



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: *NEOP Beverages: Make Every Sip Count*; WIC *How Much Sugar is in Your Drink?* (poster reduced to ½ page handout); USDA 10 Tips 2 tip sheets: *Make Better Beverage Choices* and *Got Your Dairy Today?*; U.S. DHHS Eat Healthy Be Active Community Workshops *Options to Reduce Calories in Your Beverages*
- Sample generic beverage containers and label cards & *NEOP 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: *NEOP Sugar Synonyms*; WIC *How Much Sugar is in Your Drink?*; USDA 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.*)

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?¹
 - 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 no 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 (*show a teaspoon*). 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
 - **Alternatives:** Juice often does not have fiber so try eating fruits and vegetables. If you drink juice, limit your intake. 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

Optional Activity: Look at the ***Options to Reduce Calories in Your Beverages*** handout. Let's review this chart to see how making a few changes to our beverage choices can save us money and over 650 calories in one day! (*Review the Chart.*) Which of these changes could you make to reduce your added sugar and calorie intake?

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 *NEOP* or USDA recipe (*few to no calories*)
3. Smoothie – use *NEOP* 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:

[†] 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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When Choosing Drinks, Ask:

How can I make every sip count? Drink natural, nutrient-packed beverages like milk, 100% juices and water to boost your nutrition.

Did I drink 2-3 cups of milk today? If not, drink low-fat or fat-free milk to build strong teeth and bones.

Am I thirsty? Choose water to stay hydrated without adding extra calories. Use tap water and add ice cubes to save money. Add flavor with sliced fruit or cucumber.

What if I don't like the taste of tap water? Leave water overnight in an open container. Chlorine evaporates so water tastes better.

What should I do with the large drink from a meal combo at fast food restaurants? Substitute low-fat or fat-free milk, water or split a drink with family.



What's in Your Drink? Read the Label

Find the serving size.

One container isn't always one serving. This container has 3 servings. Drinking the whole container is 510 calories!

Limit added sugars.

Read ingredients.

Milk or 100% juice should be listed first.

Nutrition Facts	
Serving Size 8 fl oz (245g)	
Servings Per Container 3	
Amount Per Serving	%Daily Value*
Calories 170	Calories from Fat 20
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	0%
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	5%
Sugars 27g	
Protein 8g	
Vitamin A 10% • Vitamin C 6%	
Calcium 30% • Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet.	



What Size Is Your Drink?

This glass is the actual size of one cup, or 8 ounces.

Compare your cup here. Then check your label to see how much you are drinking.

Choose Most Often

Milk: Low-fat or fat-free
Water
100% juice
Fortified soy-based beverages
Unsweetened beverages

Drink Less Often

Soda
Sports drinks, energy drinks
Fruit-drinks
Sweetened teas, coffees and other beverages

I Will Drink More:

I Will Drink Less:



How much sugar is in your drink?

grams of sugar (g) ÷ 4 = teaspoons of sugar

$$40 \div 4 = 10$$

GRAMS

TEASPOONS

More than 1 serving per container?

Multiply: teaspoons of sugar per serving X number of servings = teaspoons of sugar per container
(Example: 2 servings per container: 10 teaspoons X 2 servings = 20 teaspoons per container)

Nutrition Facts

Serving Size 1 can (12 fl. oz.)
Servings Per Container 1

Amount Per Serving

Calories 140

% Daily Value *

Total Fat 0g 0%

Cholesterol 0mg 0%

Sodium 50mg 0%

Total Carbohydrate 40g

Sugars 40g

Protein 0g

Vitamin A 0% • **Vitamin C** 0%

Calcium 0% • **Iron** 0%

10 tips

Nutrition
Education Series

make better beverage choices



10 tips to get started

What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

1 drink water

Drink water instead of sugary drinks when you're thirsty. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed. To maintain a healthy weight, sip water or other drinks with few or no calories.



2 how much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

3 a thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4 manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5 kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.



6 don't forget your dairy**

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.



7 enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8 water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or brief case to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



9 check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The label contains information about total sugars, fats, and calories to help you make better choices.

10 compare what you drink

Food-A-Pedia, an online feature available at ChooseMyPlate.gov/SuperTracker, can help you compare calories, added sugars, and fats in your favorite beverages.

*100% juice is part of the Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake.

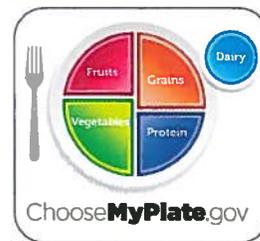
** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

10 tips

Nutrition
Education Series

got your dairy today?

10 tips to help you eat and drink more fat-free or low-fat dairy foods



The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free—to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups* a day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.

1 “skim” the fat

Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts calories but doesn't reduce calcium or other essential nutrients.

2 boost potassium and vitamin D, and cut sodium

Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.



3 top off your meals



Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.

4 choose cheeses with less fat

Many cheeses are high in saturated fat. Look for “reduced-fat” or “low-fat” on the label. Try different brands or types to find the one that you like.

5 what about cream cheese?

Regular cream cheese, cream, and butter **are not** part of the dairy food group. They are high in saturated fat and have little or no calcium.

* What counts as a cup in the Dairy Group? 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

6 ingredient switches

When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try ricotta cheese as a substitute for cream cheese.

7 choose sweet dairy foods with care

Flavored milks, fruit yogurts, frozen yogurt, and puddings can contain a lot of added sugars. These added sugars are empty calories. You need the nutrients in dairy foods—not these empty calories.

8 caffeinating?

If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk.

9 can't drink milk?

If you are lactose intolerant, try lactose-free milk, drink smaller amounts of milk at a time, or try soymilk (soy beverage). Check the Nutrition Facts label to be sure your soymilk has about 300 mg of calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.

10 take care of yourself and your family

Parents who drink milk and eat dairy foods show their kids that it is important. Dairy foods are especially important to build the growing bones of kids and teens. Routinely include low-fat or fat-free dairy foods with meals and snacks—for everyone's benefit.





Options to Reduce Calories in Your Beverages

These changes could save you money and over 650 calories in one day!

Occasion	Instead of...	Calories	Try...	Calories
Morning coffee shop	Medium café latte (16 oz) made with whole milk	265	Small café latte (12 oz) made with fat free milk	125
Lunchtime	20-oz bottle of regular soda	227	Water or diet soda	0
Afternoon break	Sweetened lemon iced tea from the vending machine (16 oz)	180	Sparkling water with natural lemon flavor (unsweetened)	0
Dinnertime	Regular ginger ale with your meal (12 oz)	124	Water with a slice of lemon or lime or seltzer water with a splash of 100% fruit juice	0 calories for the water, ~30 calories for the seltzer water with juice
Total Calories:		796		125-155

Adapted from the *Eat Healthy Be Active Community Workshops workshop #4 Tips for Losing Weight and Keeping It Off*.

Source: USDA National Nutrient Database for Standard Reference <http://www.nal.usda.gov/fnic/foodcomp/search/>

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