

## GN-000-28, CCNE: How Sweet is Your Drink?

Client-centered nutrition education uses methods like group discussions and hands-on activities to engage participants in learning. This outline starts with a **Snapshot of the Session**, and then includes two parts:

**Part 1: Planning the Nutrition Education Session** - The first section prompts the nutrition educator to think about the learning objectives, materials, and preparation necessary to carry out the session.

**Part 2: Session Outline** - The second section outlines the key parts of the session. The nutrition educator uses this outline to lead the session.

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### Snapshot of Group Session:

**CCNE Lesson title:** CCNE: How Sweet is Your Drink?

**Developed by:** The University of Texas at Austin/State WIC NE Staff

**Date Developed:** 02/2011

**Approved by:** State WIC NE Staff

**NE Code:** GN-000-28

**Class Description:** This class emphasizes the health benefits of drinking fewer sugar-sweetened drinks, teaches participants how to find sugar on a beverage label, and how to recognize “hidden sugars” in the ingredients. The class also covers healthy choices for “specialty drinks” like sports drinks, coffee drinks, and smoothies.

**Target Audience:** Adults

**Type of Learning Activities:** Discussion, hands-on activities

## Part 1: Planning the Nutrition Education Session

**Lesson:** GN-000-28, CCNE: How Sweet is Your Drink

Item	Notes for Planning the Session
<p><b>Learning Objective(s)</b> – <i>What will the clients gain from the class?</i></p>	<p>By the end of the session, participants will:</p> <ul style="list-style-type: none"> <li>• Explain the health benefits of reducing the intake of sugar-sweetened drinks.</li> <li>• Identify where to find sugars on common beverage labels.</li> <li>• Learn when it is okay to drink specialty beverages like sports drinks.</li> </ul>
<p><b>Key Content Points</b> – <i>What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.</i></p>	<ol style="list-style-type: none"> <li>1. Cutting back on drinks sweetened with sugar can have lots of health benefits. It can help prevent your family from becoming overweight or obese, improve weight loss efforts for adults, and decrease the risk for type 2 diabetes and heart disease.</li> <li>2. Help your family make healthy choices by reading the label to find the amount of sugar and “hidden” sugars in drinks. The more sugar there is in a drink, the less of it we should drink during the day.</li> <li>3. Some drinks like sports drinks, energy drinks, even smoothies and juice drinks seem like they are healthier or better for you. Often, these drinks still have a lot of sugar in them and are really just ‘special drinks for special occasions.’</li> </ol>
<p><b>Materials</b> – <i>List what you will need for the session (i.e. visual aids, handouts, supplies). Attach supplemental materials.</i></p>	<p><b>Activity #1:</b></p> <ul style="list-style-type: none"> <li>• “How Sweet is Your Drink?” handout</li> <li>• Box of white sugar packets (<b>1 sugar packet = approx. 1 teaspoon</b>)</li> <li>• Bottles/packages of any of the following beverages:</li> </ul> <p><b>NOTE:</b> Try to have a bottle for each participant, and include at least one sports drink, a ‘smoothie’ drink, and/or a ‘coffee drink’ to tie in the information on the handout.</p> <ul style="list-style-type: none"> <li>○ Sunny Delight</li> <li>○ Juice beverage that contains 10-40% juice such as Capri Sun</li> <li>○ 100% fruit or vegetable juice</li> <li>○ Fruit ‘smoothie’ such as Odwalla, Dannon/Yoplait yogurt smoothies</li> </ul>

