

Promoting Healthy Beverage Consumption:

An Introduction to Rethink Your Drink

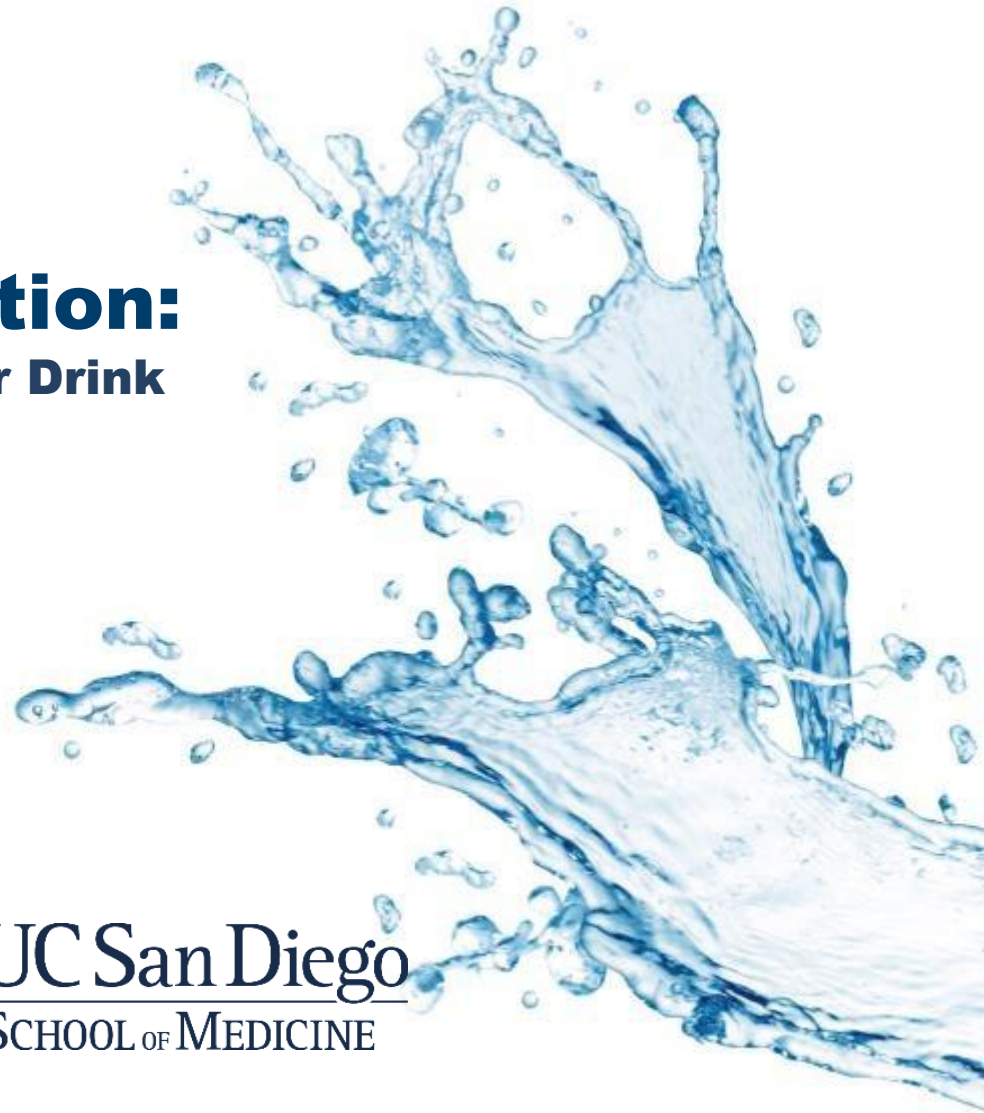
December 11, 2014



www.RethinkYourDrinkCa.com

UC San Diego
SCHOOL OF MEDICINE

Inland Desert Training & Resource Center



POLL: What is your level of experience with the Rethink Your Drink campaign?



Today's Objectives

1. Learn about key concepts and recommended messages for promoting healthy beverage consumption.
1. Become familiar with CDPH's Rethink Your Drink tools and resources.
1. Identify strategies to integrate Rethink Your Drink into different settings and for various audiences.



Why Focus on Sugary Drinks?

In California...

- 62% of adolescents
- 41% of children
- 24% of adults



Drink one or more sodas per day.⁶

Why Rethink Your Drink?

Extra calories from added sugar—like those in sugary drinks—can and do contribute significantly to overweight and obesity.

In fact, sugary drinks are the largest source of added sugar in the American diet.¹



1. Guthrie JF, Morton JF. Food sources of added sweeteners in the diets of Americans. *J Am Diet Assoc.* Jan 2000;100(1):43-51

