



# AHW Lesson 6 - Weeks 11 & 12

## Rethink your Drink?

Have you ever thought about how many different types of drinks you consume each day? Specialty coffees, soda, juice, sports drink, tea, protein drinks and maybe water? The 2015 USDA Dietary Guidelines recommends the average healthy American consume no more than 10 percent of their calories from sugar in one day. From a 2000 calorie diet, that is about 50 grams or 12 teaspoons per day and includes everything that is eaten, not just drinks. Drinks can play a large part in the amount of sugar consumed each day. In fact, much of our empty calories come from drinks.

**What are Sugar Sweetened Beverages?** Sugar-sweetened beverages are drinks sweetened with sugar, high-fructose corn syrup, or other caloric sweeteners. They are a source of nutrition-less or "empty" calories and are suspected of greatly contributing to the current obesity epidemic. Sugar shows up on labels in various forms. If you see any of the following ingredients on a food label, that drink contains added sugar: high-fructose corn syrup, fructose, fruit juice concentrates, honey, sugar, syrup, corn syrup, sucrose, dextrose. Reading labels is especially important to know what is in your food.



**Sugar Content in Popular Beverages** Don't be fooled by the grams of sugar and calories listed on the standard beverage bottle label, which is for just *one* serving. A 20 oz. bottle usually is labeled as 2.5 servings. However, many people will drink the entire bottle rather than pouring just one 8 ounce serving. So, in reality they are consuming 2.5 times the amount of sugar and calories listed.

The beverage examples listed below are container sizes of sugar sweetened beverages commonly purchased at convenience stores and vending machines, which is the same as the amount served at many restaurants.

Sugar Sweetened Beverage	Common Size (fluid ounce)	Sugar (grams)	Total teaspoons Sugar	Calories
Regular Cola	20 oz. bottle	65	16	240
Citrus Soda	20 oz. bottle	77	19	290
Sweetened Iced Tea	20 oz. can	58	15	219
Sports Drinks	20 oz. bottle	35	9	130
Vitamin Waters	20 oz. bottle	33	8	125
Café Mocha	16 oz. cup	35	9	290

Whenever possible, choose beverage alternatives low in sugar and calories—like water, flavored seltzer, and unsweetened tea or coffee. Keep in mind, just a small change can make a big difference over time. Ordering a 12-ounce sweet tea instead of a 20-ounce size will save you 7 teaspoons of sugar and 105 calories. (Sugar is 4 calories per gram and 15 calories per teaspoon.) Consuming large amounts of added sugars can add unwanted weight which can impact the way your body metabolizes sugars and affect your overall health. Check what is in the foods you eat and drink before consuming them. You might be surprised.

---

Water should be the top beverage of choice. Water is necessary for keeping bodily fluids in balance that help with digestion, absorption, circulation, transportation of nutrients, and maintenance of body temperature. It energizes muscles, helps kidneys cleanse and rid our body of waste, supports normal bowel function, and prevents a number of disorders. It can also play a role in controlling calories. Use it in place of high calorie beverages or drink it right before and during a meal to help you feel fuller faster.

Other healthy drink options include 100% juice, low-fat dairy products, and zero calorie choices such as unsweetened tea and coffee. Except for fiber, the nutrient level of 100% fruit and vegetable juices can be very much the same as a whole fruit or vegetable itself. Be sure you are drinking 100% juice, though. If the label says fruit/juice drink, cocktail, or fruit-flavored it contains added sugars and possibly little to no real juice. Also consider portion size. Juice is more concentrated in calories and natural sugars than the fruit or vegetable itself. For example, a half cup of apple juice would have almost the same number of calories and carbohydrates (sugars) as one cup of apple slices.

Smoothies are a wonderful way to add fruit and vegetables to your day. Make your own to avoid added sweeteners and whole milk products. Premade smoothies commonly contain non-fat or low-fat milk or non-dairy milk (such as soy and almond) are great sources of protein and calcium. Add them to your smoothie or create your own low-calorie steamer.



**To learn more visit:**

<http://www.liveeatplay.colostate.edu>

[www.canr.msu.edu/news/drinking\\_empty\\_calories](http://www.canr.msu.edu/news/drinking_empty_calories)

# AHW Lesson 6 - Weeks 11 and 12 Activities



## ***Rethink your drink?***

**2019 – Weeks 11 and 12**

**“Applying the Lesson”**

***Choose one of the following activities to apply what you learned about your health and your healthy goal setting. Write a short paragraph (3 to 5 sentences) to describe what you did and learned from the activity selected. Report your Applying the Lesson results by Online form, email, fax or hard copy to your county Extension Office.***

1. Look at the label on your favorite sugary drink. How many servings are in the bottle? How many calories per bottle? How many grams of sugar? How many teaspoons of sugar does this equate out to be? Take out a teaspoon and measure the sugar in your favorite drink into a container. Report back on your findings. (1 gram of sugar is equal to  $\frac{1}{4}$  teaspoon or 4 grams of sugar is roughly one teaspoon and 15 calories.) How does this impact your drink choices?
  
2. Review SMART goals. Write a SMART goal for the week to help you consume less sugar in your beverages – or one to help you look ahead past the end of the Healthier Weigh Challenge.