	<ul style="list-style-type: none"> <li>○ Regular soft drinks such as Pepsi or Orange soda</li> <li>○ Diet soda</li> <li>○ Regular sports drink such as Gatorade or Powerade</li> <li>○ Flavored water</li> <li>○ Vitamin water</li> <li>○ Sweetened coffee beverage</li> <li>● A Facilitator “Cheat Sheet” of the number of sugar packets in each of your sample beverage bottles. <ul style="list-style-type: none"> <li>○ To convert the total grams of sugar in each of your beverages: <ol style="list-style-type: none"> <li>1. Divide the grams of sugar <i>per serving</i> in the nutrition facts label by 4.2; this equals the number of packets in one serving.</li> <li>2. Multiply that number by the number of servings per bottle.</li> <li>3. <b>OR</b> choose samples from the Harvard “How Sweet Is It” web resource (see below), with calculations already done for you.</li> </ol> </li> </ul> </li> <li>● OPTIONAL: A clear, empty 6-8 oz. glass</li> </ul>
<p><b>Resources</b> – Review current WIC resources or other reliable resources like WIC Works.</p>	<p><b>Nutrition Education/Child Feeding Lessons</b>  (<a href="http://www.dshs.state.tx.us/wichd/nut/lesson-nut.shtm">http://www.dshs.state.tx.us/wichd/nut/lesson-nut.shtm</a>):</p> <ul style="list-style-type: none"> <li>● “Healthy Drinks for Healthy Kids” - CF-000-21</li> </ul> <p><b>Web Resources</b></p> <ul style="list-style-type: none"> <li>● Harvard SPH Dept. of Nutrition, “The Nutrition Source”  <a href="http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/">http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/</a></li> <li>● CDC Division of Nutrition, Physical Activity, and Obesity  <a href="http://www.cdc.gov/healthyweight/healthy_eating/drinks.html">http://www.cdc.gov/healthyweight/healthy_eating/drinks.html</a></li> </ul>
<p><b>Class Flow &amp; Set Up</b> – Consider the flow of the session &amp; room set-up. Note any extra preparation that may be needed.</p>	<p>This lesson should be taught in the classroom with participants seated in a circle or semi-circle around the demonstration area. Leave room for strollers or baby car seats.</p>

## Part 2: Session Outline

Lesson: GN-000-28, CCNE: How Sweet is Your Drink

Item	Notes for Conducting the Session
<p><b>Introduction:</b>  <i>Create a respectful and accepting learning environment by welcoming participants, introducing yourself, reviewing agenda, exploring ground rules, making announcements, etc.</i></p>	<p>After introducing yourself, consider starting the session with the following:</p> <p>“We hear lots of things these days about ways to keep our family healthy. Small changes like eating more fruits and vegetables and moving around every day make a big difference in our health. A “small” thing that we sometimes forget about is what we DRINK every day. This is especially important when we talk about drinks that are sweetened with sugars.”</p> <p>“The extra calories from sugar-sweetened drinks can add up every day. Did you know that drinking just one can of soda every day can add 15 pounds in a year? Drinking these daily sweet drinks can put our health and our families at risk. Sweet drinks can increase our risk of becoming overweight, cause dental problems, and increase our risk for type 2 diabetes and heart disease. So how do we tell when we’re drinking a sugar-sweetened drink, what should we look for on the labels, and when is it okay to drink them? That’s what we’re going to talk about today.”</p>
<p><b>Icebreaker:</b>  <i>Anchor the topic to the participants’ lives. Use a question or activity likely to bring out positive but brief comments; Can be done as a group or partners.</i></p>	<p>Possible Icebreaker: Ask the participants to introduce themselves and give the name and age of their children.</p> <p>Consider asking the participants :</p> <p>“Does your family keep a certain drink in the fridge all the time? What is it?”</p> <p>-or-</p> <p>“Name a favorite drink that your children like or that they ask for all the time.”</p>
<p><b>Activities:</b> <i>For each learning activity, list instructions and include three to</i></p>	<p><b>Activity #1: Sugar Packet Discussion</b></p> <ol style="list-style-type: none"> <li>1. FACILITATOR: Pass around the “How Sweet is Your Drink” handout and a bottle/package to each participant; keep a bottle to use as a Facilitator example.</li> <li>2. Set out the sugar packets in a pile for participants to see.</li> </ol>

