TN Department of Health

Tennessee Department of Health Child Health Month Campaign Presents

ReThink Your Drink Toolkit

rethink YOUR DRINK

Drink WATER instead of sugary drinks

Used with Permission of Sumner County Coordinated School Health

COORDINATED SCHOOL HEALTH – Sumner County Schools

Sumner County Coordinated School Health began this campaign to educate Sumner County students, staff and parents about the harmful effects of consuming sugar-sweetened beverages and to encourage healthier beverage options.

Campaign Objectives:

1) Why should we be concerned about sugary drinks?*Educate students, staff and parents about just how much sugar is in sugary drinks.*

2) Drink water instead of sugary drinks.*Educate students, staff and parents about the importance and benefits of drinking water.*

3) What can we do?*Educate students, staff and parents about ways to change patterns and encourage healthy eating habits.*

This Rethink Your Drink Toolkit was adapted from a toolkit developed by the Illinois Alliance to Prevent Obesity and includes resources provided by the California Department of Public Health.

Toolkit Contents and List of Needed Materials

Handouts:

1. What's So Bad About Sugary Drinks?
2. Drink Water Instead of Sugary Drinks
3. Water You Drinking?
4. Calculating Sugar Content including sugar calculation table
5. Be a Label Reader
6. October 5th, Sugar Free Beverage
7. Pledge 30-Day Water Challenge

Needed Materials:

1. One empty 2 liter cola bottle*(wash and let dry for one day. Remove label)*
2. One empty 20 oz. cola bottle*(wash and let dry for one day. Remove label)*
3. One empty 32 oz. Sports Drink bottle*(wash and let dry for one day. Remove label)*
4. One Teaspoon
5. One Funnel
6. *Sugar (337.4 g or slightly less than 1.5 cups = 1.45 cups)
    a. 2 liter = 216.4 g or 54.1 tsp or slightly less than 1 cup = .915 cups
    b. 20 oz = 65 g or 16.25 tsp or slightly more than 1/4 cup = .275 cups
    c. 32 oz Sports Drink = 56 g or 14 tsp or slightly less than 1/4 cup = .237 cups

**You can use salt instead of sugar! It's cheaper! Nobody will know!*

Go to https://sumnerschools.org/index.php/nutrition for more Rethink Your Drink and nutrition related resources

***Remember to maintain local social distancing guidelines.**

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HIDDEN SUGARS DEMONSTRATION

Target Audience: Children, but applicable for all ages

Description:

Educate audience on obesity in Tennessee and harmful conditions associated with obesity, prevalence of sugar in the American diet and amount consumed through sugar-sweetened beverages. Provide visual demonstration of amount of sugar in soft drinks and then provide guidance to participants on making healthier beverage choices.

Directions:

1. Prefill 2 liter cola bottle with 1 cup of sugar
2. Prefill 32 oz Sports Drink with ¼ cup of sugar
3. Get funnel, teaspoon, sugar, empty 20 oz cola bottle ready for demonstration
4. Distribute handouts to students:
   a. What's So Bad About Sugary Drinks?
   b. Drink Water Instead of Sugary Drinks
   c. Water You Drinking?
   d. Calculating Sugar Content
   e. Be a Label Reader or have students watch - https://www.youtube.com/watch?v=OWMSJqnYFMY&feature=youtu.be
   f. October 5th Child Health Day: Sugar Free Beverage Day and 30 Day Water Challenge

Hidden Sugars Demonstration

PART 1 - OBESITY IN TENNESSEE *(Refer to handout: What's So Bad About Sugary Drinks?)*
Provide information on the state of obesity in Tennessee

- "Did you know Tennessee has the 12th highest rate of childhood obesity in the United States[1]?"
- "Tennessee is also the 10th most inactive state in the country[2]."
- "More than one third of all adults and children in Tennessee are overweight or obese[3]."

THE PROBLEM WITH OBESITY *(Refer to handout: What's So Bad About Sugary Drinks?) Provide information on negative health effects of obesity*

- "According to the CDC, obesity now affects 1 in 5 children and adolescents in the United States.[4]"
- "These alarming statistics suggest that Tennessee kids are at excessive risk for serious lifelong health problems like diabetes, heart disease, fatty liver disease and arthritis."
- "Obesity is linked to many life-threatening chronic diseases like heart disease, type 2 diabetes and certain cancers."
- "For the first time in history, the current generation will have a shorter lifespan than their parents due largely to obesity-related disease."

