SESSION 5: ReThink Your Drink: Choosing Healthy Beverages

In this session, participants will learn more about finding ways to replace sugary drinks with better alternatives in alignment with MyPlate guidelines. This lesson has been adapted from the ReThink Your Drink campaign by the California Department of Public Health.

**The structure within this lesson is intended as a guide. Prompts and cues can be tailored to better it instructor's personality or tone. This curriculum was developed prior to the release of the 2025-2030 Dietary Guidelines for Americans. It reflects the evidence, recommendations, and federal nutrition guidance available at the time.*

OBJECTIVES

By the end of the lesson, participants will be able to:

1. Describe how healthy beverages fit into the MyPlate dietary recommendations.
2. Navigate a Nutrition Facts label to find the Ingredient List.
3. Understand the link between sugary drinks, obesity, and type 2 diabetes.
4. Name types of sugary drinks in their diets.
5. Name drinks they and their family can consume instead of sugary drinks.

TIME

60-85 min

NOTE: Total time depends on all activities with participant active participation and discussion.

MATERIALS NEEDED

Be sure to have enough copies of each of the participant handouts and other items. If continued series:

- Option to have folders for returning participants.

Trainer Materials:

1. Sign-in sheet
2. Pre and post surveys

Participant Handouts Included in Packet:

1. ***Start Simple with MyPlate*** mini poster
2. USDA ***Make Better Beverage Choices***
3. *Lemon and Cucumber Water* recipe card
4. ***Make Every Sip Count*** handout
5. ***Sugar Synonyms*** handout
6. ***How Much Sugar*** handout
7. ***Choose Health. Drink Water*** handout
8. ***ReThink Your Drink*** Drink Label Cards (attached separately)

Other Items:

1. Name tags
2. Flip chart paper
3. Colored markers
4. Granulated sugar or sugar cubes (approximately one pound)
5. Re-sealable snack bags (6 ½" to 3 ¼" size)
6. Lemon Cucumber Flavored Water recipe ingredients for water tasting:
   a. ½ cucumber, sliced into thin pieces
   b. 1 lemon, thinly sliced
   c. Ice (optional)
   d. Water
   e. Pitcher or dispenser
   f. Tasting cups

BEFORE TRAINING

Option to contact and invite a CalFresh Outreach Worker to attend session. Confirm their attendance.

Confirm your meeting location, date, and time *(optional).*

Remind participants with a friendly call or email, whichever method works best for you and participants.

Make copies of the trainer materials and participant handouts.

1. Review lesson curriculum and trainer materials.
2. Make copies of participant handouts.
3. Prepare display Nutrition Facts Label.
4. Using the Drink Label Cards calculations key for reference.
   a. Select additional sugary drinks commonly consumed by participants.
   b. Prepare the "Flavored Water" recipe for water tasting, as directed in recipe card (feel free to use featured recipe or replace with alternative).
5. Prepare sign-in sheets and name tags *(optional).*

TRAINING DAY

Set out the sign-in sheet and a pen.

Place name tags on table.

Post flip chart papers to wall.

Provide a table with chair for the CalFresh Outreach Worker, if one attends.

Place pens/pencils, paper, and other items on the tables.

Consider arranging tables/chairs in a U-shape or small clusters to allow active participation.

Have music playing as participants arrive. *(optional)*

SESSION OUTLINE

1. Welcome & Training Introduction (5 min)
2. Group Agreements (5 min)
3. Pre-Survey & Media Release Forms (5 min)
4. Warm-Up: What Are You Drinking? (5 min)
5. Discussion: Impact of Sugary Drinks on Our Health (10 min)
6. Activity 1: Label Reading (10 min)
7. Activity 2: Making Better Beverage Choices (10 min)
8. Physical Activity Break (5 min)
9. Activity 3: Flavored Water Tasting (10 min
10. Expansion Idea: Advance Label Reading (Optional) (10 min)
11. Home Activities (5 min)
12. Conclusion & Post Evaluation (5 min)

1. WELCOME & TRAINING INTRODUCTION

TIME: *~5 minutes*

REMINDERS: Post agenda on the wall.