Sugary Drinks Overview

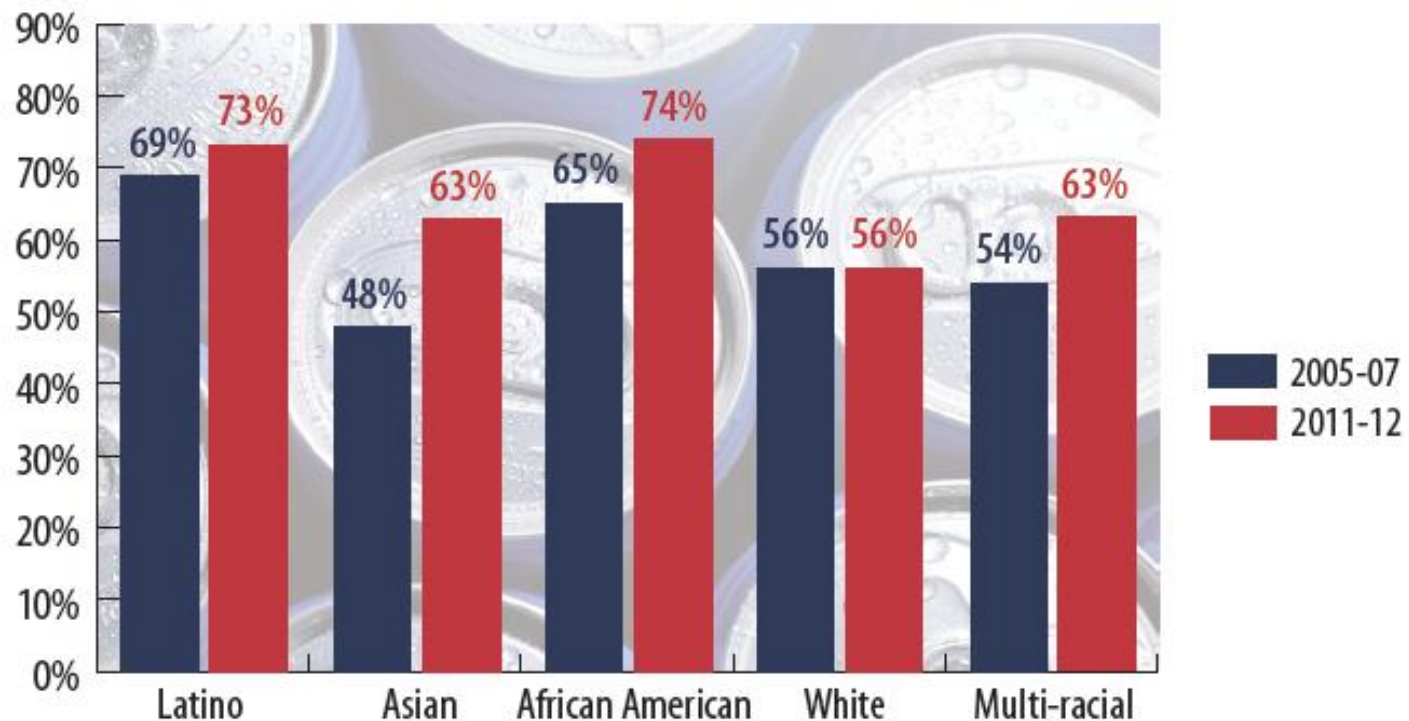
Each year, the average California adolescent consumes the equivalent of 39 pounds of sugar from sugary drinks.⁶



6. Babey SH, Jones M, Yu H, Goldstein H. *Bubbling over: Soda consumption and its link to obesity in California*. Los Angeles, CA: UCLA Center for Public Health Advocacy; 2009.

Sugary Drink Consumption Disparities

Percent of Adolescents (Ages 12-17) Drinking
One or More Sugar-Sweetened Beverage per Day



Health Consequences

Sugary drinks contribute to increased risk for certain chronic diseases such as type 2 diabetes and heart disease.^{2,3}



2. Malik VS, Popkin BM, Bray GA, Despres JP, Willett WC, Hu FB. Sugar-sweetened beverages and risk of metabolic syndrome and type 2 diabetes: a meta-analysis. *Diabetes Care*. Nov 2010; 33(11):2477-2483.

3. Fung TT, Malik V, Rexrode KM, Manson JE, Willett WC, Hu FB. Sweetened beverage consumption and risk of coronary heart disease in women. *Am J Clin Nutr*. Apr 2009;89(4):1037-1042.

Why Rethink Your Drink?

Adults who drink one or more sugary drinks a day are 27% more likely to be overweight than adults who do not drink sugary drinks.⁶



5. U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans*, 2010. Washington, DC: U.S. Government Printing Office; December 2010.