PART 2 - WE ARE EATING TOO MUCH SUGAR
Define sugar-sweetened beverages and lead discussion and demonstration on sugar consumption

Q: "What is a sugar-sweetened beverage?"
A: "Any beverage with added sweeteners including soda, other carbonated soft drinks, juices, sports drinks, energy drinks, sweetened milk or milk alternatives and sweetened tea or coffee drinks."

Q: What are some other names for sugar? *(Refer to handout: Be a Label Reader)*
A: "Other names for sugar include: high fructose corn syrup, cane sugar, fructose, fruit juice concentrate, glucose, sucrose, honey, brown sugar, dextrose and corn sweetener."

Q: "How much sugar do you think the average American eats in a year?"
A: "Almost 100 pounds a year! That's almost a quarter pound of sugar and other calorie- rich sweeteners a day!"

- "This is what a quarter pound of sugar looks like."

  (Show ¼ lb of sugar in a 2 liter bottle)

[1] https://stateofchildhoodobesity.org/states/tn/#:~:text=Tennessee,and%20the%20District%20of%20Columbia. [2] https://stateofchildhoodobesity.org/physical-inactivity/
[3] https://www.americashealthrankings.org/explore/annual/measure/Obesity/state/TN
[4] https://www.cdc.gov/obesity/childhood/index.html

Hidden Sugars Demonstration

- "Extra calories from all this sugar and other calorie-rich sweeteners can lead to weight gain, obesity and contribute to serious health problems such as heart disease, type 2 diabetes and certain cancers."

PART 3 - Calculating Sugar Content

Show audience how to calculate sugar content from beverage labels

- "You might be wondering: is it really possible that people eat this much sugar and extra sweeteners? Where is all this sugar coming from?

- "We're talking about the *extra* sugar and sweeteners that manufacturers add to food and drinks. Most of the added sugar in our diets comes from sodas and other sweetened beverages."

- "So let's talk about what we drink. For example, let's take a look at a 20-ounce cola, which has about 65 grams of sugar on average. How do we know that? By reading the label and calculating. Let's walk through it." *(Refer to handout: Calculating Sugar Content)*

- "Since some people might not know what grams are, let's change the grams into teaspoons..."

  Q: "How many teaspoons of sugar do you think are in a 20-oz. cola?"
  A: "Four grams of sugar equals one teaspoon. So if you divide 65 grams by four, you get about 17 teaspoons."

- "Let's see what 17 teaspoons of sugar looks like."

  (Using a funnel, have a partner or volunteer scoop teaspoons of sugar into your empty soda bottle as everyone counts out loud.)

  Count each scoop: "1-2-3-4-5... Keep Going! ... You're Halfway There...17"

- "OK, let's take a look at this bottle. This is the amount of sugar in just one cola drink. The American Heart Association recommends no more than six teaspoons of sugar per day for adult women and no more than nine teaspoons for adult men. For children, the recommended amount is three teaspoons daily and for teens the amount should not exceed eight teaspoons. Just one 20 oz soda is almost 17 teaspoons!"

- "Here's something else that might surprise you: adding just one 20-ounce cola a day to your normal diet for a year, could result in gaining 25 extra pounds! — all because of the empty calories from added sugar."

  ***Note to teachers**: you can ask students to bring their favorite sweet drink so they can see how much sugar it contains. It may be beneficial to bring a few extra drink containers in case students forget to bring one.

Hidden Sugars Demonstration

PART 4 – How many miles? *(Refer to handout: Water You Drinking?)*
Show audience how many miles they would have to walk to burn off calories in certain beverages

Q: "How long do you think you would have to walk to burn off the 240 excess calories from one 20-ounce cola?" *(Show ¼ cup of sugar in cola)*
A: "You would have to walk 3.3 miles! Who has walked 3.3 miles today?"

Q: "What about a so-called "healthy drink" like a Sports Drink?
(Show ¼ cup of sugar in Sports Drink)

Q: "How long do you think you would have to walk to burn off the 200 excess calories from one 32-ounce Sports Drink?"
A: "2.5 miles! So if you walked 2.5 miles and then drank a Sports Drink, you'd have to walk 2.5 more miles to get any calorie-burning benefit!"

Q: "What is a better way to hydrate after working out or playing sports?" "Water!"

Q: "How many calories does water have?" "Zero!"

Q: "How many grams of sugar does water have?" "Zero!"

