



## **Rethink Your Drink (IOE Series)**



### **Session Overview**

In this session, participants will examine what beverages they are drinking. They will learn how to make healthier beverage choices by reading food labels, choosing appropriate portions and identifying beverages to drink more often and less often to promote better health.

**Target Audience:** English and Spanish speaking adults

**Group Size:** 5-30 participants

**Time Needed:** 30 – 45 minutes

### **Behavioral Objectives:**

After the session participants will be able to:

- 1) Use the food label to choose a healthy beverage.
- 2) Calculate the number of teaspoons of sugar in a beverage.
- 3) Choose an appropriate cup size for beverages typically consumed.
- 4) Name 2 healthy drink options and the benefits of each.

### **Key Message:**

Reading the food label can help individuals make healthy beverage choices.

### **Materials Needed for Session:**

- Primary handouts: *Network/Dairy Council Beverages: Make Every Sip Count*; USDA 10 Tips 2 tip sheets: *Make Better Beverage Choices* and *Got Your Dairy Today?*
- Sample generic beverage containers and label cards & *Network Calculations Key for Drink Label Cards*
- Food models – 8 oz milk cup and 6 oz juice cup
- Different size cups – 4 oz, 6 oz, 8 oz, 12 oz, 16 oz, 20 oz, 24 oz, 32 oz, 64 oz
- Measuring spoons, clear plastic cups, sugar, calculator
- Optional posters: *Network Sugar Synonyms*; WIC *How Much Sugar is in Your Drink?*; Team Nutrition *Read It Before You Eat It*

### **Outline of 45-minute session (30-minute session in italics):**

- Welcome and introduction to “Rethink Your Drink” (2 min) (*2 min*)
- Activity 1: What Are You Drinking? (7 min) (*4 min*)
- Activity 2: What’s in Your Drink? – Reading Labels (12 min) (*8 min*)
- Activity 3: How Big is Your Cup? – Portion Sizes (12 min) (*8 min*)
- Activity 4: What Will You Do? – Healthier Alternatives (8 min) (*6 min*)
- Activity 5: Optional – Food Demonstration or Taste Test
- Conclusion and Evaluation (4 min) (*2 min*)

### **Welcome to Rethink Your Drink** (2 min)

1. Welcome and introduce the class topic (*If teaching this class as a series, review the past class and home activities – Refer to “Review” sheet.*)  
Today we will continue our two-part class to help you make healthier food and beverage choices. In part one, we discussed how to read food labels and in part two, we will discuss beverages. (*Distribute the handouts.*)
2. Review the class objectives and key message.
3. In the first class we talked about MyPlate, the food groups and how your favorite meals fit into MyPlate. Now think about your favorite beverages. How do they fit into MyPlate – do they fit into any of the food groups? Do they provide any nutrients?

### **Activity 1: What Are You Drinking?** (7 min)

1. What you drink is as important as what you eat. What drinks do you consume during the day? Let’s look at some generic beverage containers.
2. We have lots of choices available and too many to mention so we put them into groups.
  - How many of you drink water? Milk? 100% juice?
  - How many of you drink soda? Sports drinks? Energy drinks? Fruit drinks? Vitamin added water? Others?
3. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories.
  - What could happen if we drink a lot of sugary beverages?<sup>1</sup>
    - a. Tooth decay – cavities
    - b. We may not drink beverages that are healthy for us like water and milk.  
Sugary drinks can take the place of milk consumption. This means less calcium intake which can result in weak bones. We need calcium for strong bones, especially during the teen years when kids and bones are growing rapidly.
    - c. May lead to weight gain/obesity.

### **Activity 2: What’s in your Drink? – Reading Labels** (12 min)

Just like the foods we eat, all beverages must have the Nutrition Facts label and the ingredient list on the container to tell us what is in our drinks. Look at the ***Beverages: Make Every Sip Count*** handout.

1. Nutrition Facts label:  
Look at the Nutrition Facts label in the upper right corner of the handout. We will discuss three things: serving size, calories and sugar.
  - a. **Serving size:** Tells how many ounces are in one serving and the number of servings in the container.
    - What is one serving of this drink? *8 oz or 1 cup*
    - How many servings are in the container? *3 servings*
  - b. **Calories:** Tells how many calories are in one serving not the whole container.
    - How many calories are in one serving of this drink? *170 calories*
    - How many calories are in the whole container? *510 calories (3 x 170)*
  - c. **Sugar:** Tells how much sugar is in one serving not the whole container.
    - How many grams of sugar are in one serving? *27 g*
    - How many grams of sugar are in the whole container? *81 g (3 x 27)*

