinks Diary again to make sure it has worked.

¹ EFSA. Scientific Opinion on Dietary Reference Values for water. EFSA Journal 2010; 8(3):1459.
See <http://www.efsa.europa.eu/en/efsajournal/pub/1459.htm>