PART 5 – Water Benefits *(Refer to handout: Drink Water Instead of Sugary Drinks)*
Show audience the importance of drinking water and discuss ways of increasing water consumption

- "Did you know that your body is made up of over 72 percent water?"
- "The average person can survive three weeks without food but only three days without water."
- "Water is needed by the brain to manufacture hormones and neurotransmitters."
- "Feeling tired or sleepy? You may be dehydrated!"
- "Bad breath? If you are dehydrated and not producing enough saliva, you can get bacteria overgrowth in the mouth. Yuck!"

Q: "What are some of the benefits of drinking water?"
A: "Drinking water protects your body's organs and tissues, helps you fight off illness, regulates your body temperature and helps you digest your food and get rid of waste."

The recommended daily amount of water for children is:
Five - 8 oz. cups for ages 5-8
Seven - 8 oz. cups for ages 9-12
Eight - 8 oz. cups for ages 13 and up

Q: "Who thinks they can drink eight glasses of water a day for 30 days?" *(Refer to handout: 30 Day Water Challenge)*

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Drink WATER instead of sugary drinks

What's So Bad About Sugary Drinks?

Two out of three adults and **one out of three children** in the United States are overweight or obese.

1/5 of all weight gained by US population between 1977 and 2007 can be attributed to sugary drink consumption.

People who consume sugary drinks regularly have a **26% greater risk of developing type 2 diabetes.**

Consumption of **sugar-loaded drinks is now the largest category of caloric intake in children**, surpassing milk in the late 1990s!

From 1989 to 2008, **calories from sugary beverages increased by 60%** in children ages 6 to 11.

Children and youth in the US **average 143 calories per day from sugary beverages[5].**

In 2005, Sugary drinks are the top calorie source in teens' diets (224 calories per day), beating out pizza (213 calories per day).

One study found that for each additional 12-ounce soda children consumed each day, **the odds of becoming obese increased by 60%.**

Tennessee has the **12th highest rate of childhood obesity** in the United States[1].

For the first time in history, the current generation will have a **shorter lifespan than their parents – due largely to obesity-related disease.**

5 https://pubmed.ncbi.nlm.nih.gov/28135184/

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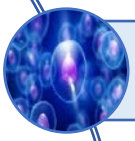
Drink WATER instead of sugary drinks

Drink Water Instead of Sugary Drinks!

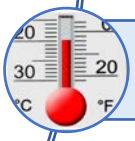
Protects your body's organs and tissues



Carries nutrients and oxygen to all the cells in your body

Helps you fight off illness

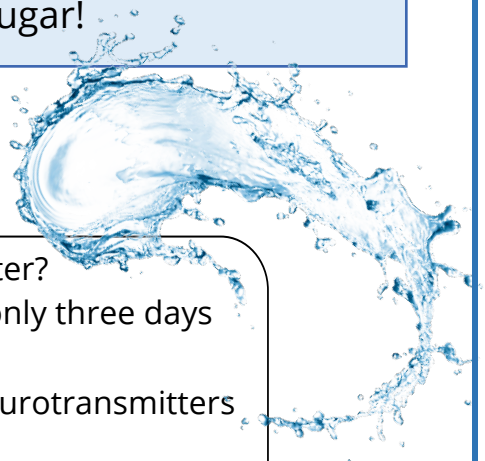
Helps you digest your food and get rid of waste



Regulates your body temperature

Hydrates your skin and hair

Zero calories and zero sugar!



- Did you know that your body is made up of over 72 percent water?
- The average person can survive three weeks without food but only three days without water.
- Water is needed by the brain to manufacture hormones and neurotransmitters
- Feeling tired or sleepy? You may be dehydrated!
- Bad breath? If you are dehydrated and not producing enough saliva, you can get bacteria overgrowth in the mouth. Yuck!

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Water You Drinking?!

The average person does not exercise enough to compensate for the number of calories being consumed in sugar sweetened beverages. For example, a 160-pound person would have to walk approximately:

- **3.3 miles to burn off a 240-calorie, 20-oz. soda**
- **2.5 miles to burn off a 200-calorie, 32-oz. sports drink**
- **4.6 miles to burn off a 370-calorie, 40-oz. (large) lemonade**
- **4.5 miles to burn off a 360-calorie, 23-oz. sweetened tea.**

What can you do to drink more water?

