



## ***SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS***

Affiliated with National Volunteer Outreach Network, Country Women's Council, U.S.A.,  
Associated Country Women of the World and in partnership with Clemson University Cooperative  
Extension Service

SCFCL WEBSITE: <http://clemson.edu/fyd/fcl.htm>

### **Rethink Your Drink**

#### **Objectives:**

1. Participants will be able to make healthy drink choices.
2. Participants will measure the sugar and fat in selected beverages and evaluate better choices for health.

#### **Lesson Overview/Introduction:**

This lesson will empower participants to make healthy choices when consuming beverages. Beverages are mostly water and water is essential to life. A person can live only a few days without it. However, many beverages contain high amounts of sugar and fat, therefore are high in calories. People are often unaware of the number of calories they consume through their choice and intake of beverages. This lesson will provide a brief overview of how to make healthy drink choices.

#### **Lesson:**

##### I. That Hidden Sugar!

People often do not realize the amount of sugar in beverages because they cannot see it and are accustomed to the flavor. Juice, fruit drinks, punch and soda all contain high amounts of sugar.

The sugar in 100% fruit juice is natural fruit sugar. Three-fourths ( $\frac{3}{4}$ ) cup of 100% juice counts as ONE fruit serving. One hundred percent fruit juices contain essential vitamins and minerals for good health. For example, citrus juices contain Vitamin C which helps fight infection, increase the use of iron from food and heal bruises and cuts. Read the label to make certain it is 100% fruit juice.

The sugar in fruit drinks, punch and soda is added sugar. These drinks are (mostly) water with lots of added sugar (or sugar substitute) and flavoring. These are big sources of "empty calories" ...and no nutrients! Consuming these beverages in place of "nutrient dense" ones (i.e. 100% fruit juice or milk): 1) replaces needed nutrients, 2) increases calories, and 3) increases the likelihood of developing dental caries.

**\*\* Note:**

Even though the fruit sugar in 100% fruit juice is “natural” (not added), it has the same number of calories as a measure of “added” sugar. Once a beverage is digested and broken down in the body, the sugar (natural or added) can be stored by the body as “extra weight”. In other words, too much 100% can make you fat!

Also, some fruit juices have added sugar. Cranberry juice is an example. Read the ingredient label to see words that has “-ose” on the end (examples include fructose and sucrose) to help you determine if sugar has been added.

## II. Where's the Fat?

The MyPyramid recommends that individuals consume “three” low-fat or fat-free dairy products per day. Dairy products are great sources of calcium and Vitamin D. Calcium is a mineral that makes our bones hard and dense. Examples of dairy products are milk, yogurt, and cheese.

The labels on milk cartons are often a source of confusion regarding the different levels of fat. Skim (or “fat-free”) milk and 1% are low-fat choices and 2% and whole milk are not; these are high in fat and saturated fat. The carton or container will have “whole”, “2%”, “1%” or “skim” on the front. You can also read the ingredient list to see what “type” of milk is used (on any dairy product).

\* Ask who drinks 1% or skim milk?

## **Lesson Summary:**

It is important to keep your body hydrated. An individual can live only a short time without fluid. Beverages are made up mostly of water. Beverages can also be loaded with added sugar and fat, and many are large portions. Too much dietary sugar and fat can lead to being overweight and to obesity, which are risk factors for heart disease, some cancers, high blood pressure, diabetes, etc.

When deciding on what beverage to drink, choose at least eight-ounce cups of water each day. Have a glass of 1% or skim milk as one of the recommended three servings of dairy foods each day. Choose a  $\frac{3}{4}$  cup of 100% fruit juice as a fruit serving in place of punch, fruit beverage or soda.

## **Suggested Activities:**

### I. That Hidden Sugar!

\* Purpose – to help individuals “see” how much sugar is in commonly consumed beverages.

Have orange-colored drinks to compare sugar content. Include an individual serving of 100% orange juice, a 20 ounce orange soda, an individual serving of a sport drink (i.e. Gatorade), and an individual serving of orange-flavored punch (i.e. Hawaiian punch). Read the Nutrition Facts label on each container to determine the amount of sugar it contains. Four grams of sugar equals one teaspoon. Determine the amount of sugar in each bottle and write it on the bottle with a permanent marker ahead of time.

