

## Week 1: What's in a Drink?



### Step of the Week

This week's lesson is to help your family:

- Better understand what is in your favorite drinks

### Did you know?

- One 20 oz. bottle of Cola has 240 calories and 65 grams of sugar. That is equal to about 16 packets of sugar!
- The American Pediatric Association recommends only 4–6 oz. of juice per day for children 4–6 years old and only 8 oz. for children 7 years or older.
- It takes 20 minutes of jumping jacks to work off just one 12 oz. can of soda!
- Too much sugar can lead to cavities, obesity, diabetes, and heart problems.



### Myth vs. fact about sugar in drinks

#### Myth: Juice and milk are always healthy!

**Fact:** There are 12 g. of sugar in one 8 oz. serving of 2% milk and some juices have around 35 g. or more of added sugar in one 8 oz. serving! Make sure you read the nutrition label on your drinks.

#### Myth: All drinks with sugar are bad.

**Fact:** Some drinks have natural sugars, like 100% fruit juice, and others have added sugars. What's really important here is reading the nutrition label to make sure the serving size and the amount of sugar is alright for the person drinking it.



Person	Amount Per Day
Men	38g
Women	25g
Children	12–25g (depending on age)

# Family learning and fun

## STEP 1

What are everyone's favorite drinks? Let's pick 3.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## STEP 2

Let's take a look at the nutrition label for each drink. You can look up the nutrition label or grab the drink from your fridge.

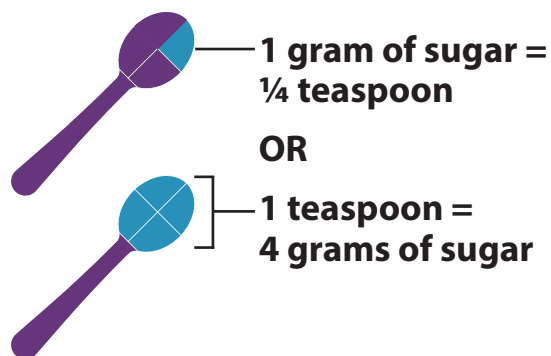
Got it? Great! Next, let's write down what a serving size for the drink is and how much sugar is in each serving size.

Drink Type	Serving Size	Sugar	Rank
sample drink	1 cup	6g	<i>i.e. Best</i>
1.			
2.			
3.			
Water			

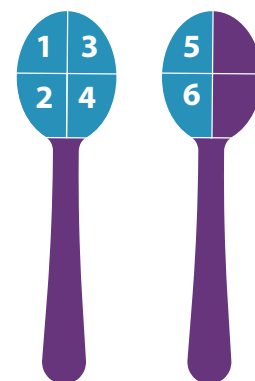
Take a moment to rank your drinks....which ones are the best or better choices?

## STEP 3

So what does this look like? Let's grab 4 cups and a measuring spoon. For each drink, measure out how much sugar is in one serving size of the drink (you can use water instead of sugar for measuring). There are 4 grams of sugar in a teaspoon.



Example from Chart  
**6 grams of sugar in a serving**  
 divided by 4 =  
**1.5 teaspoons**



Serving Size

### Soda Nutrition Facts

Serving Size 1 bottle - 20 fl oz (591mL)

#### Amount Per Serving

Calories 258 Calories from Fat 0

% Daily Value\*

Total Fat 0g 0%

Sodium 25mg 1%

Total Carbohydrate 63g 20%

Sugars 60g

Protein 0g

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.










INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.

## Water as the first choice!

- Make sure you try some water first when you're thirsty.
- If you don't like the taste of water, or you're in the mood for something a little bit sweeter you can try adding some fruit and herbs to your water. See the recipe cards attached – they're kid tested and approved!
- If you like the fizz from soda, you can always give carbonated waters, like mineral water, seltzer water, or soda water a chance.



## How much sugar is in your favorite drink?

Drink (12-oz. serving)	Teaspoons of Sugar	Calories
Bottled Water	0 teaspoons	0
2% Milk	4½ teaspoons 	15
Lemonade	6¼ teaspoons 	105
Orange Juice	7½ teaspoons 	160
Sweet Tea	8½ teaspoons 	120
Powerade	9 teaspoons 	75
Cola	10¼ teaspoons 	150
Fruit Punch	11½ teaspoons 	195
Grape Juice	12 teaspoons 	200
Orange Soda	13 teaspoons 	210

Source: <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip-sugar-in-drinks.pdf>

## Don't forget to check the serving size!

It's true when they say you can have too much of a good thing! Make sure to follow the recommended serving size for a drink. 100% fruit juice still has sugar, and too much sugar can lead to cavities, obesity, diabetes, and heart problems.

## Stop light method

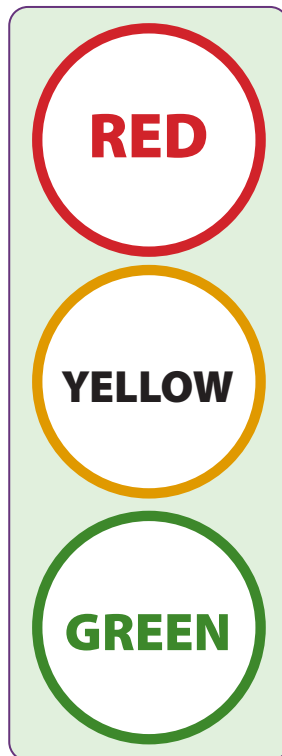
Let's think about drinks light stoplights:

- **RED** means drink rarely,
- **YELLOW** means drink sometimes, and
- **GREEN** means drink often.



# Stop light method activity

Match the drinks to the sugar stop light.



## Let's Chat!

Did any of this surprise you?

How do you feel about the amount of sugar in your favorite drinks?



## CHALLENGE

Calculate how much sugar you drink in a day?

## Ideas for Change

- Watering down drinks.
- Swapping a beverage for water.
- Try adding fruit to your beverage.
- Try carbonated water instead of soda if you really like the carbonation.
- Try drinking smaller amounts of some drinks.
- If you're really struggling with swapping drinks, you can always try adding a splash of juice or some flavoring to your drink.

What are your ideas?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



# Taking a Step

What is one small change you think your family can make and stick to for the next week?

## Pledge: What's our little step for this week?

We pledge that we will do our best to stick to this little step for our health this week:

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*sign your name(s) on the line*

## End of Week Check In!

- How well did your family do in sticking to your pledge?
- What was hard? What was easy?
- Can you pledge to keep this up next week, too? You can always change up your goal to be a bit easier or a bit harder.

Behaviors like making healthier drink choices over time help your family to keep at a healthy weight and fuel their bodies with healthier food and drinks. Sometimes we may make a choice that isn't the healthiest and that's ok sometimes. And, new habits and behaviors can take awhile to stick. The more you do, the better!



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## List of resources for more information

- <https://rethinkyourdrinkwv.com>
- [https://www.cdc.gov/healthyweight/healthy\\_eating/drinks.html](https://www.cdc.gov/healthyweight/healthy_eating/drinks.html)