Now that you know how much difference a drink can make, here are some ways to make smart beverage choices:

- Choose water instead of sugar-sweetened beverages
- For a quick, easy and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- Don't "stock the fridge" with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the fridge.
- Serve water with meals.
- Make water more exciting by adding slices of lemon, lime, cucumber or watermelon, or drink sparkling water.
- Add a splash of 100 percent juice to plain sparkling water for a refreshing, low-calorie drink.
- When you do opt for a sugar-sweetened beverage, go for the small size. Some companies are now selling 8-oz. cans and bottles of soda, which contain about 100 calories
- Be a role model for your friends and family by choosing healthy, low-calorie beverages.

Environments matter too!

- Put healthier choices at eye level in your cafeterias
- Offer discounts on healthy beverage choices and raise the price on unhealthy choices
- Implement an excise tax on sugar-sweetened beverages to discourage consumption
- Increase educational signage near vending machines, cafeterias and coolers to help people identify the healthiest options
- Provide only healthy drinks during meetings and conferences
- Create a social environment that supports healthy choices

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Drink WATER instead of sugary drinks

Calculating Sugar Content

How many teaspoons of sugar are in a 20-ounce soda?

Calculation: teaspoons of sugar = grams of sugar ÷ by 4

20 oz Soda: 65 grams of sugar ÷ 4 = _____

*Or can use table on the next page

How many teaspoons of sugar are in…

Energy Drink: 62 grams of sugar ÷ 4 = _____

Sports Drink: 54 grams of sugar ÷ 4 = _____

Sweet Tea: 33 grams of sugar ÷ 4 = _____

Juice: 23 grams of sugar ÷ 4 = _____

WATER: 0 grams of sugar ÷ 4 = 0!!!!!

Nutrition Facts

Serving Size 1 bottle

Servings Per Container 1

Amount Per Serving

Calories 240

	% Daily Value*
Total Fat 0g	0%
Sodium 75mg	3%
Total Carbohydrate 65g	22%
Sugars 65g	
Protein 0g	

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

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

Sugar Conversion Chart (4 grams = 1 teaspoon)

Grams (Weight)	Teaspoons (Volume)	Grams (Weight)	Teaspoons (Volume)
1	¼	48	12
2	½	49	12 + ¼
3	¾	50	12 + ½
4	1	51	12 + ¾
5	1 + 1/4	52	13
6	1 + ½	53	13 + ¼
7	1 + ¾	54	13 + ½
8	2	55	13 + ¾
9	2 + ¼	56	14
10	2 + 1/2	57	5 + ¼
11	2 + ¾	58	5 + ½
12	3	59	5 + ¾
13	3 + ¼	60	15
14	3 + 1/2	61	15 + ¼
15	3 +3/4	62	15 + ½
16	4	63	15 + ¾
17	4 + 1/4	64	16
18	4 + 1/2	65	16 + ¼
19	4 + ¾	66	16 + ½
20	5	67	16 + ¾
21	5 + ¼	68	17
22	5 + ½	69	17 + ¼
23	5 + ¾	70	17 + ½
24	6	71	17 + ¾
25	6 + ¼	72	18
26	6 + ½	73	18 + ¼
27	6 + ¾	74	18 + ½
28	7	75	18 + ¾
29	7 + ¼	76	19
30	7 + ½	77	19 + ¼
31	7 + ¾	78	19 + ½
32	8	79	19 + ¾
33	8 + ¼	80	20
34	8 + ½	81	20 + ¼
35	8 + ¾	82	20 + ½
36	9	83	20 + ¾
37	9 + ¼	84	21
38	9 + ½	85	21+ ¼
39	9 + ¾	86	21 + ½
40	10	87	21 + ¾
41	10 + ¼	88	22
42	10 + ½	89	22 + ¼
43	10 + ¾	90	22 + ½
44	11	91	22 + ¾
45	11 + ¼	92	23
46	11 + ½	93	23 +1/4
47	11 + ¾	94	23 +1/2

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Drink WATER instead of sugary drinks

Be a Label Reader

Be aware of sugar's many names and pay attention to portion sizes.

