

NUMBER OF MEALS/SNACKS PER DAY

< 6/day = **LOW RISK**

> 6/day = **MODERATE RISK**

MEAL/SNACK STRUCTURE

structured = **LOW RISK**

unstructured (grazing) = **MODERATE RISK**

TYPE OF SNACKS

Dairy Products = **LOW RISK**

Chips, Pretzels = **MODERATE RISK**

Sugar-containing = **HIGH RISK**

→ SUGARED BEVERAGES ←

QUANTITY

< 12 ounces/day = **LOW RISK**

12-20 ounces/day = **MODERATE RISK**

>20 ounces/day = **HIGH RISK**

TIMING (circle)

WITH MEALS = **LOW RISK**

WITH SNACKS = **MODERATE RISK**

BETWEEN MEALS/SNACKS = **HIGH RISK**

FREQUENCY

1/day = **LOW RISK**

2-3/day = **MODERATE RISK**

4 or >4/day = **HIGH RISK**

LENGTH OF EXPOSURE

< 15 min = **LOW RISK**

15 - 30 min = **MODERATE RISK**

> 30 min = **HIGH RISK**

DRINKING STYLE

STRAW = **LOW RISK**

CAN/BOTTLE = **MODERATE RISK**

SWISH = **HIGH RISK**