Health Consequences

Drinking sugary drinks nearly doubles the risk of dental cavities in children.⁴

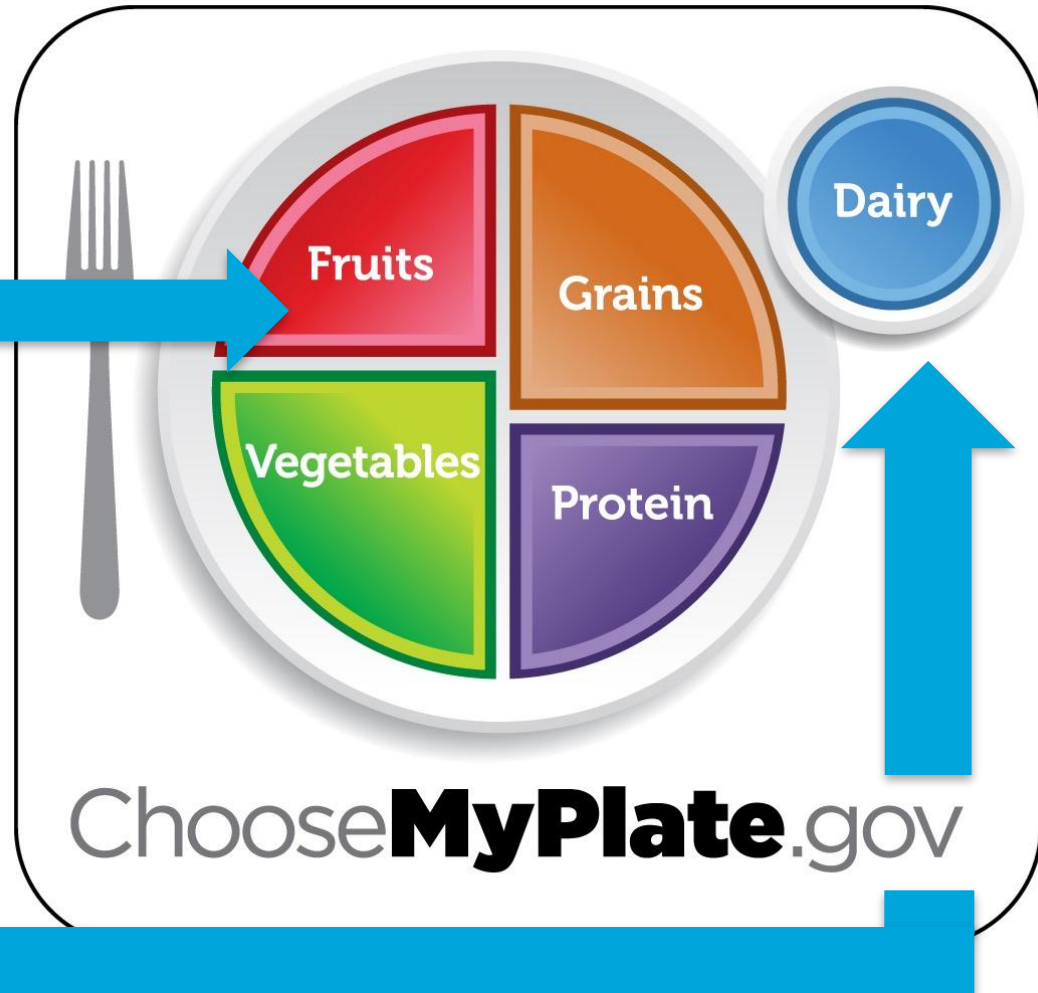


4. Sohn W, Burt BA, Sowers MR. Carbonated soft drinks and dental caries in the primary dentition. *J Dent Res.* Mar 2006;85(3):262-266.

MyPlate Overview

Make Half Your
Plate Fruits &
Vegetables

rethink
YOUR DRINK



USDA MyPlate

10 tips

Nutrition Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips. Use the ideas in this list to balance your calories, to choose foods to eat more often, and to cut back on foods to eat less often.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to enjoy your food. But eat less of your food if you are too full or if you are elsewhere many calories and fatness can harm your health. Try to recognize when you are full.

3 avoid overeating

Use a small plate and smaller size options for your meal.

4 eat more fruits and vegetables

Eat more vegetables, fruits, and whole grains or 1% milk and dairy products. These foods provide nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.



Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 1
June 2011
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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 soy milk. They provide calcium, vitamin D, potassium, protein, and other nutrients. Fat-free or low-fat dairy foods are a good source of calcium and potassium. Children, teens, and adults need 3 cups* a day, while children 4 to 8 years old need 2 cups.

1 "skim" the fat

Drink fat-free (skim) or low-fat (1%) milk. Drink whole milk, gradually switch to low-fat or fat-free milk. This change cuts calories but doesn't reduce essential nutrients.

make better beverage choices

10 tips to get started



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 than needed. To maintain a healthy weight, sip water than needed.

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 and electrolytes. 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 1/2 to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.

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



6 don't forget your dairy**

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soy milk. 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 2 1/2 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 tote 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.

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



cut back on your kid's sweet treats

10 tips to decrease added sugars



Many foods with added sugars your kids eat and drink. If you often buy sweet treats and sugary drinks have a lot of calories but few nutrients. Sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, and candy are all high in added sugars. Try to cut back on these treats to help your child maintain a healthy weight.

6 make food fun

Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7 encourage kids to invent new snacks

Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide ingredients and allow kids to choose what they want in their "new" snack.

8 play detective in the cereal aisle

Show kids how to find the amount of total sugars on various cereals. Challenge them to compare the amount of sugar and select the one with the lowest amount.

9 limit "treats," everyday foods

Limit sweets to a special treat once in a while. Just don't make them a daily thing. Limit sweet treats to special occasions.

10 don't eat their meal, they eat your meal

Don't eat candy or cookies that your child has eaten at meal time.

DG TipSheet No. 13
June 2011
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What is Rethink Your Drink?

- Provides **nutrition education** and **skills**, such as label reading, to help people make healthier beverage choices.



What is Rethink Your Drink?

- Encourages a shift towards healthier beverage choices:
 - Water
 - Fat free or low-fat 1% milk
 - and 100% juice **in limited amounts**



Key Messages

- Drink water instead of sugary drinks
- Make the switch to fat-free or lowfat (1%) milk.
- Select 100% fruit juice, in limited amounts (children 4-6 oz./day, adults up to 8 oz./day).

Message Guidance

Do not say:

- “Don’t Drink”
- “Eliminate”

No comparative messaging:

- “Water is better than [SSB]”

No anti-beverage messaging:

- “[SSB] is bad.”
- “[SSB] is unhealthy.”

Use positive messages:

“Water is good for your health.”

“Milk gives your body nutrients.”

Acceptable Messages

- If you choose to drink sugary drinks, consider:
 - **cutting back**
 - **choosing a smaller portion or container size**
 - **drinking less often.**
- Drinks sweetened with added sugars have extra calories and often provide few or no nutrients or fiber to support a healthful diet.
- Drinking too many sugary drinks can increase the chances of experiencing some health problems, such as weight gain, obesity, tooth decay, diabetes, and heart disease.