Item	Notes for Conducting the Session
<p><i>five open-ended discussion questions. Keep in mind that activities should enable participants to meet the learning objectives.</i></p>	<p>Say something like, “Before we talk about what’s on the handout, let’s see if we can guess how much sugar is actually in these drinks.”</p> <ol style="list-style-type: none"> <li>3. Invite the participants to guess how many packets of sugar are in the Facilitator’s bottle. <ol style="list-style-type: none"> <li>a. Once guesses are made, tell the participants how many packets are in the Facilitator’s beverage (using the Facilitator “Cheat Sheet”)</li> <li>b. <b>OPTIONAL:</b> Pour the number of sugar packets for the <b>Facilitator’s beverage</b> into the clear glass for emphasis.</li> </ol> </li> <li>4. Going around the circle, invite each participant to guess how many packets of sugar are in his/her example bottle/package. <ol style="list-style-type: none"> <li>a. Once guesses are made, tell the participants how many packets are in the beverage (using the Facilitator “Cheat Sheet”) and pass them their sugar packets.</li> </ol> </li> </ol> <p><b>Suggested Discussion Questions</b></p> <ol style="list-style-type: none"> <li>1. What surprised you the most about the amount of sugar in these drinks?</li> <li>2. What effects do sugary drinks have on your body? How about on your children?</li> <li>3. What do you think can happen to you or your family from drinking too much of these sugar-sweetened beverages? <ul style="list-style-type: none"> <li>• Examples:</li> </ul> <p style="margin-left: 40px;"><i>Can have an effect on family’s dental health.</i></p> <p style="margin-left: 40px;"><i>Drinking sugar-sweetened beverages can increase the risk of overweight/obesity, type 2 diabetes, and heart disease.</i></p> </li> </ol> <p><b>Activity #2: Handout Discussion</b></p> <p>Say something like, “You can see that many drinks - even the ones that seem “healthier” for us – have a lot of sugar in them. Since we want to cut back on drinking too many sugary drinks, it’s good to know how much sugar is in your drinks, and have some ideas to help us make healthier choices for our families. Let’s take a look at our handout.”</p> <ol style="list-style-type: none"> <li>1. Point out where to find the grams of sugar on the nutrition facts label of the bottles. <ul style="list-style-type: none"> <li>– Reference the Nutrition Facts Label example showing 36 grams</li> <li>– This sample has almost 9 teaspoons (9 sugar packets), which is the American Heart Association’s maximum recommended amount of added sugars per day.</li> </ul> </li> <li>2. Point out the “hidden sugars” list on the handout (and any in the ingredients on Facilitator’s sample bottle)</li> <li>3. Point out tips for sports drinks, smoothies, and coffee drinks on bottom of handout.</li> </ol>

Item	Notes for Conducting the Session
	<p style="text-align: center;">– Emphasize that these are ‘special drinks for special times.’</p> <p><b>Suggested Discussion Questions</b></p> <ol style="list-style-type: none"> <li>1. What information on the bottle or the package do you think you’ll use the most when you’re trying to decide what to drink? <ul style="list-style-type: none"> <li>• Examples: <i>Nutrition facts label, ingredients list, grams of sugar</i></li> </ul> </li> <li>2. When do you think it’s okay to drink special drinks?</li> <li>3. What would you tell a friend who wanted to know how to tell if his/her drink had lots of sugar in it?</li> <li>4. What ideas do you have for cutting back on sweet drinks? <ul style="list-style-type: none"> <li>• Examples: <p style="margin-left: 40px;"><i>Don’t keep sugary drinks in the refrigerator</i></p> <p style="margin-left: 40px;"><i>Don’t add sugar to tea, coffee</i></p> <p style="margin-left: 40px;"><i>Drink only water - add lemon, lime, cucumber to flavor water</i></p> <p style="margin-left: 40px;"><i>Drink diet sodas</i></p> <p style="margin-left: 40px;"><i>Use small cups or order a smaller size</i></p> <p style="margin-left: 40px;"><i>Mix seltzer water in with sugary juices</i></p> </li> </ul> </li> </ol> <p><b>OPTIONAL: Other topics to discuss (if time permits)</b></p> <ul style="list-style-type: none"> <li>• The American Heart Association recommends that the maximum amount of added sugars you should have per day is between 6-9 teaspoons/sugar packets (remember 1 packet = 1 teaspoon): <ul style="list-style-type: none"> <li>○ Talk about which of the participants’ bottles have more than 6-9 teaspoons/sugar packets.</li> </ul> </li> <li>• Diet sodas/drinks and artificial sweeteners <ul style="list-style-type: none"> <li>○ “Although the scientific findings are mixed and not conclusive, there is troubling evidence that regular use of artificial sweeteners may promote weight gain. Because of these mixed findings about artificial sweeteners, drinking diet soda may not be the best replacement for drinking sugary soda.” <ul style="list-style-type: none"> <li>– Harvard School of Public Health</li> </ul> </li> </ul> </li> </ul>
<p><b>Review and Evaluations:</b>  <i>Invite participants to summarize the key points and</i></p>	<p><b>Question/Activity</b>  Summarize the ideas that the group came up with and ask the following:</p> <p><b>Possible review questions:</b></p> <ol style="list-style-type: none"> <li>1. What is the most important thing you learned today?</li> <li>2. Name one thing you want to try to do to decrease the amount of sweet drinks in your</li> </ol>