Today's topics include:

1. How healthy beverages fit into the MyPlate dietary recommendations.
2. The link between drinking sugary drinks, obesity, and type 2 diabetes.
3. The types of added sugar and sugary drinks that may be in their diets.
4. Healthy beverages they and their families can drink in place of sugar sweetened beverages.

2. GROUP AGREEMENTS

TIME: *~5 minutes*

If continued series: Post Group Agreements flipchart paper from session one on the wall.

If single session: Post groups agreements.

Ongoing Series:

SAY: You will notice that our Group Agreements are attached to the wall.

ASK: Are we still ok with these or are there others to add and/or remove?

Single Session:

SAY: Here is a list of group agreements. Group agreements allow us to create a safe and welcoming environment.

DO: Read aloud a few common group agreements and seek consensus. Ask if there are others to add.

1. Let's be respectful and have fun!
2. Agree to disagree.
3. Participate as much as you feel comfortable, your voice matters.
4. Leave cell phone on vibrate & step outside if you need to take a call.

3. PRE-SURVEY & MEDIA RELEASE FORMS

TIME: *~5 minutes*

MATERIALS:

- ***Pre-Survey*** (optional)
- Pens
- Large envelope for documents

DO: Pass out the ***Pre-Survey*** and pens.

SAY: This is the ***Pre-Survey.*** Your participation is important and will help us find out if the lessons are effective. We will ask you to complete the form again at the end of the session.

Please answer the questions as best as you can.

Your name will only be used to match pre and post surveys, but your responses will remain confidential.

DO: Collect all forms when completed.

4. WARM-UP: WHAT ARE YOU DRINKING?

TIME: *~5 minutes*

1. Introduce yourself and share a short professional background and your organization. *Optional: Ask the participants to introduce themselves.*
2. Explain that today's topics include:
   a. How healthy beverages fit into the MyPlate dietary recommendations.
   b. The link between drinking sugary drinks, obesity, and type 2 diabetes.
   c. The types of added sugar and sugary drinks that may be in their diets.
   d. Healthy beverages they and their families can drink in place of sugar sweetened beverages.
3. Ask participants to volunteer to share beverages they drank yesterday or within the past week. List and tally each type of drink named on the flip chart.

INSTRUCTOR NOTE: If a participant mentions a specific branded product, affirm their participation and name the sugary drink category to which that drink belongs.

- Discuss the different types of drinks in the participants' diets (e.g., sports drinks, sodas, coffee drinks, etc.).

4. Review the list and thank participants for their willingness to share.

5. DISCUSSION: IMPACT OF SUGARY DRINKS ON OUR HEALTH

TIME: *~10 minutes*

1. Explain the link between sugary drinks, obesity, and type 2 diabetes.
   a. Extra calories from added sugar—like those in sugary drinks—contribute significantly to overweight and obesity. Sugary drinks are the largest source of added sugar in the American diet.[1]
   b. Sugary drinks contribute to increased risk for certain chronic diseases such as type 2 diabetes and heart disease.[2,3]
   c. Drinking sugary drinks nearly doubles the risk of dental cavities in children.[4]
   d. Strong evidence shows that children and adolescents who consume more sugary drinks have higher body weight compared to those who drink less.[5]
   e. And, adults who drink one or more sugary drinks a day are 27% more likely to be overweight than adults who do not drink sugary drinks.[6]

Ask the group: What do you think about this information? What does it mean to you?

Categories of Sugary Drinks

- **Soda/Soda pop**
- **Sports drinks**
- **Energy drinks**
- **Juice drinks**
- **Flavored milk (e.g., chocolate, strawberry, vanilla)**
- **Coffee drinks (hot or iced) with sweeteners or flavoring**
- **Vitamin-added waters**
- **Milk tea**
- **Boba/Bubble/Pearl tea or drink**
- **Sweetened teas (hot or iced)**
- **Yogurt drinks**
- **Grass jelly drinks**

2. Review the ***Choose MyPlate*** handout to explain to participants how healthy beverages fit into the MyPlate dietary recommendations.
   a. Reference Start Simple with MyPlate poster.
   b. Ask the group: Who has heard of MyPlate? What have you heard?
   c. Point out the MyPlate logo and explain that it shows us how to make healthier food choices and balance our meals.
3. Explain the following:
   a. The recommended beverage to be served with meals is water. Trying to incorporate water throughout the day is key.