Rethink Your Drink Campaign Guidance

Use **non-branded** containers and images

Cite all statements, facts, figures

Provide **complete dietary information** in addition to healthy beverage education

Obtain approval for materials

**** USDA must approve all consumer materials****

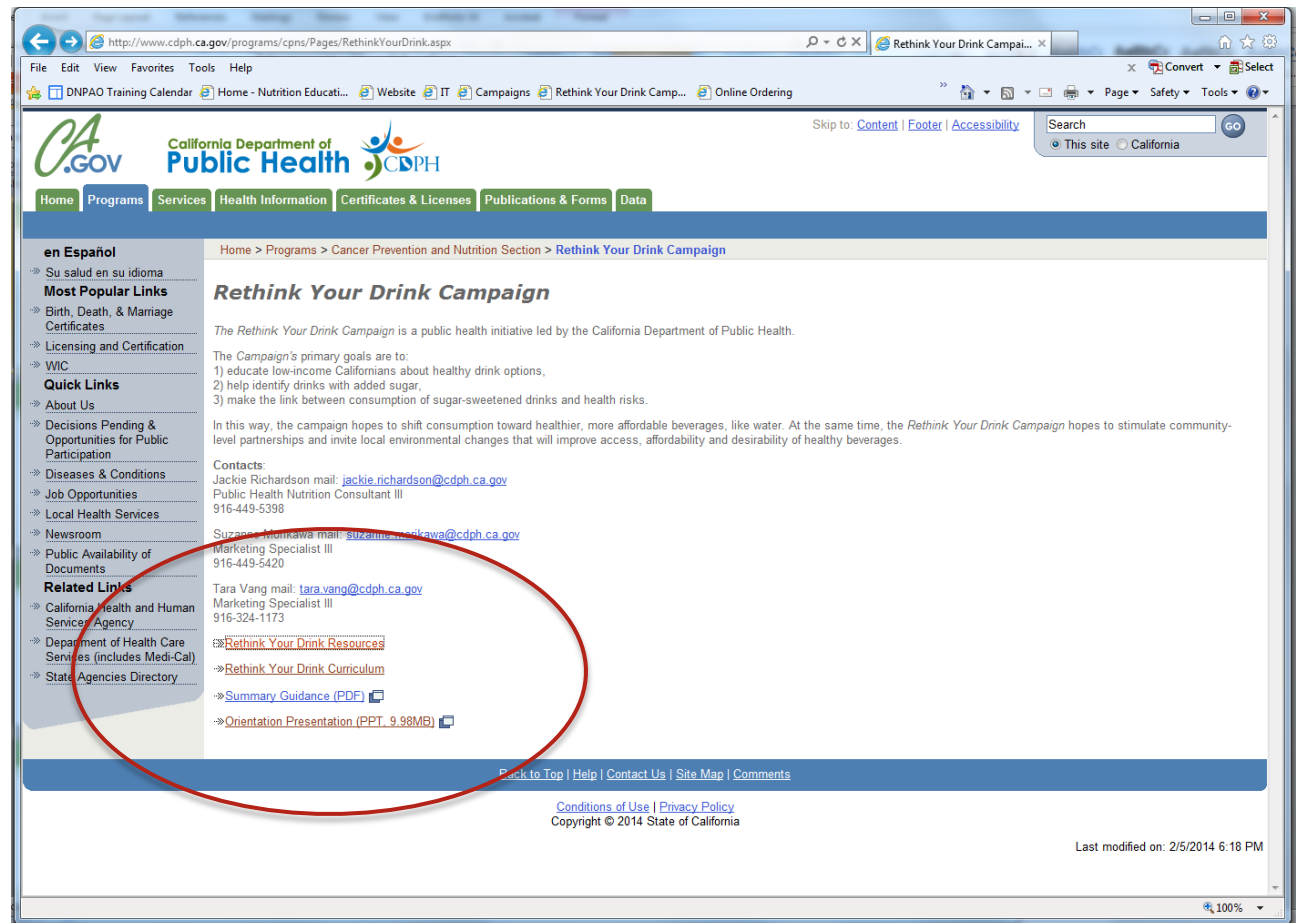


Webinar Objectives

1. Learn about key concepts and recommended messages for promoting healthy beverage consumption.
2. Become familiar with CDPH's Rethink Your Drink tools and resources.
3. Identify strategies to integrate Rethink Your Drink into different settings and for various audiences.