- Remember this includes both added and natural sugars.
    - **Natural sugar** is found in milk and 100% juice.
      - Let's look at a 100% juice label and a fruit-flavored drink label (less than 100% juice) to determine the difference between juice and juice/fruit-flavored drinks.
      - The label should say "100% juice" in order for it to count as a serving of fruit.
    - **Added sugar** is found in sweetened beverages such as soda, punch, fruit-flavored drinks, sports drinks, etc.
      - It is listed in the ingredient list. We don't know if this drink on the handout has added sugar because there is not an ingredient list. We will practice reading the ingredient list in a few minutes.
      - The **Sugar Synonyms poster** lists other names for added sugar including high-fructose corn syrup, sucrose, dextrose, fructose, corn syrup and others.
2. Calculating teaspoons of sugar in beverages:  
Because "grams" of sugar may be hard to understand, we are going to learn to calculate the number of teaspoons of sugar in a beverage. We will use an easy example.
- Guess how many teaspoons of sugar are in this 12-ounce can? This is what a teaspoon looks like. This can has 10 teaspoons of sugar.
  - How do we know there are 10 teaspoons of sugar in this can? By reading the label. There are 4 grams of sugar in 1 teaspoon. Let's look at the **How Much Sugar is in Your Drink? poster**.
    - Look at the number of servings = 1 serving
    - Look at grams of sugar for one serving = 40 grams
    - Divide 40 grams by 4 grams = 10 teaspoons of sugar in the can
  - What if there is more than one serving in the container like the drink on the **Beverages: Make Every Sip Count handout**? You have to multiply the number of teaspoons by the number of servings to get the total number of teaspoons in the beverage container. Let's practice – this will be a little harder.
    - How many servings are in this container? 3
    - How many grams of sugar are in one serving? 27 g
    - How many teaspoons is that?  $27 \text{ divided by } 4 = 6.75 \text{ tsp}$ ; or round up to 28 and divide by 4 = 7 tsp
    - Multiply 6.75 tsp by 3 servings = 20.25 teaspoons in the whole container; or multiply 7 tsp by 3 servings = 21 teaspoons.
    - Let's measure out 20 teaspoons. Would you put this much sugar in your coffee or cereal?
3. **Activity:** Here are some sample beverage labels and containers. Let's practice finding serving size, calories, sugar and the ingredient list on the labels and practice calculating the amount of sugar in beverages.

### **Activity 3: How Big is Your Cup – Portion Sizes** (12 min)

1. Drinks come in many sizes. For example, my cup of milk may be this big (*hold up a cup*) and your cup of milk may be this big (*hold up a different size cup*).

- a. Display different size cups. Which size cup would you choose when drinking milk?...juice?...soda?...water?
  - b. Look at the photo of the 8-ounce cup on the ***Beverages: Make Every Sip Count*** handout. How many of you own an 8-ounce cup?
  - c. The calories and sugar increase when the size of the cup increases.
2. Now let's talk about healthy beverage choices and how much we need.
- a. **Water:** Look at the ***Make Better Beverage Choices*** handout.
    - Tip #1 says to drink water instead of sugary drinks when you are thirsty.
    - **Benefits:** Water does not have calories or added sugar. It is essential to life – most of our body is water. Try drinking tap water – it saves money and has fluoride. Most bottled water usually does not have fluoride.
    - How much water do you need? Tip #2 says let your thirst be your guide – you may need more or less depending on your activity level and the weather.
    - Liquid from foods and other beverages counts toward your water intake. Milk, 100% juice, fruits and vegetables, soups, etc. provide extra water.
  - b. **Milk and milk products:** Look at the ***Got Your Dairy Today?*** handout.
    - Tip #1 says to switch to fat free or 1% milk (starting at 2 years and older) for less calories and fat.
    - **Benefits:** Provides calcium and vitamin D; no added sugar unless you choose flavored milk.
    - How much milk do you need? Look at the top of the handout:
      - Older children, teens and adults need 3 cups of milk a day
      - Children 4-8 years old need 2 ½ cups a day
      - Children 2-3 years old need 2 cups a day
    - Tip #3 says to try lactose-free milk or fortified soy beverages if you can't drink milk. You can also eat yogurt and cheese.
  - c. **Juice:** Look at the ***Make Better Beverage Choices*** handout.
    - The label should say 100% fruit juice or 100% vegetable juice
    - **Benefits:** Some juices like orange juice and grapefruit juice provide vitamin C; 100% juice has no added sugar
    - How much juice do you need? Look at tip #5:
      - Children can drink ½ - 1 cup each day depending on age (4-8 oz)
      - Adults can drink up to 1 cup each day (8 oz) but 1 cup of 100% juice is more than one serving of fruit

#### **Activity 4: What Will You Do? – Healthier Alternatives** (8 min)

1. Think about the beverages you consume during the day.
2. Use the ***Beverages: Make Every Sip Count*** handout to set a goal and choose 2 beverages to drink more often and 2 beverages to drink less often. Write your goal in the bottom right corner of the handout.

#### **Activity 5: Optional – Food Demonstration or Taste Test**

1. Taste test of 1% milk vs. whole milk
2. Flavored water – use *Network* or USDA recipe (*few to no calories*)
3. Smoothie – use *Network* or USDA recipe (*may be high in calories*)

**Conclusion and Evaluation** (4 min)

Now we know we can use the food label to make healthier food and beverage choices.

**Home Activity:**

Place the *Beverages: Make Every Sip Count* handout on your refrigerator to compare your cups at home to an 8-ounce portion and to remind you of your goals.

**Evaluation:**

- Do you have any questions?
- Let's review. (*Distribute evaluation forms or conduct verbally.*)

**Rethink Your Drink**

After attending this class I feel confident that I can:

	Agree Very Much	Agree	I Am Not Sure	Disagree	Disagree Very Much
1. Use the food label to choose a healthy beverage.					
2. Calculate the number of teaspoons of sugar in a beverage.					
3. Choose an appropriate cup size for my favorite beverages.					
4. Name 2 healthy beverage options and the benefits of each					

**Closing:**

Thanks for attending this class and I hope you are now able to make healthy beverage choices.

**References:**

<sup>1</sup> Foods and Food Components to Reduce, Added Sugar, Dietary Guidelines for Americans, 2010, Chapter 3, pg. 27 & 28; <http://www.cnpp.usda.gov/publications/dietaryguidelines/2010/policydoc/chapter3.pdf>

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