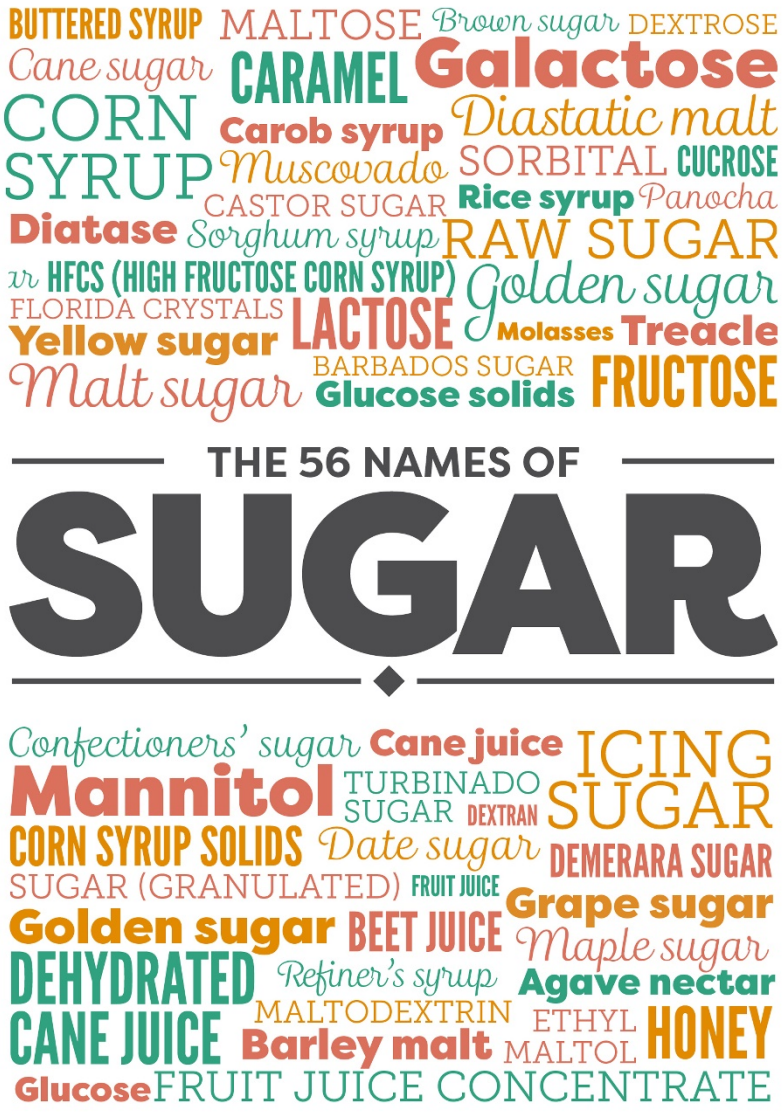
Nutrition Facts

Serving Size: 8 oz.

Servings Per Container 2.5

Amount Per Serving		% of Daily Value
Calories	150	
Total Fat	2.5 g	4%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	85	4%
Total Carbohydrate		
Dietary Fiber	30 g	9%
Sugars	13 g	
Protein	3 g	

INGREDIENTS: Water, **corn syrup, sugar, fructose,** natural and artificial flavors, **high fructose corn syrup,** vegetable oil, contains 2% or less of sorbitol, glycerin, malt flavoring, natural and artificial flavor, salt, soy, lecithin, niacinamide, non-fat dry milk, BHT



Note: *Pay attention to the number of servings per container. Some beverages have more than one serving per bottle! In that case, multiply the number of servings times the amount of sugar listed to get the total amount of sugar in the beverage.*

To find out how much sugar is in a package of food, first check the "Nutrition Facts" panel on the package.

Look for the word "Sugars" to see how much sugar is in the food per serving. To find the hidden forms of sugar, check the "Ingredients."

rethink YOUR DRINK

Drink WATER instead of sugary drinks

For **Child Health Day**, October 5th, children can pledge a **Sugar Free Beverage day** and have only unsweetened drinks. **This can be Day 1 of the:**

30-Day Water Challenge

Pledge: I, _____, pledge to join my fellow students to move toward healthier beverage choices by drinking more water and fewer sugar-sweetened beverages!

Goal: Drink eight 8-ounce servings of beverages with no added sugars or artificial sweeteners every day for the next thirty days.

Use the chart below to keep track of your progress toward your goal

30-day Challenge – GO!	1	2	3	4	5	6	7	8
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								
Day 8								
Day 9								
Day 10								
Day 11								
Day 12								
Day 13								
Day 14								
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Day 19								
Day 20								
Day 21								
Day 22								
Day 23								
Day 24								
Day 25								
Day 26								
Day 27								
Day 28								
Day 29								
Day 30								

Way to Go! Why stop now?