Resources & Tools

- Resources
- Curriculum
- Summary Guidance
- Orientation Presentation



<http://www.cdph.ca.gov/programs/Pages/RethinkYourDrink.aspx>

Early Childhood



Early Childhood Education

Potter the Otter

- Poster
- Activity Sheets
- Tip Sheets
- Stickers



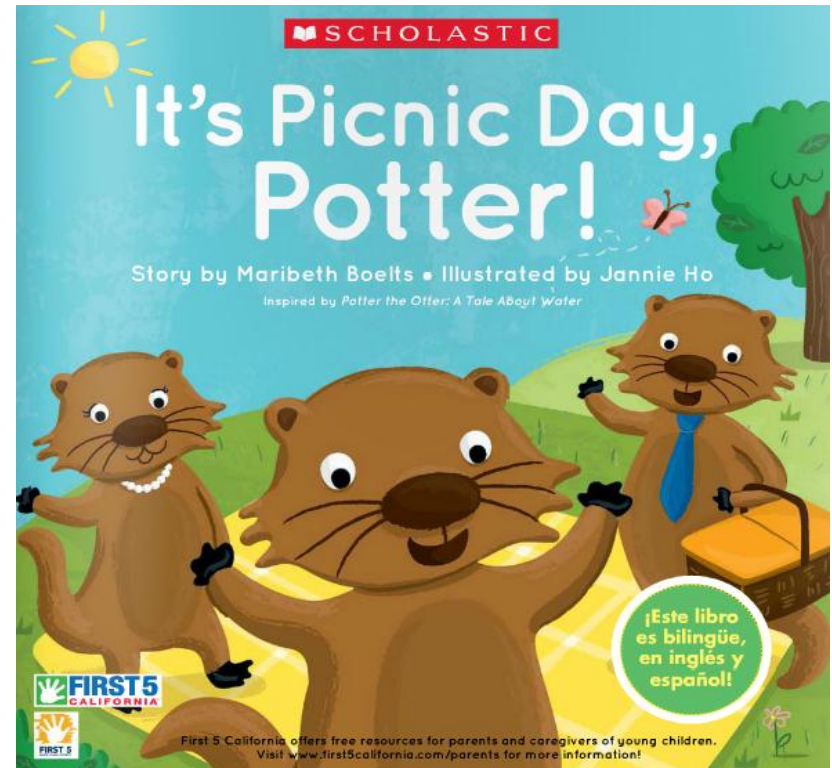
www.potterdrinkswater.com



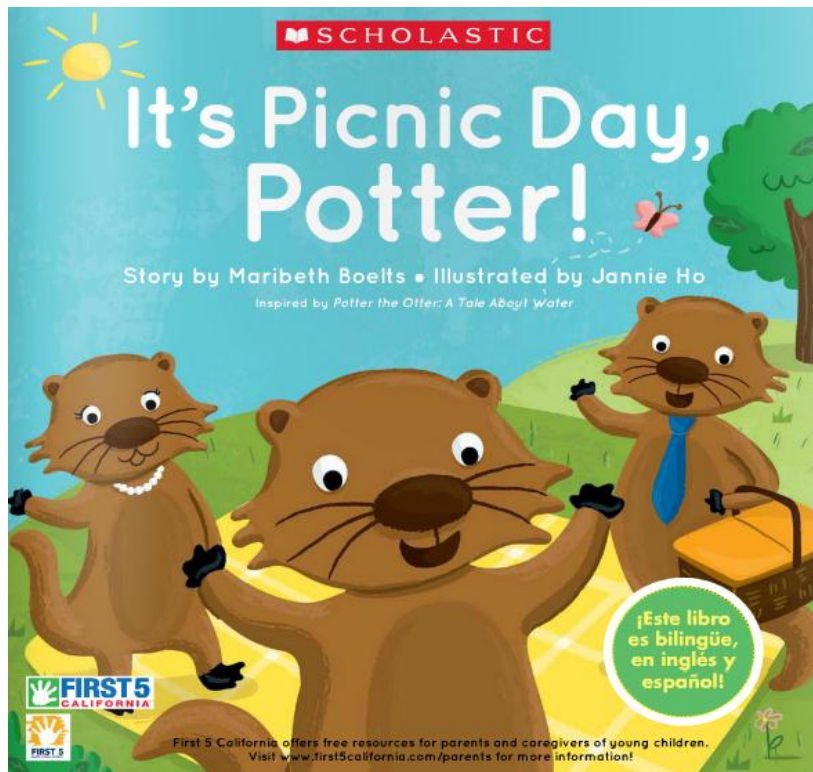
Early Childhood Education

Potter Picnic Book is approved for NEOPB use.


*Please note: This is the only Potter the Otter book approved for *SNAP-Ed* use.



Early Childhood Education



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I want to grow up
HEALTHY, so please
help me choose what
to **DRINK**.

Understand that healthy drinks include water, 1% or nonfat milk for children over 2 years old

Offer me water throughout each day

Remind me that my body needs the good things in milk to build strong bones and teeth

Remember to set a good example by also choosing healthy drinks for yourself



Developed by the Centers for Disease Control and Prevention, with partial funding from USDA, SNAP, and an equal opportunity provider and employer.
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Check list:

- ❑ Use cheap and easy tap water to help children to stay cool and healthy
- ❑ Know that adding extra water to juice and serving it throughout the day, bathes the teeth in sugar for hours and causes tooth decay
- ❑ Children who drink too many sweet drinks may be too full to eat healthy foods, get tooth decay, gain too much weight, and be at greater risk of diabetes
- ❑ Choose fresh, frozen, canned or dried fruit or vegetables with no added salt, sugar, or oils
- ❑ Go easy on 100% juice; limit to one 4-6 ounce serving each day

Be a good
role model for your
children when
choosing your
drinks

Elementary School



Elementary-aged Children

The Go for H2O! Kit includes

- Teacher/CYO overview
- Promotional flyer
- Certificates and other supporting materials

Go for H₂O!

Overview for Teachers and
Community Youth Organization Leaders

SUMMARY

This is a part of the Rethink Your Drink
to increase preference for water. As
a result, you will receive a Go for
H₂O! Kit designed to empower your
community.



At lunch, ask your kids
from home that they
members to decorate
their children. Also
their kids make
themselves.
reinforcing the importance of drinking fewer sugar-
your kids to make their favorite flavored water recipe at
Go for H₂O! Challenge activity).

little decorating activity. Ask students to bring a
ed in class. If available, you can provide Power
to bring in a sample sugar-sweetened
compare the nutrition facts label with water
and Resource Kit (SRK). Afterwards, have
n-sweetened beverages.

2

Go for H₂O!
PLEDGE

- ☐ I promise to drink water when I am thirsty
- ☐ I promise to read the food label on the back of my beverage container so I can choose healthy beverages.
- ☐ I promise to drink more and less
- I promise this because _____
- over the next _____ week(s)
- Date: _____

Signature _____

For California information, call 1-877-887-8865. Funded by USDA 2009-10, an equal opportunity provider and employer. Visit www.CAChampionsforChange.net for healthy tips. •California Department of Public Health



PROMESA
de Tomar Agua

- ☐ Prometo tomar agua cuando tenga sed.
- ☐ Prometo leer la etiqueta de información nutricional en la parte de atrás de mi bebida para poder escoger bebidas saludables.
- ☐ Prometo beber más y menos
- Hago esta promesa porque _____
- durante la(s) próxima(s) _____ semana(s)
- Fecha: _____