Item	Notes for Conducting the Session
<p><i>share how they will use what they learned in the future. List a question/activity to prompt this. List any community or other resources for clients.</i></p>	<p>family's diet.</p> <p>3. What is an example of a special occasion when you or your family might like a special drink?</p>
<p><b>Personal Review of Session (afterward):</b> <i>Take a few moments to evaluate the class. What will you change?</i></p>	<p><b>What went well?</b></p> <p><b>What did not go as well?</b></p> <p><b>What will you do the same way the next time you give this class?</b></p>
<p><b>Supplemental Information –</b> <i>Describe any attachments and include any other needed information.</i></p>	<p><b>Lesson and Handout References:</b></p> <ol style="list-style-type: none"> <li>1. U.S. Department of Health and Human Services and U.S. Department of Agriculture. <i>Dietary Guidelines for Americans, 2010</i>. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010. Retrieved February 7, 2011 from <a href="http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/DGAC/Report/D-5-Carbohydrates.pdf">http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/DGAC/Report/D-5-Carbohydrates.pdf</a></li> <li>2. Johnson, RK et al. (2009) <i>Dietary Sugars Intake and Cardiovascular Health: A Scientific Statement From the American Heart Association</i>. Retrieved February 7, 2011 from <a href="http://circ.ahajournals.org/cgi/content/full/120/11/1011">http://circ.ahajournals.org/cgi/content/full/120/11/1011</a>.</li> <li>3. The U.S. Department of Agriculture/Centers for Disease Control and Prevention. 2010. <i>The CDC Guide to Strategies for Reducing the Consumption of Sugar-Sweetened Beverages</i>. Retrieved February 7, 2011 from <a href="http://www.cdph.ca.gov/SiteCollectionDocuments/StratstoReduce_Sugar_Sweetened_Bevs.pdf">http://www.cdph.ca.gov/SiteCollectionDocuments/StratstoReduce_Sugar_Sweetened_Bevs.pdf</a></li> <li>4. Popkin BM et al. (2006) <i>A new proposed guidance system for beverage consumption in the United States</i>. Am J Clin Nutr. 83(3):529-42. Retrieved February 7, 2011 from <a href="http://www.ajcn.org/cgi/content/full/83/3/529#T1">http://www.ajcn.org/cgi/content/full/83/3/529#T1</a></li> </ol>

# HOW SWEET IS YOUR DRINK?

## WHAT TO LOOK FOR

- **SUGAR ON THE LABEL**

Remember to keep an eye out for the *grams of sugar* in your drink. Add up your sugars as you drink them, and *aim for less than 36 grams total per day* – that’s about 9 sugar packets!

- **“HIDDEN SUGARS” IN THE INGREDIENTS**

This list includes some other names for sugar in the ingredients list. Try to skip products that have these hidden sugars at or near the top of the ingredients list.

Dextrose	Sucrose	Fructose
Molasses	Agave nectar	Glucose
Corn syrup	Honey	Fruit juice concentrates
Malt syrup	Cane crystals	
Maltose	High Maltose Corn Syrup	High Fructose Corn Syrup

## Nutrition Facts

Serving Size: 1 container		
<b>Amount Per Serving</b>		
<b>Calories</b> 220	Calories from Fat 20	
<b>% Daily Value*</b>		
<b>Total Fat</b> 2 g		<b>3%</b>
Saturated Fat 1.5 g		<b>8%</b>
Trans Fat 0 g		
<b>Cholesterol</b> 15 mg		<b>5%</b>
<b>Sodium</b> 115 mg		<b>5%</b>
<b>Potassium</b> 340 mg		<b>10%</b>
<b>Total Carbohydrate</b> 42 g		<b>14%</b>
Dietary Fiber 0 g		<b>0%</b>
<b>Sugars</b> 36 g		
Sugar Alcohols		
<b>Protein</b> 7 g		

## SPECIAL DRINKS FOR SPECIAL TIMES

Every now and then, special times call for special drinks! Remember – some special drinks can have hidden sugars, and a special drink every day might mean lots of extra calories. Use these tips to help you and your family make smart drink choices!

- **SPORTS DRINKS**

- ✓ Only for people over 10-12 years old, and who do hard exercise that last more than 60 minutes.
- ✓ **Not** for young children. If your child is vomiting or has diarrhea, check with your doctor.

- **SMOOTHIES**

- ✓ Order a child’s size, if available.
- ✓ Ask for the smoothie to be prepared *without* added sugar – let the sugar in the fruit sweeten the smoothie!

- **COFFEE DRINKS**

- ✓ Order the smallest size available.
- ✓ Avoid extra flavors like vanilla or caramel syrups – they’ll add calories.
- ✓ Ask for fat-free milk and skip the whipped cream – it adds calories *and* fat.