USDA ChooseMyPlate.gov
United States Department of Agriculture

10 Tips: Make Better Beverage Choices

Print in English

Print in Spanish

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. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories 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 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 briefcase 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 food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

10. **Compare what you drink**
    Food-A-Pedia, an online feature available on the SuperTracker website, 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.

Revised January 2016

Last Updated: Jul 25, 2017

USDA
United States Department of Agriculture

10 tips
Nutrition Education Series

MyPlate MyWins

Based on the Dietary Guidelines for Americans

Make better beverage choices

A healthy eating style includes all foods and beverages. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too many calories from saturated fat. Here are some tips to help you make better beverage choices.

1 Drink water

Drink water instead of sugary drinks. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and few nutrients.

2 How much water is enough?

Let your thirst be your guide. 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 or live or work in hot conditions.

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 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.

*100% juice is part of the Fruit or Vegetable Group.

6 Don't forget your dairy**

Select low-fat or fat-free milk or fortified soy beverages. They offer key nutrients such as calcium, vitamin D, and potassium. 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.

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10 Compare what you drink

Food-A-Pedia, an online feature available at SuperTracker.usda.gov, 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, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

Center for Nutrition Policy and Promotion

Go to Choose**MyPlate**.gov for more information.

DG TipSheet No. 19
May 2012
Revised October 2016

USDA
United States Department of Agriculture

10 consejos
Serie de Educación en Nutrición

MiPlato
MisVictorias

Basado en las Guías Alimentarias para los Estadounidenses

Haga mejores elecciones de bebidas

Un estilo de alimentación saludable incluye todos los alimentos y bebidas. Muchas bebidas contienen azúcares añadidos y ofrecen pocos o ningún nutrientes, mientras que otras pueden proporcionar nutrientes pero demasiadas calorías de grasa saturada. Estos son algunos consejos para ayudarle a hacer mejores elecciones de bebidas.

1 Bebe agua

Beba agua en lugar de bebidas azucaradas. Los refrescos regulares, energéticos o deportivos y otras bebidas azucaradas contienen una gran cantidad de calorías de azúcares añadidos y pocos nutrientes.

2 ¿Cuánta agua es suficiente?

Deje que su sed sea su guía. Las necesidades de todos son diferentes. La mayoría de nosotros obtiene suficiente agua de los alimentos que comemos y las bebidas que bebemos. Un cuerpo sano puede equilibrar las necesidades de agua durante el día. Beba mucha agua si es muy activo o vive o trabaja en condiciones de calor.

3 Una opción económica

El agua es generalmente buena para la cartera. Puede ahorrar dinero bebiendo agua de la llave en casa o cuando coma fuera.

4 Controle sus calorías

Beba agua con y entre sus comidas. Los adultos y los niños consumen alrededor de 400 calorías al día en bebidas, el agua potable puede ayudarle a administrar sus calorías.

5 Zona de bebidas para niños

Haga del agua, de la leche baja en grasa o sin grasa, o del jugo al 100% una opción fácil en su hogar. Tenga recipientes listos para llevar disponibles en el refrigerador. Póngalos en las bolsas del almuerzo o mochilas para facilitar el acceso cuando los niños están lejos de casa. Dependiendo de la edad, los niños pueden beber de ½ a 1 taza, y los adultos pueden beber hasta 1 taza de jugo de frutas o vegetales al 100%* cada día.

* El jugo al 100% es parte del grupo de frutas o vegetales.

6 No se olvide de su lácteos**

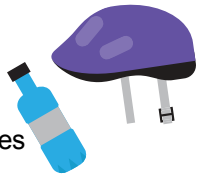
Seleccione leche baja en grasa o sin grasa o bebidas de soya fortificadas. Ofrecen nutrientes clave como el calcio, la vitamina D y el potasio. Los niños mayores, los adolescentes y los adultos necesitan 3 tazas de leche al día, mientras que los niños de 4 a 8 años necesitan 2½ tazas y los niños de 2 a 3 años necesitan 2 tazas.

7 Disfrute de su bebida

Cuando el agua no le sea suficiente, disfrute de la bebida de su elección, pero en menor cantidad. Recuerde revisar el tamaño de la porción y el número de porciones de la lata, botella o recipiente para mantenerse dentro de las necesidades de calorías. Seleccione latas, tazas o vasos más pequeños en lugar de grandes o supergrandes.

8 Agua para llevar

El agua siempre es conveniente. Llene una botella de agua limpia y reutilizable y póngala en su bolsa o maletín para saciar su sed durante todo el día. Las botellas reutilizables son también buenas para el medio ambiente.