Firma _____

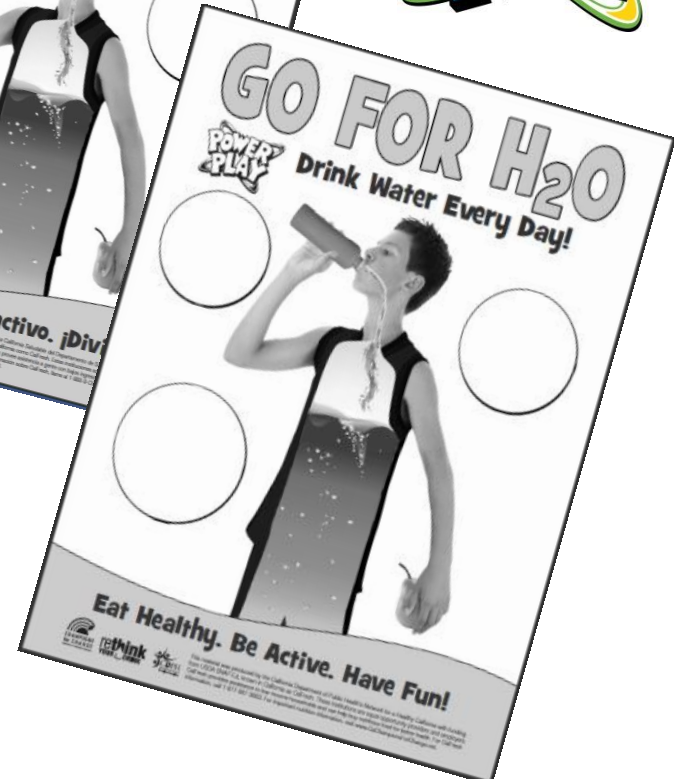


Para información sobre CDPH, llame al 1-800-9-CONSEJO. Financiado por USDA del USDA, un proveedor y empleador que ofrece oportunidades equitativas. Para consejos adicionales, visite www.CAChampionsforChange.net.



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Elementary-aged Children





High School



High School

Rethink Your Drink HIGH SCHOOL LESSONS



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LESSON 1

What's in Your Drink?

Overview

Students will learn about the effects of excessive sugar consumption on their health. Students will work in small groups to read Nutrition Facts labels and Ingredient Lists to compare and to evaluate types and amounts of sugar in the beverages.

Learning Objectives

Students will:

1. Learn the effects of excessive sugar consumption on overall health.
2. Identify the importance of accessing valid health information.
3. Use Nutrition Facts labels to compare and to contrast sugar content in a variety of beverages.
4. Use Ingredient Lists to identify the different types of sugar in sweetened beverages.
5. Measure the amount of sugar in beverages and discuss the results.

California Health Education Content Standards – High School

- Essential Concepts
 - 1.4.N - Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits
 - 1.5.N - Describe the relationship between poor eating habits and chronic diseases, such as heart disease, obesity, cancer, diabetes, hypertension, and osteoporosis
- Accessing Valid Information
 - 3.3.N - Describe how to use nutrition information on food labels to compare products

California Nutrition Education Competencies – Grades 9-12

- Overarching Nutrition Education Competency 1: Essential Nutrition Concepts
 - All students will know the relationship between nutrition, physiology, and health
 - 1b - Know nutrition and health guidelines
 - 1f - Explain the influence of nutrition and physical activity on health
- Overarching Nutrition Education Competency 3: Accessing Valid Nutrition Information
 - All students will demonstrate the ability to access and analyze nutrition information, products, and services to analyze the accuracy and validity of nutrition claims

Note: For suggestions on linking this lesson to other content areas, please see Extensions/Links in Lessons 1A and 1B.

Adults and Families



Drink Label Cards

Uses:

- Label reading
- Ingredients lists
- Displays



Flavored Water Recipe Cards



Kiwi Berry Blend

Makes 4 servings. 1 cup per serving.
Prep time: 5 minutes

Ingredients

- 1-2 kiwis, sliced or cut in chunks
- 2 cups strawberries, cut in half



Preparation

1. Fill pitcher h
2. Add sliced k
3. Fill with wat
4. Store in refri

Drink water

Flavor your water.



LOL Blend

- 1 lemon, sliced
- 1 orange, sliced
- 2 limes, sliced

Rosemary Watermelon

- 3 cups cubed, seeded, watermelon
- 2-3 sprigs rosemary, washed

Peachy Strawberry Medley

- 2 cups strawberries, cut in half
- 1 peach, pitted and cut in chunks

Preparation

1. Fill pitcher halfway with ice.
2. Add fruit and prepared ingredients.
3. Fill with water. Chill for at least 20 minutes before serving.
4. Store in refrigerator and drink within 24 hours.

Serving Tips

- See the flavor—use a clear pitcher.
- For a stronger flavor, cut the fruit into smaller pieces.
- Drink within 24 hours.

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CHAMPIONS
for CHANGE

CDPH
California Department of
Public Health

Funded by USDA SNAP-Ed, an equal opportunity provider and employer. 300250/Mar. 04/14



Posters

Choose health. Drink water.

Drink, Calories and Container Size (fluid ounces)	Teaspoons of Sugar per Container Size	Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)
 Soda 227 calories 20 fl. oz.	14 tsp 	49 min. 
 Sports Drink 125 calories 20 fl. oz.	9 tsp 	27 min. 
 Energy Drink 240 calories 16 fl. oz.		
 Juice Drink 305 calories 20 fl. oz.		
 Fruit-Flavored Soda 165 calories 12.5 fl. oz.		
 Vitamin-added Water 125 calories 20 fl. oz.	8 tsp 	27 min. 
 Sweetened Tea 213 calories 20 fl. oz.	14 tsp 	46 min. 
 Water 0 calories 20 fl. oz.	0 tsp 	0 min. 

Note: Walking times are based on the average adult's expenditure for a 154-pound individual walking at 3.5 mph (5.6 km/hour). Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. All walking times are rounded to the nearest whole number.

United States Department of Health and Human Services, U.S. Department of Agriculture, Dietary Guidelines for Americans, 2005, Table 4, Consumption Equivalent to Common Physical Activities; <http://www.health.gov/dietaryguidelines/2005/docs/health-equivalent-activities.htm>, Accessed May 16, 2012.