INSTRUCTOR NOTE: If parents and caregivers are in the audience, remind them that children over age 2 can drink low fat 1% and non-fat milk too!

   a. There are some foods and beverages made up almost entirely of added sugar. In fact, these foods and beverages do not contain enough of any nutrient to put them into any food group within MyPlate. Sugary drinks are one of these, and therefore do not belong to any food group.
4. Using the prepared and labeled soda container, showcase the amount of sugar in one 20 oz. soda.
   a. Ask the group: What do you think about this amount of sugar?
5. Use the prepared bags of sugar to show the amount of sugar in each sugary drink named.
   a. Ask the group: What surprises you about this information?
6. Use a green colored marker to circle the healthy drinks on the list developed during the warm up activity: water, seltzer water, non-fat and lowfat 1% milk and 100% juice.
7. Close this portion of the lesson by defining sugary drinks as drinks that often provide added calories and sugar, with few essential nutrients.

6. ACTIVITY 1: LABEL READING

TIME: *~10 minutes*

1. Pass out the ***"Show Me the Sugar!"*** handout.
   a. Ask the group: Which of these names for sugar do you recognize? Which ones have you seen on food packages?

Naturally Occurring Sugars

1. Fructose
2. Lactose
3. Maltose
4. Glucose (aka dextrose)
5. Sucrose

Added Sugars

1. Corn syrup
2. High fructose corn syrup
3. Malt syrup
4. Maple syrup
5. Brown sugar
6. Raw sugar
7. Honey
8. Maltodextrin
9. Molasses

   b. Explain that sugar comes in many forms and has many names. Drinks may contain two types of sugar: naturally occurring sugar and added sugar.
   c. Explain that naturally occurring sugars are found naturally in fruits (fructose) and milk (lactose). These sugars are part of the overall healthy package of nutrients that these foods provide. For example, lowfat yogurt contains sugar but offers the benefit of calcium and protein.
   d. Explain that added sugars add calories but no nutrients to food and drinks. Added sugars are found mainly in processed foods and drinks. Encourage participants to consume foods and drinks with fewer added sugars.
   e. One way to know if there is added sugar is to read the ingredients list on the label.

NOTE: If a type of sugar is in the first three ingredients, the product is likely to have a lot of added sugars.

7. ACTIVITY 2: MAKING BETTER BEVERAGE CHOICES

TIME: *~10 minutes*

1. Pass out the ***"Make Better Beverage Choices***" handout.
   a. Since participants should now be familiar with sugary drinks, sugary drinks' impact on health and that people consume too many sugary drinks, ask them what they think about changing their consumption patterns.
   b. Refer to the handout. Highlight to participants that tip #9 says, "Check the Facts: Use the Nutrition Facts label to choose beverages at the grocery store. The label contains information about total sugars, fats, and calories to help you make better choices."
2. Explain to the participants that the following are healthier drink options:
   a. Water – plain or flavored with added fruit, vegetables and herbs
   b. Unsweetened seltzer water or unflavored sparkling water
   c. Unsweetened tea (iced or hot)
   d. Unsweetened coffee (iced or hot)
   e. Non-fat or lowfat (1%) unflavored milk
   f. Fortified soy, almond and rice milk (unsweetened, or low sugar)

PHYSICAL ACTIVITY BREAK

8. PHYSICAL ACTIVITY BREAK

TIME: *~5 minutes*

Ask if a participant would like to lead the group in a short stretch. If not, lead the group with the following activity:

Steps for Box Breathing

1. **Find a comfortable position:** Sit upright in a chair or on the floor with a neutral spine.
2. **Close your eyes:** This can help you focus.
3. **Inhale:** Breathe in slowly through your nose for a count of four.
4. **Hold:** Hold your breath for a count of four.
5. **Exhale:** Breathe out slowly through your mouth or nose for a count of four.
6. **Hold again:** Hold your breath for another count of four.
7. **Repeat:** Continue this four-step cycle for several minutes.

