



# Healthy Drink Highlights

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## Sugary Drinks and Your Health

- Most drinks contain two kinds of sugar; natural sugar (e.g. lactose in milk and fruit in fruit juice) and added sugar. Many processed foods, like sweets and sodas, have added sugars.
- Sugary drinks are drinks that are sweetened with added sugars. Sugary drinks add more calories to your diet but not many nutrients.
- Too much added sugar can lead to tooth decay and weight gain. Being overweight can lead to chronic diseases such as type 2 diabetes, certain cancers, and heart disease. Sugary drinks may also have caffeine which can cause problems with sleep or changes to your mood.

### Action Steps:

- Drink water instead of sugary drinks like sodas, coffee drinks (e.g. caramel macchiato or frappuccino) sports drinks, energy drinks, and juice drinks.
- Choose healthy drinks, such as water, 1% milk, fat-free milk, 100% fruit juice, or unsweetened tea instead of sugary drinks.

## The Nutrition Facts Label and Ingredient Lists

- When learning about health information, it is important to consider where the information comes from. Consider *who* provided the information, *why* the information was provided, and *when* the information was provided.
- Reading the Nutrition Facts labels and Ingredient Lists on food and drink packaging can help you find out how much sugar is in a food or drink.
- Names for added sugars include: corn syrup, corn syrup solids, dextrose, fructose, high-fructose corn syrup (HFCS), honey, malt syrup, maltose, maple syrup, molasses, nectars (e.g., peach nectar, pear nectar), raw sugar, sucrose, and sugar.

### Action Steps:

- Read the Nutrition Facts label to choose foods and beverages with less total sugars.
- Read the Ingredient List to choose foods and beverages with little or no added sugars.

## Internal and External Influences on Health

- Understanding internal and external influences is an important skill that will help you make healthier choices about food and drinks.
  - **Internal influences:** knowledge, interests, likes, dislikes, desires (e.g., feel accepted), and curiosity.
  - **External influences:** media and advertising, setting, location, culture, parents, family, peers, friends, and role models.

### Action Step:

- Identify the internal and external influences that impact your food and drink choices. Then, decide what you can do to make healthier choices.

## Decision-Making

- The decision-making process is an important skill to develop and to practice in order to make healthier choices.
- Steps in the decision-making process include:
  - a. State the situation
  - b. List the options
  - c. Weigh the possible consequences and benefits
  - d. Consider values
  - e. Make a decision and act
  - f. Evaluate the decision

### Action Step:

- Use the *Choose a Healthy Drink Challenge* worksheet to practice decision-making.



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