



Rethink Your Drink



“Rethink Your Drink...Drink Water!”

STEP 1

Choosing Healthy Beverages

Choosing healthy beverages is a great first step to an overall healthy diet. Many drinks now come in larger cups and cans and have lots of added sugar. Drinking too many sweet drinks may lead to weight gain, overweight, obesity, and type 2 diabetes. **Eat your calories rather than drink your calories!**

Why drink water?

- Water is calorie-free, sugar-free, fat-free, and almost free (when it's from the tap).
- It helps keep your body in balance by carrying nutrients, adjusting body temperature, and breaking down food.
- It is the best choice to stay hydrated before, during, and after physical activity.

How much fluid do you need?

- Children: about 4 to 11 cups of fluids a day
- Adults: about 9 to 13 cups of fluids a day
- Amounts depend on age, gender, level of physical activity, altitude and climate. During hot weather, you will need more fluids. To prevent dehydration, drink plenty of water throughout the day, especially before going outdoors.
- One way to tell if you are drinking enough fluids is to check the color of your urine. Your urine should be light yellow in color. If it is a dark color, you need to drink more water.



**ACTIVITY: Guess the Sugar/
Walk a Minute**

Now let's see what is inside of those beverages by looking at the nutrition facts labels.



How many calories do you drink in a day?

In the table below, find your beverage with calories listed for different sizes. List the number of calories you drank in the far-right column. Add up your calories from beverages for the day.

Beverage	Calories*			How many calories did you drink?
	8 ounces	16 ounces	20 ounces	
Water	0	0	0	
Regular soda	150 (12 oz.)	200	250	
Diet soda	0	5	10	
Milk – skim	85	170	210	
Milk – 1%	100	200	250	
Milk – 2%	120	240	300	
Milk – whole	150	300	375	
Milk – chocolate (low fat)	160	320	400	
Soy milk	100	200	250	
Milk shake	280	560	700	
100% Fruit juice	110	220	275	
Fruit smoothie	200	400	500	
Fruit punch/juice drink	120	230	300	
Sports drink	80 (12 oz.)	110	200 (32 oz.)	
Energy drink	110			
Energy drink, low-calorie	30 (12 oz.)	40	75 (32 oz.)	
Black coffee	2	4	5	
Coffee with cream and sugar	50	100	125	
Coffee with nonfat milk and artificial sweetener	15	30	40	
Mocha coffee drink	200	400	500	
Frozen blended coffee drink	270 (12 oz.)	350	460 (24 oz.)	
Sweetened iced tea	100	200	250	
Unsweetened iced tea	0	0	0	
Other _____				
Total calories from beverages for the day:				

*Calories listed are estimates. Actual number of calories will depend on brands and restaurants.

? **How did you do?** Which beverages could you drink less of? Are you drinking enough fluids during the day? How would you rethink your drink?

Label Reading (Beverages)

Fruit Punch

Nutrition Facts	
3 servings per container	
Serving size	1 cup (240ml)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 1.5g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 20g	
Includes 20g Added Sugars	40%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 16mg	0%
Ingredients: Water, High Fructose Corn Syrup, Base (Citric Acid, Red #40, Caramel Color, Gum Arabic, Natural & Artificial Flavors, Glycerol Ester of Wood Rosin, Sodium Benzoate [Preservative]), Potassium Benzoate to Retain Freshness, Neotame. CONTAINS 0% JUICE.	

1

Look at **serving size** and number of servings. There may be more than one serving per container.

2

Check calories

3

Limit these nutrients.

4

Get enough of **all** of these nutrients.

Bottled Water

Nutrition Facts	
1 serving per container	
Serving size	1 Bottle
Amount per serving	
Calories	0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
Ingredients: Purified Water, Magnesium Sulfate, Potassium Chloride, Salt*† *ADDS A NEGLIGIBLE AMOUNT OF SODIUM † MINERALS ADDED FOR TASTE	

Formula

How to Calculate Number of Teaspoons of Sugar:

- Divide grams of Total Sugars by 4
(One teaspoon is equal to one sugar packet or one sugar cube.)

Beverage Label Reading Activity

Use the formula in the box above to answer the following questions:

1. Look at how many grams of Total Sugar are in one serving of Fruit Punch. Divide that number by 4. How many teaspoons of sugar are in one serving of Fruit Punch? _____
2. How many packets of sugar are found in one bottle of water? _____

Using the calorie and serving size information from the labels above, answer the following:

3. If I drink the entire container of Fruit Punch, how many calories would that be? _____

Compare the information on the labels above:

4. Which drink contains more Added Sugars? _____

Beverage Answer Key: (1) 5 (2) 0 (3) 270cal (4) Fruit Punch

Label Reading (Food)

Cheese Puffs

Nutrition Facts	
8 servings per container	
Serving size About 13 pieces (28g)	
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 16g	6%
Dietary Fiber less than 1g	3%
Total Sugars 1g	
Includes 1g Added Sugars	3%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.4mg	2%
Potassium 60mg	0%

Ingredients: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Cheese Seasoning (Whey, Cheddar Cheese [Milk, Cheese, Cultures, Salt, Enzymes], Canola Oil, Maltodextrin [Made from Corn], Natural and Artificial Flavors, Salt, Whey Protein Concentrate, Monosodium Glutamate, Lactic Acid, Citric Acid, Artificial Color [Yellow 6]), and salt.
CONTAINS MILK INGREDIENTS.