9. ACTIVITY 3: FLAVORED WATER TASTING

TIME: *~10 minutes*

1. Refer back to the list of drinks from the beginning of class. Encourage participants to make better beverage choices.
2. Explain to participants that there are simple and creative ways to make water tasty.
3. Distribute recipe cards and water samples
   a. ***Lemon & Cucumber Water*** recipe card
4. Thank the participants for coming and encourage them to drink water instead of sugary beverages for their health.

10. EXPANSION IDEA: ADVANCE LABEL READING

TIME: *~10 minutes*

MATERIALS:

- ***How Much Sugar is in Your Drink?*** handout
- Drink Label Cards (one per pair)
- Pencils
- Calculators (optional)
- Granulated sugar or sugar cubes
- Measuring teaspoons
- Clear eight- or nine-ounce cups

1. Have the participants get into pairs. Pass out the materials to each pair.
2. Discuss that the objective of this activity is to learn how much sugar is in some of the most common sugary drinks by using the Nutrition Facts label to calculate the amount of sugar they contain.
3. Explain to the participants that you will be teaching them how to calculate the amount of sugar in the beverages they commonly drink by reading a Nutrition Facts label.
4. Using the ***"How Much Sugar is in Your Drink?"*** handout, have the participants answer the following questions out loud.
   a. "What is the serving size listed in the Nutrition Facts label (number of ounces)?"
   b. "How many servings per container are listed in this Nutrition Facts label?"
   c. "How much sugar is listed?"
   d. Explain to the participants how to determine the number of teaspoons of sugar in the drink using the grams of sugar on the Nutrition Facts Label: Grams of sugar ÷ 4 = teaspoons of sugar.
   e. In this example, refer to handout : 40 grams ÷ 4 = 10 teaspoons
5. Have pairs practice this activity using their Drink Label Card. They can use the equation in the ***"How Much Sugar is in Your Drink?"*** worksheet to write their calculations. They are finished once they measure the granulated sugar into the cup or place the appropriate number of sugar cubes into the cup (one sugar cube is approximately equal to one teaspoon full of sugar).
6. Explain to class that they just learned how to calculate the number of teaspoons of sugar in a drink. These same calculations work on food as well; they can do this with any Nutrition Facts label.

11. HOME ACTIVITIES **TIME:** *~5 Minutes*	Home activities this week are to do your best to: **1.** Increase your water intake **2.** Decrease sugary beverages Distribute the Home Activities printout to participants.
12. CONCLUSION & POST-EVALUATION **TIME:** *~5 minutes*	Now we know we can use the food label to make healthier food and beverage choices. Any questions before we complete the post evaluations? **1.** Distribute post evaluation or conduct verbally.

NOTE: *This material was originally produced by the California Department of Public Health with funding from the U.S. Department of Agriculture's (USDA) Supplemental Nutrition Assistance ProgramEducation, known in California as CalFresh. CalFresh provides assistance to lowincome households and can help buy nutritious food for better health.*

Circle One: **PRE** or **POST**

NAME:

NUTRITION 5 – LESSON 5 EVALUATION FORM

RETHINK YOUR DRINK: CHOOSING HEALTHY BEVERAGES

Please respond to the following questions using the scale below.
After attending this session, I feel confident that I can:

	STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE
1. Use the food label to choose a healthy beverage.					
2. Identify added sugar within the Nutritional Facts Label.					
3. Name 2 healthy beverage options I can drink in place of sugar sweetened beverages.					

Please return this form to the instructor when you are done.

REFERENCES:

1 Guthrie JF, Morton JF. Food sources of added sweeteners in the diets of Americans. *J Am Diet Assoc.* Jan 2000;100(1):43-51.

2 Malik VS, Popkin BM, Bray GA, Despres JP, Willett WC, Hu FB. Sugar-sweetened beverages and risk of metabolic syndrome and type 2 diabetes: a meta-analysis. *Diabetes Care.* Nov 2010; 33(11):2477-2483.

3 Fung TT, Malik V, Rexrode KM, Manson JE, Willett WC, Hu FB. Sweetened beverage consumption and risk of coronary heart disease in women. *Am J Clin Nutr.* Apr 2009;89(4):1037-1042.

4 Sohn W, Burt BA, Sowers MR. Carbonated soft drinks and dental caries in the primary dentition. *J Dent Res.* Mar 2006;85(3):262-266.