Place each of the four bottles of drink out on a table for the group members to see. Place a clear container (i.e. a clear drink cup or glass) in front of each beverage. Have sugar and a measuring teaspoon on hand. Ask four different group members to take turns standing in the front of the group, choose one beverage, and measure out the number of teaspoons of sugar in that beverage, putting the sugar in the glass in front of that beverage. For example, one member will measure out the number of teaspoons of sugar in the orange juice and put the teaspoons she measures in the cup/glass in front of the orange juice. After the sugar in all four beverages has been measured into cups, compare the amount of sugar. Tell the members when they drink these beverages, this is how much sugar they are consuming.

\*\* Note: There are 16 calories in one teaspoon of sugar. Many calories can be consumed just through liquids!

Also, remember to consider the serving size. Look on the Nutrition Facts Label. For example, the 20 ounce soda will likely list the serving size as 8 ounces. Consider if most people would only drink 8 ounces of the soda, or would they likely drink the entire bottle? If it is individually packaged, most people would probably drink the entire 20 ounces. Therefore, you would consider that as you calculate the number of teaspoons of sugar in the container.

### II. Where's the Fat?

#### A. You Decide!

Have whole milk, 2% milk, 1% milk and skim milk on hand. Use a permanent marker to label the bottom of bathroom cups with each type of milk for each member. For example, if you have 12 members, have 12 cups labeled “whole milk”, 12 cups labeled 2%, etc. Just before the meeting, (or just before this activity), pour a small amount of the milk into the corresponding cups (i.e. pour the whole milk into the cups labeled “whole milk”). The trick is that you do NOT let the members see you pouring the milk or see what is written on the bottom of the cups.

\*\* Note: Make sure you keep the milk refrigerated until you are ready to serve it.

Group cups of the same milk together (i.e. put all of the cups of whole milk together, place the 2% milk together, etc.). Have each member take one cup from each group so that each person

has a cup of whole milk, a 2% milk, a 1% milk and a skim milk. Remember, do NOT tell them what type of milk is in each cup. Then have members taste the milk from each of the 4 cups they have in NO SPECIAL ORDER. See if they can guess what they are drinking. If they typically only drink whole or 2% milk, would they consider changing to 1% or skim? Do they like the leaner milk?

**B. Measure the Fat**

Have vegetable shortening, a teaspoon measure and ½ teaspoon measure, and four clear cups or glasses on hand. Have four different members take turns measuring the teaspoons of fat in each type of milk.

Whole milk – 8 grams of fat (1.6 teaspoons)

2% milk – 5 grams of fat (1 teaspoon)

1% milk – 2.5 grams of fat (1/2 teaspoon)

Skim (fat-free) – 0 grams of fat

When the member measures each teaspoon, have her put it into one of the four clear cups or glasses. When all four of the members have finished measuring out the fat in each of the types of milk, have them show the group and tell them, “This is what you are consuming if you drink this type of milk. It goes on your hips and in your arteries!”

\*\* Note: You may want to have a serving teaspoon on hand to help scrape the fat off of the measuring teaspoon into the glass.

**Suggested Materials:**

<http://www.mypyramid.gov/downloads/MiniPoster>

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**Sources/References:**

\* United States Department of Agriculture MyPyramid - [www.mypyramid.gov](http://www.mypyramid.gov)

\* Up the Challenge 4-H curriculum –

<http://www.4-hmilitarypartnerships.org/DesktopDefault.aspx?tabid=77>

\* Eat Smart, Move More S.C. – [www.eatsmartmovemore.org](http://www.eatsmartmovemore.org)

\* [http://www.colormehealthy.com/0\\_docs/CMH\\_are\\_all\\_soft\\_drinks\\_created\\_equal.pdf](http://www.colormehealthy.com/0_docs/CMH_are_all_soft_drinks_created_equal.pdf)

\* <http://www.cdc.gov/nutrition/everyone/basics/water.html>

\* <http://www.whymilk.com/>

\* [http://www.nichq.org/childhood\\_obesity/tools/DrinkComparisonChart.pdf](http://www.nichq.org/childhood_obesity/tools/DrinkComparisonChart.pdf)