Teaspoons of Sugar per Container Size

14 tsp



Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)

49 min.



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Displays to Accompany Lessons



Focus on one topic

Possible topics:

- **Sugar** – types and names
- **Sugary Drink Labels**
- **Water Tips** (flavored water recipes, tips to make drinking water easier, etc.)

Sample Displays






RYD Lesson – Choosing Healthy Beverages

Objectives

By the end of this lesson, participants will be able to:

1. Describe how healthy beverages fit into the *MyPlate* dietary recommendations;
2. Understand the link between sugary drinks, obesity, and type 2 diabetes;
3. Identify types of sugary drinks in their diets;
4. Calculate the amount of sugar in beverages they commonly drink;
5. Identify drinks with less or no added sugar.



Lesson Materials:

- Pencils/Pens
- Plastic baggies or clear eight to nine ounce cups
- Granulated sugar or sugar cubes (approximately one pound)
- Measuring teaspoons
- One 20 ounce soda bottle – see Training Day Preparation
- Set of Drink Label Cards
- Optional: Calculators

Trainer Materials:

- Sign-in sheet
- Name tags (optional)
- Self-stick flip chart paper
- Colored markers
- Nutrition Glossary
- Drink Label Card Calculations Key
- Optional: Water tasting ingredients and cups – see Training Day Checklist

Participant Handouts:

1. Set of Drink Label Cards
2. Calculating How Much Sugar is in a Container handout
3. Show Me the Sugar! handout
4. How Much Sugar? worksheet
5. Nutrition Facts Scavenger Hunt worksheet
6. Cucumber Mint Breeze recipe card
7. MyPlate icon
8. Choose MyPlate handout
9. Make Better Beverage Choices handout

Agenda

Welcome and Introductions	5 minutes
MyPlate Overview	5 minutes
Rethink Your Drink Campaign	5 minutes
Sugary Drinks Overview	10 minutes
Nutrition Label Reading Lesson & Activity	20 minutes
Do You Remember?	5 minutes
Reflection	5 minutes
Closing and Home Connection	5 minutes
Total Time	60 minutes

Objectives

By the end of this lesson, participants will be able to:

1. Describe how healthy beverages fit into the *MyPlate* dietary recommendations;
2. Understand the link between sugary drinks, obesity, and type 2 diabetes;
3. Identify types of sugary drinks in their diets;
4. Calculate the amount of sugar in beverages they commonly drink;
5. Identify drinks with less or no added sugar.

1 | Page

What are sugary drinks?

Name some sugary drinks in your diet.

The number of types of sugary drinks is amazing!



Getting the Facts on Added Sugar

Based on the Nutrition Facts Label, how many teaspoons of sugar are in a 20 ounce bottle of soda?



Nutrition Facts	
Serving Size 1 bottle – 20 fl oz (591 mL)	
Amount Per Serving	
Calories 227	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Sodium 25mg	1%
Total Carbohydrate 59g	20%
Sugars 55g	
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.	

Answer: 14 teaspoons of sugar – or more.

Nutrition Facts	
Serving Size 1 bottle – 20 fl oz (591 mL)	
Amount Per Serving	
Calories 227	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Sodium 25mg	1%
Total Carbohydrate 59g	20%
Sugars 55g	
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.	

Reading a Nutrition Facts Label

What is the serving size listed in the Nutrition Facts label?

Answer: 20 fluid ounces.

How many servings per container are listed in this Nutrition Facts label?

Answer: One serving.



Nutrition Facts

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

Amount Per Serving

Calories 227

Calories from Fat 0

% Daily Value*

Total Fat 0g

0%

Sodium 25mg

1%

Total Carbohydrate 59g

20%

Sugars 55g

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.

Reading a Nutrition Facts Label

How much sugar is listed?

Answer: 55 grams of sugar.

How many teaspoons is that?

Nutrition Facts	
Serving Size 1 bottle – 20 fl oz (591 mL)	
Amount Per Serving	
Calories 227	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Sodium 25mg	1%
Total Carbohydrate 59g	20%
Sugars 55g	
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.	

Calculating Teaspoons

Grams of sugar \div 4 =
teaspoons of sugar

55 grams of sugar \div 4
= 14 teaspoons of sugar

***Note that this is per serving.*



Nutrition Facts	
Serving Size 1 bottle – 20 fl oz (591 mL)	
Amount Per Serving	
Calories 227	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Sodium 25mg	1%
Total Carbohydrate 59g	20%
Sugars 55g	
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.	

How much is in the whole container?

Teaspoons of sugar per serving
x Servings in container
= Teaspoons of sugar in container

For example:

*14 teaspoons of sugar
x 2 servings in container
=28 teaspoons of sugar in the container.*

POLL: How many added teaspoons of sugar is in this drink?



Nutrition Facts

Serving Size 8 fl oz (240 mL)
Servings Per Container about 1.5

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 0g 0%

Sodium 25mg 1%

Total Carbohydrate 28g 9%

Sugars 28g

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 are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER (WATER, CARBON DIOXIDE), NATURAL SUGAR, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS AND RED COLORING.

Answer:

28 g of sugar \div 4
= 7 tsp/serving

7 tsp x 1.5 =
10.5 tsp of sugar
in bottle

rethink
YOUR DRINK



Nutrition Facts

Serving Size 8 fl oz (240 mL)

Servings Per Container about 1.5

Amount Per Serving

Calories 110

	% Daily Value*
Total Fat 0g	0%
Sodium 25mg	1%
Total Carbohydrate 28g	9%
Sugars 28g	
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 are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER (WATER, CARBON DIOXIDE), NATURAL SUGAR, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS AND RED COLORING.