5 U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans,* 2010. Washington, DC: U.S. Government Printing Office; December 2010.

6 Babey SH, Jones M, Yu H, Goldstein H. *Bubbling over: Soda consumption and its link to obesity in California.* Los Angeles, CA: UCLA Center for Public Health Advocacy; 2009.

7. *Recipes.* (2025). What Healthy Living Looks Like. Retrieved August 1, 2025, from https:// calfreshhealthyliving.cdph.ca.gov/EN/recipes/Pages/default.aspx.

8. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020.

NUTRITION 5 CURRICULUM - HOME ACTIVITIES SHEET

LESSON FIVE - ReThink Your Drink: Choosing Healthy Beverages

INSTRUCTIONS: The following are recommended activities to try at home on your own or with your family. Feel free to post on a wall or the refrigerator at home to track your progress!

ACTIVITY	STATUS
Increase water intake throughout the day.	☐ Yes ☐ No ☐ In Progress
Decrease the number of sugary beverages consumed throughout the day.	☐ Yes ☐ No ☐ In Progress
Review the nutrition facts label before purchasing the item.	☐ Yes ☐ No ☐ In Progress

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

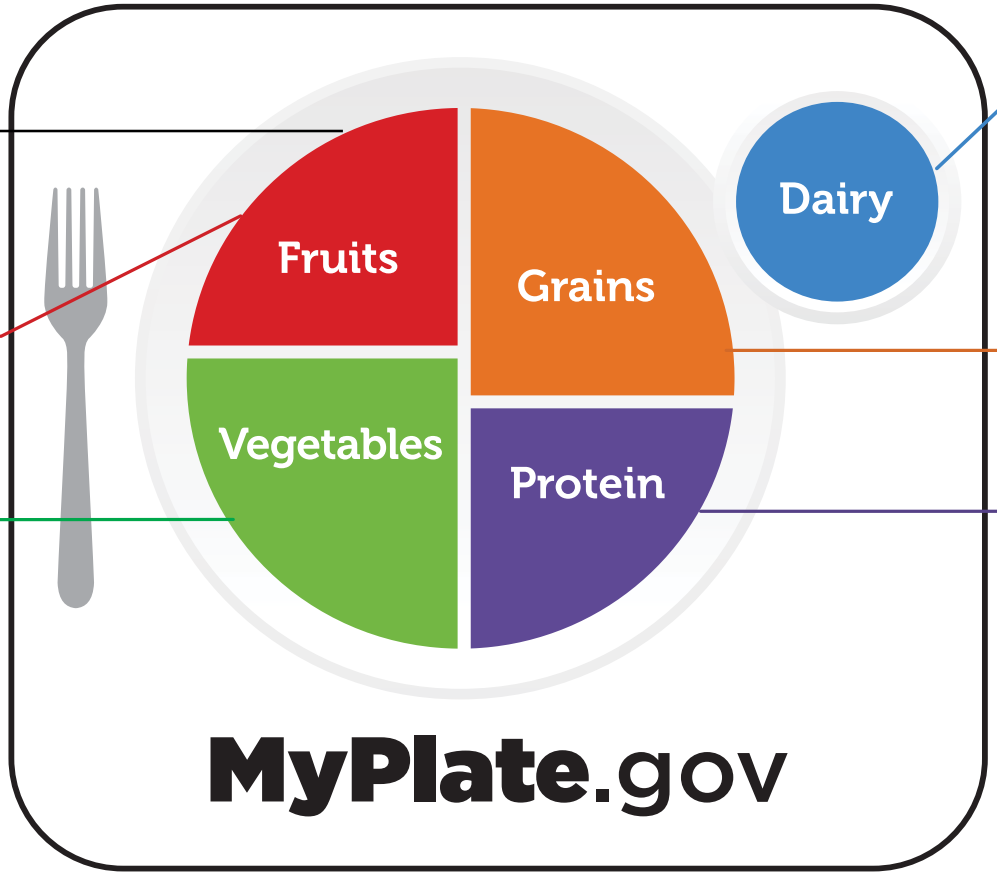
Start simple with MyPlate

Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.

Make half your plate fruits and vegetables.