9 Revise la información

Use la etiqueta de información nutricional para elegir las bebidas en el supermercado. La etiqueta de los alimentos y la lista de ingredientes contienen información sobre azúcares añadidos, grasas saturadas, sodio y calorías para ayudarle a tomar mejores decisiones.

10 Compare lo que bebe

Food-A-Pedia, una función en línea disponible en SuperTracker.usda.gov puede ayudarle a comparar calorías, azúcares añadidos y grasas en sus bebidas favoritas.

** La leche es una parte del grupo de lácteos. Una taza = 1 taza de leche o yogur; 1½ onzas de queso natural; o 2 onzas de queso procesado.

Center for Nutrition Policy and Promotion

Visite ChooseMyPlate.gov para obtener más información.

DG TipSheet No. 19
Mayo 2012
Revisado Octubre 2016

Infused Water

Infusing water with the essence of fruits, herbs and other botanicals helps you drink plenty of liquids without the downside of excess calories, sugars and artificial flavorings. It's beneficial hydration in every refreshing sip!

What to infuse your water with:

- Fruits: apples, blackberries, blueberries, grapefruits, grapes, honeydews, lemons, limes, oranges, mangos, pineapples, pomegranates, raspberries, strawberries, watermelons and more (bananas and kiwi don't work well in giving infused water good, strong taste)

- Other add-ins: cucumbers, teas, basil, cinnamon sticks, ginger root, mint, rosemary, thyme, sage and more

Preparation Tips:

- Glass containers are the best for infusing- they provide a better taste than using plastic. You can buy infusing pitchers and bottles, but you don't have to- you can use regular glass pitchers and mason jars.
- A good rule of thumb is to infuse for 1-2 hours at room temperature or in the fridge for 3-4 hours to achieve potent flavor and water color. If you like your water really fruity and tangy, you can infuse overnight or up to 12 hours. Cucumbers, citrus fruits, melons, and mint flavor water almost immediately. Apples, cinnamon sticks, fresh ginger root, and rosemary need an overnight soak in the fridge.
- After 4 hours, unpeeled citrus can make water taste bitter. To make a big jug of infused water for a party, peel the citrus before soaking.
- Drinking the water the same day or next day is optimal, but you can drink your refrigerated infused waters within 3 days of infusing.

- You can eat the infused fruit, but you'll find that it might not be as flavorful or colorful as fresh fruit.
- Each time you re-use the fruit in your infused water, you are going to lose flavor. The big trick is to add more water to your container when the water is half-way down. That way, you mix the flavorful water with the new water. Fruits with strong flavors, such as lemon, pineapple and orange are best for multiple infusions. Berries, melons, and fleshy fruits are not ideal because they decompose quickly.
- Be sure to use cold or room temperature water!
- Frozen fruits can be used successfully, but dried fruit doesn't work well.
- Softer fruits like citrus and strawberries can be sliced thick, thin, halved or quartered. Harder fruits like apples should be sliced very thinly because they take longer to release flavors.
- Crush fibrous ginger root, rosemary and lemon grass with a muddler or wooden spoon; tear or crush leafy herbs like mint, basil and cilantro to release their oils.
- You can freeze fruit in an ice tray to pop out into your water for infusing.

For more ideas for making infused water and to view a video on how to flavor your water, check out this site:
https://www.allrecipes.com/article/fresh-ideas-for-making-infused-water/

rethink YOUR DRINK
Drink WATER instead of sugary drinks

TENNESSEE COORDINATED SCHOOL HEALTH

Coordinated School Health is excited to launch a **Rethink Your Drink** campaign as part of our Project Diabetes grant from the Tennessee Department of Health.

Why are sugary drinks so bad?