Use it for all foods and drinks!

These same calculations work on food.

You can do this with any Nutrition Facts label.

Reading the Ingredients List

Sugar comes in many forms and has many names.

Though not listed separately on the Nutrition Facts label, many drinks contain two types of sugar: naturally occurring sugar and added sugar.

Naturally Occurring Sugar

Naturally occurring sugars are found naturally in fruits and milk. These sugars are part of the overall healthy package of nutrients that these foods provide.



Naturally Occurring Sugars

- Fructose
- Lactose
- Maltose
- Glucose (aka dextrose)
- Sucrose

Names of Added Sugar

Invert sugar

Corn syrup

High fructose corn
syrup

Malt syrup

Maple syrup

Brown sugar

Raw sugar

Honey

Maltodextrin

Molasses

Label Reading: Where's the sugar?

- One way to know if there is sugar (added, natural, or both) is to read the Ingredients List on the label.
- Tip: If a type of sugar is in the first three ingredients, the product is likely to have a lot of added sugars.

Nutrition Facts	
Serving Size 1 bottle – 20 fl oz (591 mL)	
Amount Per Serving	
Calories 227	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Sodium 25mg	1%
Total Carbohydrate 59g	20%
Sugars 55g	
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.	

What can I drink instead of a sugary drink?

Try these...

- Water – Plain or flavored with added fruit, vegetables and herbs,
- Unsweetened seltzer water or unflavored sparkling water
- Unsweetened tea (iced or hot)
- Unsweetened coffee (iced or hot)
- Fat-free or low-fat (1%) unflavored milk

Webinar Objectives

1. Learn to provide healthy beverage education as part of a healthy diet.
2. Become familiar with CDPH's Rethink Your Drink tools and resources.
3. **Identify strategies to integrate Rethink Your Drink into different settings and for various audiences.**

Integrating RYD

POLL:

Which of the following strategies have you used to integrate Rethink Your Drink into your nutrition education work?

Audience & Settings

- *RYD* aligns easily with the following community settings and nutrition education activities:
 - **Adult education**
 - **School/After school**
 - **Retail**
 - **Worksite**

Retail Settings



Look for
drinks
that have
100%
juice on
the label.



For CalFresh Information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.

Content developed by County of Sonoma, Department of Health Services.

rethink
YOUR DRINK



Elija leche sin grasa o
baja en grasa (1%).

Tiene mucho calcio, proteína
y vitamina D, pero menos grasa.



Para información sobre CalFresh, llame al 1-888-9-COMIDA. Financiado por SNAP-Ed del USDA, un proveedor y empleador que ofrece oportunidades equitativas. Para consejos saludables, visite www.CampeonesDelCambio.net.

Contenido desarrollado por County of Sonoma, Department of Health Services.



Sea un buen ejemplo.
Tome agua en vez de
bebidas azucaradas.



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Retail Settings



Potter the Otter in the Community



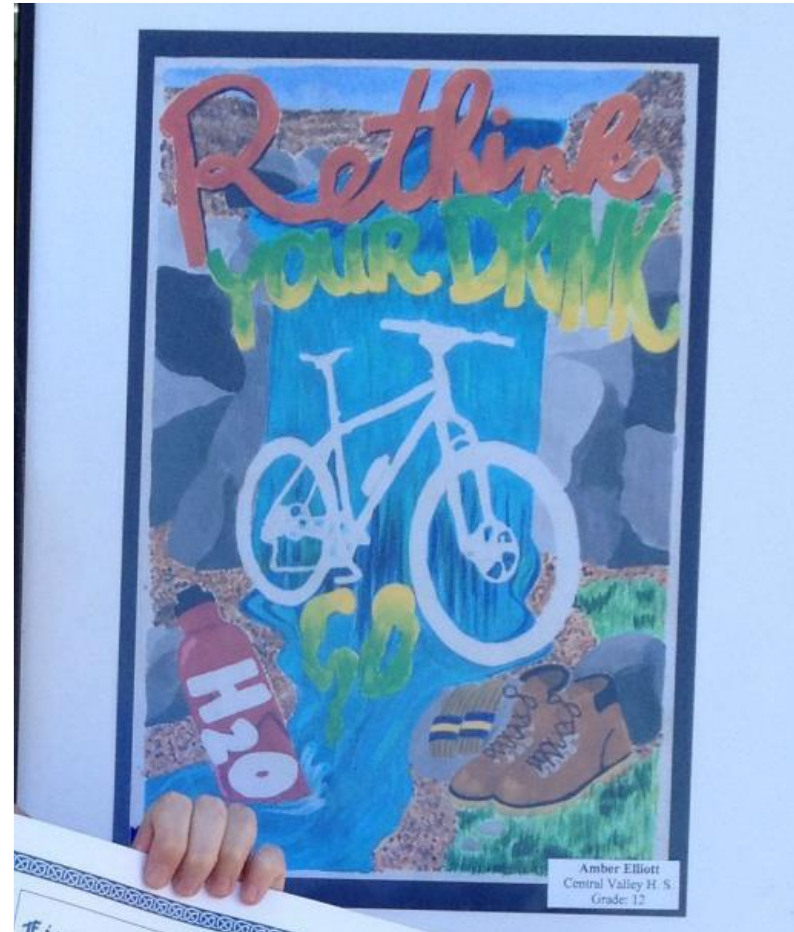
Community Events



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Poster Contests



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How will you integrate one thing you learned here today into your current work?



Q & A (10 minutes)

Enter your questions into the chat pane or raise your hand and we'll unmute your line.



Thank You!

Have more questions or feedback? Contact:

Rachel Kramer, Project Manager

Inland Desert Training & Resource Center

Center for Community Health

UC San Diego

E: rlkramer@ucsd.edu

P: 619.681.0684