Focus on whole fruits.

Vary your veggies.



Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).

Make half your grains whole grains.

Vary your protein routine.

Limit Choose foods and beverages with less added sugars, saturated fat, and sodium.

Activity Being active can help you prevent disease and manage your weight.

DGA Dietary Guidelines for Americans

FNS-921
January 2022

Fruits	Vegetables	Grains	Protein	Dairy
Focus on whole fruits like fresh, frozen, canned, or dried. Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.	Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps. Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.	Choose whole-grain versions of common foods such as bread, pasta, and tortillas. Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."	Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds. Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.	Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories. Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit MyPlate.gov/MyPlatePlan for a personalized plan.

2 cups	2½ cups	6 ounces	5½ ounces	3 cups
1 cup counts as:	*1 cup counts as:*	*1 ounce counts as:*	*1 ounce counts as:*	*1 cup counts as:*
1 small apple 1 large banana 1 cup grapes 1 cup sliced mango ½ cup raisins 1 cup 100% fruit juice	2 cups raw spinach 1 cup cooked collard, kale, or turnip greens 1 small avocado 1 large sweet potato 1 cup cooked beans, peas, or lentils 1 cup cut cauliflower	1 slice of bread ½ cup cooked oatmeal 1 small tortilla ½ cup cooked brown rice ½ cup cooked couscous ½ cup cooked grits	1 ounce cooked lean chicken, pork, or beef 1 ounce tuna fish ¼ cup cooked beans, peas, or lentils 1 Tbsp peanut butter 2 Tbsp hummus 1 egg	1 cup dairy milk or yogurt 1 cup lactose-free dairy milk or yogurt 1 cup fortified soy milk or yogurt 1½ ounces hard cheese 1 cup kefir

Limit

Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.

Activity

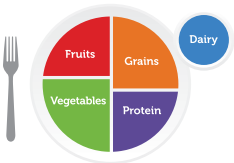
Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day Adults ≥ 150 min/week

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Start simple with MyPlate



Make Better Beverage Choices

At every age, what you drink can be as important as what you eat. When deciding what to drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start simple with these tips today:

Drink water

Drink water instead of sugar-sweetened beverages. Regular soda, energy or sports drinks, and other sweetened drinks usually contain a lot of added sugars.

Encourage kid-friendly drinks

Make water, low-fat or fat-free dairy milk, or unsweetened seltzer the go-to options for your kids. Serve 100% juice only on occasion.

Compare food labels

Use the Nutrition Facts label when shopping for beverages. Check and compare calories, amounts of added sugars, and servings per containers.

Cut coffee calories

Skip the whipped cream and chocolate or caramel drizzle. Go with low-fat milk and a sprinkle of cinnamon or nutmeg for a lower calorie coffee.

Grab a bottle on the go

Carry a clean, reusable water bottle in your bag to fill up throughout the day. Tap water is usually easy to find.

Jazz up your drink

Perk up your plain water or seltzer water with lemon, lime, or orange slices. Maybe even try some fresh mint leaves or a few fresh or frozen berries.

DGA Dietary Guidelines for Americans

Go to **MyPlate**.gov for more information.
USDA is an equal opportunity provider, employer, and lender.

The benefits of healthy eating add up over time, bite by bite.

FNS-905-11
March 2022

Recipes

LEMON AND CUCUMBER WATER

10 Minutes | 2 Ingredients | 5 Calories | 8 Serv

INGREDIENTS

½ cucumber, sliced into thin pieces
1 lemon, thinly sliced

PREPARATION

1. Wash all produce.
2. Collect, slice, and measure all ingredients before starting to prepare the recipe.
3. Add all ingredients plus enough cold water to fill a 2-quart pitcher. Chill overnight in the refrigerator for the most flavor, and store in the refrigerator until ready to drink. The fruit will stay fresh in the water for up to 48 hours after being prepared.
4. After you drink the water, you can eat the fruit or blend it into a smoothie.

Makes 8 servings - 1 cup per serving.

NUTRITIONAL INFORMATION

Calories: 5
Total Fat: 0 g
Saturated Fat: 0 g
Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 0 mg
Total Carbohydrate: 1 g
Dietary Fiber: 0 g
Added Sugar: 0 g
Protein: 0 g

rethink YOUR DRINK

Make Every Sip Count

Drinks can impact health.