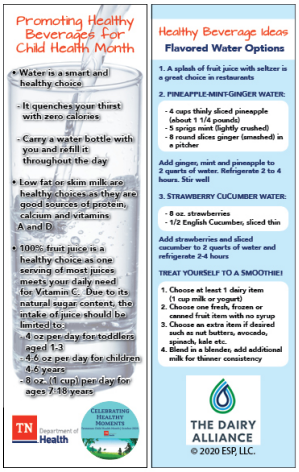
- How much sugar are you drinking? A typical 20-ounce soda contains 17 teaspoons of sugar.
- You would have to run 3.3 miles to burn off a 240-calorie, 20-oz. soda.
- According to one study, children have a 60 percent greater chance of becoming obese with each additional 12- ounce serving of soda each day.
- Tennessee has the 5th highest rate of childhood obesity in the United States.
- For the first time in history, the current generation will have a shorter lifespan than their parents – due largely to obesity-related disease.
- The average American consumes 46 gallons of soda and other sugary beverages annually.
- Adding just one 20-ounce cola a day to your normal diet for a year could result in gaining 25 extra pounds - all because of the empty calories from added sugar.
- Every sip counts! People who consume sugary drinks regularly - one to two cans a day or more— have a 26 percent greater risk of developing type 2 diabetes than people who rarely have such drinks.
- One-fifth of all weight gained by the US population between 1977 and 2007 can be attributed to sugary beverage consumption
- Soda consumption nearly doubles the risk of dental cavities in children and increases the likelihood of cavities in adults.
- Obesity is linked to many life-threatening chronic diseases like heart disease and type 2 diabetes.
- The acid in soda and other sugar-sweetened beverages causes erosion of tooth enamel, often after just one sip, and the sugar in these beverages provide fuel for bacteria that cause tooth decay.

Benefits of Drinking Water

- Helps maintain the balance of body fluids. Your body is composed of about 60 percent water
- Water is one of the best tools for weight loss when it replaces high-calorie, sugary drinks
- Helps energize muscles
- Keeps skin looking healthy
- Maintains energy levels
- Alleviates dehydration related headaches
- Helps your kidneys flush out toxins and waste
- Helps maintain normal bowel function
- Allows the body's cells to grow, reproduce and survive
- Lubricates joints
- Needed by the brain to manufacture hormones and neurotransmitters
- Helps deliver oxygen throughout the body.
- Essential for proper digestion
- Helps maintain a safe body temperature

Resources

1. Healthy beverage bookmark available from PTR



To order the bookmark, please contact: Debbie Kelley - Account Representative Prevention & Treatment Resource Press
1-877-329-0570 ext. 1225
1-877-329-0573 fax
Email: debra@ptrpress.com

2. 10 Ways to Healthy Drinking Cookbook from Healthy Kids and Teens

To order the "10 Ways to Healthy Drinking cookbook" visit: https://healthykidsandteens.org/store/

3. **healthydrinkshealthykids.org** is a website that has graphics, parent handouts and videos.

4. For more resources to learn more about the Nutrition Facts label, check this site: https://www.fda.gov/food/new-nutrition-facts-label/read-label-youth-outreach-materials#kids

5. The **commonbytes.org** website has nutrition lessons from pre-k up to 8th grade including healthy beverage lessons and they also have lessons for after school programs. You have to create an account and take the teacher training to access everything (lesson plans, recipes, handouts, etc). Usually it is $75 but they have waived the fee temporarily. Instructions for setting up an account are below. The list of lessons they have that seem pertinent to healthy beverages are on the next page. If school teachers take the training they can access the lessons and use them for Child Health Month as well as for their own classes. To set up an account staff need to go to commonbytes.org, click sing-in on the upper right corner. They have to create an account saying they are an educator. Once they have an account they can then take the teacher training. Teaching staff can click links for educators to get access to resources once they have completed the training. Students can create an account and take part in these courses virtually by accessing the videos at the top of the web-page. There are also nutrition related games on the site and recipes.

Healthy Beverage Promotion Activities for Child Health Month on Common Bytes

The website **commonbytes.org** has a wonderful collection of lessons related to healthy beverage consumption. Small Bytes lessons have a food preparation component.

Pre-K

Whoa, Slow and Go

Healthy Hydration

After School Pre-K – Second Grade

Whoa, Slow and Go

Rethink Your Drink

Kindergarden

Whoa, Slow and Go

Healthy Hydration

First Grade

Whoa, Slow and Go Foods

Healthy Hydration

After School Pre-2nd Grade

Whoa, Slow and Go Foods

Rethink Your Drink

Second Grade

Whoa, Slow and Go

Healthy Hydration

After School – Elementary School

Nutrition Labels

Sugar

Third Grade

Healthy Hydration

Nutrition Labels

Fourth Grade

Healthy Hydration

Nutrition Labels

After School- Middle School

Nutrition Labels

Sugar

Fifth Grade

Healthy Hydration

Nutrition Labels

Sixth Grade

Healthy Hydration

Nutrition Labels

Seventh Grade

Healthy Hydration

Nutrition Label

Eighth Grade

Healthy Hydration

Nutrition Labels