

## Spotlight on Beverages

- **Intro:** Welcome participants – Ask what drinks they normally drink from the visuals (sports drinks, sweet tea, coffee, Energy drinks, soda, Vitamin infused water)

What's your favorite drink?

**(3-5 min)**

What drinks do you offer to your kids?

Discuss 2-3 different sugary drinks.

Show visual of how much sugar is in each drink. (Sugar baggies)

- **Food Label: Sugar Savvy (Hand out)**

**(6-10 min)**

~Discuss how and where to find the grams of sugar on the nutrition facts label.

~Explain how to convert grams to teaspoons (4 Grams of sugar = 1 Teaspoons of sugar)

~Look at the food label of their favorite drink, and figure out the teaspoons per serving.

~Discuss American Heart Association daily sugar recommendations

Adult Men 9 tsp/day

Adult Women 6

tsp/day Children 3

tsp/day

- **Make Better Choices: (Hand out)**

**(6-10 min)**

-Discuss alternative drink options

-Give and discuss Recipe card for Cucumber Mint Breeze water and fruit smoothie.

**-Discuss 10 tips to get started**

1. Drink water

2. How much water is enough? Ask the participants how much water they drink daily? Let your thirst be your guide, everyone's needs vary.

3. A thrifty option (You can save money by drinking water)

4. Manage your calories (discuss walking duration to burn off the calories in a particular drink)

5. Kid-friendly drink zone (lower fat milk or 100% fruit juice)

6. Don't forget your dairy

7. Enjoy your beverage (drink in moderation)

8. Water on the go

9. Check the facts (food labels)

10. Compare what you drink

**~Closing~ Thank Participants for coming**