

**Additional file 1. Comparing a 7-days diary vs. 24 hr-recall for estimating fluid consumption in overweight and obese Mexican women.**

Beverage Diary Register



Beverage Diary Register

STAGE \_\_\_\_\_

ID | | | | | | | |

NAME \_\_\_\_\_

M T W T F S S

DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

	BEVERAGE NAME	CODE (INTERVIEWER ONLY)	PORTION SIZE	TOTAL AMOUNT	COMERCIAL BRAND
AT WAKING UP / BEFORE BREAKFAST	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
DURING BREAKFAST	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
BEFORE LUNCH	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
DURING LUNCH	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
DURING THE EVENING / BEFORE DINNER	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
DURING DINNER	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____
BEFORE GOING TO BED	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____