

Database name: Daily Beverage Consumption and Energy/Sugar Intake

Description

The purpose of this database is to record my personal daily consumption of sugary beverages, and the intake of calories and sugar through the beverages to better monitor and gradually cut down consumption for a healthier lifestyle.

Tables

- **Beverage Consumption Log:** Used to document all of my consumptions of sugary beverages, including the type of beverage, the total energy contained (kcal), and the total sugar (g) contained.
- **Daily Energy and & Sugar Consumption:** Used to summarize my daily consumption of energy and sugar through sugary beverages, compare my daily consumption with the daily recommended intake of energy (2500 kcal for adult male) and sugar (30 grams for adult male), and highlight the days of over-consumption at various levels.
- **Beverage Types:** Used to store the information and nutrition facts of each type of beverage, including their package volume, energy and sugar contents, as well as an image of the beverage for better reference.

Views

- **Daily Energy and & Sugar Consumption - Calendar:** Allows me to have a better overview of my energy and sugar intake from sugary drinks each day, especially the day-to-day changes and patterns.
- **Beverage Types - Gallery:** Presents the information of each type of beverages that I drink in a clear, concise, photo-centric manner.