1

Look at **serving size** and number of servings. There may be more than one serving per container.

2

Check calories

3

Limit these nutrients.

4

Get enough of **all** of these nutrients.

Whole Grain Crackers

Nutrition Facts	
9 servings per container	
Serving size 6 crackers (28g)	
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.4mg	8%
Potassium 116mg	2%

Ingredients: Whole grain wheat, canola oil, sea salt. **CONTAINS WHEAT.**

Quick Guide to %DV

- Percent Daily Value is the amount of a nutrient in one serving compared to recommendations for a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.
- 5% or less is "low"
- 20% or more is "high"

Food Label Reading Activity

Using the calorie and serving size information from the labels above, answer the following:



1. If I ate 2 servings of Whole Grain Crackers, how many calories would I have eaten? _____
2. If I ate the whole bag of Cheese Puffs, how many servings would I have eaten? _____

Using the % Daily Value information from the labels above:

3. Which food product is "low" in Total Fat? _____
4. Which food product is "low" in Sodium? _____
5. Which food product is "low" in Dietary Fiber? _____











Instead of...	Try to...
<p>Regular Sodas</p>	<ul style="list-style-type: none"> • Rethink Your Drink: Drink water. One can (12oz.) of regular soda has about 150 calories and 40 grams of sugar. That is about 10 teaspoons of sugar! Drinking one can of soda everyday, without burning it off through physical activity, will lead to 54,750 extra calories or about 15 pounds of weight gain in one year. • Shrink Your Cup: If you are drinking regular soda, reduce the size of your cup.
<p>Flavored Coffees</p>	<ul style="list-style-type: none"> • Rethink Your Drink: Drink water. • Swap for sugar-free or unflavored coffees. Order sugar-free syrups. Remember to limit foods and drinks made with artificial sweeteners. • Shrink Your Drink: Ask for fewer flavored pumps or shots in your drink or order the smallest size available. • Skip the Whip: Save on calories and sugar by skipping the whipped cream.
<p>Flavored Bottled Waters</p>	<ul style="list-style-type: none"> • Rethink Your Drink: Drink water. • Make Your Own: Flavored bottled waters usually contain added sugar, fructose, or corn syrup. Make your own flavored water by placing fruit slices in a glass with water and ice. You will sneak in some vitamins and minerals while losing the added calories and sugar.
<p> Sports Drinks</p>	<ul style="list-style-type: none"> • Rethink Your Drink: Drink water. Sports drinks are meant for athletes who do intense physical activity for at least 90 minutes. Milk is being studied as another possible recovery drink after exercise.
<p> Juice Drinks</p>	<ul style="list-style-type: none"> • Rethink Your Drink: Drink water. • Swap for 100% juice, or an even better choice is to drink water and actual fruits instead. Fruit drinks include POG (Passion Orange Guava), guava drinks, orangeades, and fruit punch. Some may have a little fruit juice, but most have added sugars, flavorings, and color.
<p>Store-bought Smoothies</p>	<ul style="list-style-type: none"> • Rethink Your Drink: Drink water. Many store-bought smoothies have added sugar, in addition to the sugar naturally found in fruit, juice, and yogurt. • Make Your Own: When smoothies are made at home, you have control over how much sugar and calories are going into your drink. • Shrink Your Cup: Order a child's size if available.

STEP 4







A Day of Beverages

How many calories do we drink in one day? We usually think about the calories we eat in food and don't think about the calories we drink. Sweetened beverages such as soda, fruit drinks and punch, sweetened iced tea, sports drinks, and energy drinks contain a lot of added sugar and calories. The added sugars can be cane sugar, corn syrup, sucrose, fructose, honey, and other sugars.

Make simple changes in the beverages you choose. Check out these two different days of beverage choices, and see the calories drop from 1,370 to only 370. That's 1,000 fewer calories in one day!

110 calories: orange juice (8 oz.)	400 calories: mocha (medium)	280 calories: regular cola (20 oz.)	230 calories: fruit drink (16 oz.)	200 calories: sweet tea (16 oz.)	150 calories: whole milk (8 oz.)
					

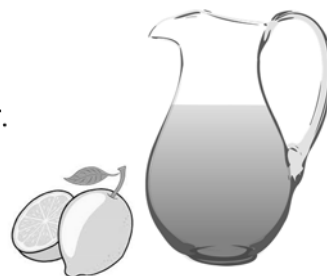
1370 Calories

110 calories: orange juice (8 oz.)	160 calories: non-fat latte (medium)	0 calories: water	0 calories: water	0 calories: tea with lemon or lime (16 oz.)	100 calories: 1% milk (8 oz.)
					

370 Calories

Tips to Drink More Water

- Serve water with meals.
- Keep water on hand at work, in school, at home, and in the car.
- Carry a water bottle with you and refill it often.
- Add a slice of lemon, lime or orange to jazz up your water.
- Keep a pitcher of water with fruit slices in your refrigerator.



STEP 5

★ Goal Setting

I (who) **will** _____ (what)
by _____ (how) _____ (when).

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