Sugary drinks may cause weight gain and cavities, especially for children. Over time, drinking sugary drinks may lead to obesity, type 2 diabetes and heart disease.

Beverage choices matter.

Drink water to stay hydrated. Drink nutrient-packed beverages like low-fat (1%) or fat-free milk to boost your nutrition.

Choose water most often.

Drinking tap water with ice saves money. For flavor, add sliced fruit or cucumber.

Milk nourishes your body.

Aim to consume 2–3 servings of dairy such as low-fat (1%) or fat-free milk, yogurt, cheese or fortified soy beverage, to help build strong teeth and bones and refuel muscles.

Drink juice in small amounts.

Choose whole fruit most often. If you drink juice, make sure it is 100% fruit or vegetable juice and limit to ½ cup for children and one cup for adults per day.

Search **ChooseMyPlate.gov** for more "better beverage" ideas.

What's in Your Drink? Read the Label

Find the serving size.

One container isn't always one serving. This label shows 2 servings. How many calories would that be? (210 calories)

Limit added sugars.

- No more than 50 grams for adults each day (12 teaspoons).
- No more than 25 grams for children each day (6 teaspoons).

1% Low-fat milk

Nutrition Facts

2 servings per container

Serving size	**1 cup (240mL)**
Amount Per Serving **Calories**	**105**
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 130mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g of Added Sugars	0%
Protein 8g	
Vitamin D 2.5mcg	15%
Calcium 300mg	25%
Iron 0.12mg	0%
Potassium 400mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Choose Most Often Drinks with **no** added sugars	Drink Less Often Drinks with added sugars
Water	Soda
Low-fat (1%), fat-free or lactose free milk	Sports drinks
Fortified plain soy beverages	Fruit drinks
Unsweetened tea or coffee	Energy drinks
	Sweetened and/or blended coffees

All of these drinks have more than the limit of 25 grams of added sugars for children. Some may have up to 50 grams of added sugar.

CalFresh HEALTHY LIVING | CDPH California Department of PublicHealth | Let's Eat Healthy

RYD200/100,000/05-20/CPS

rethink YOUR DRINK

Haga que cada sorbo cuente

Lo que bebe puede impactar su salud.
Las bebidas azucaradas pueden causar aumento de peso y elevar el riesgo de sufrir caries, especialmente en los niños. Con el tiempo, beber bebidas azucaradas puede provocar obesidad, diabetes tipo 2 y enfermedades cardíacas

Lo que elija beber es muy importante.

Beba agua para mantenerse hidratado. Beba bebidas ricas en nutrientes como leche baja en grasa (1%) o sin grasa que estimula su nutrición.

Elija beber agua con mayor frecuencia.

Beber agua del grifo con hielo le ahorra dinero. Para darle sabor, agréguele fruta o pepino en rodajas.

La leche nutre su cuerpo.

Trate de consumir de 2 a 3 porciones de lácteos, como leche baja en grasa (1%) o sin grasa, yogur, queso o bebidas de soya fortificada, para ayudar a desarrollar dientes y huesos fuertes y reabastecer sus músculos.

Beba jugo en pequeñas cantidades.

Elija comer fruta entera la mayoría de las veces. Si bebe jugo, asegúrese de que sea 100% jugo de frutas o verduras y limítelo a media taza para niños y una taza para adultos por día.

¿Qué contiene su bebida? Lea la etiqueta.

Encuentre la medida de la porción.

Un envase no equivale siempre a una porción. Esta etiqueta muestra dos porciones. ¿Cuántas calorías serían? (210 calorías).

Limite los azúcares añadidos.

- No más de 50 gramos para adultos por día (12 cucharaditas).
- No más de 25 gramos para niños por día (6 cucharaditas).

Leche baja en grasa (1%)

Nutrition Facts

2 servings per container

Serving size	1 cup (240mL
Amount Per Serving Calories	105
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 130mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g of Added Sugars	0%
Protein 8g	
Vitamin D 2.5mcg	15%
Calcium 300mg	25%
Iron 0.12mg	0%
Potassium 400mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

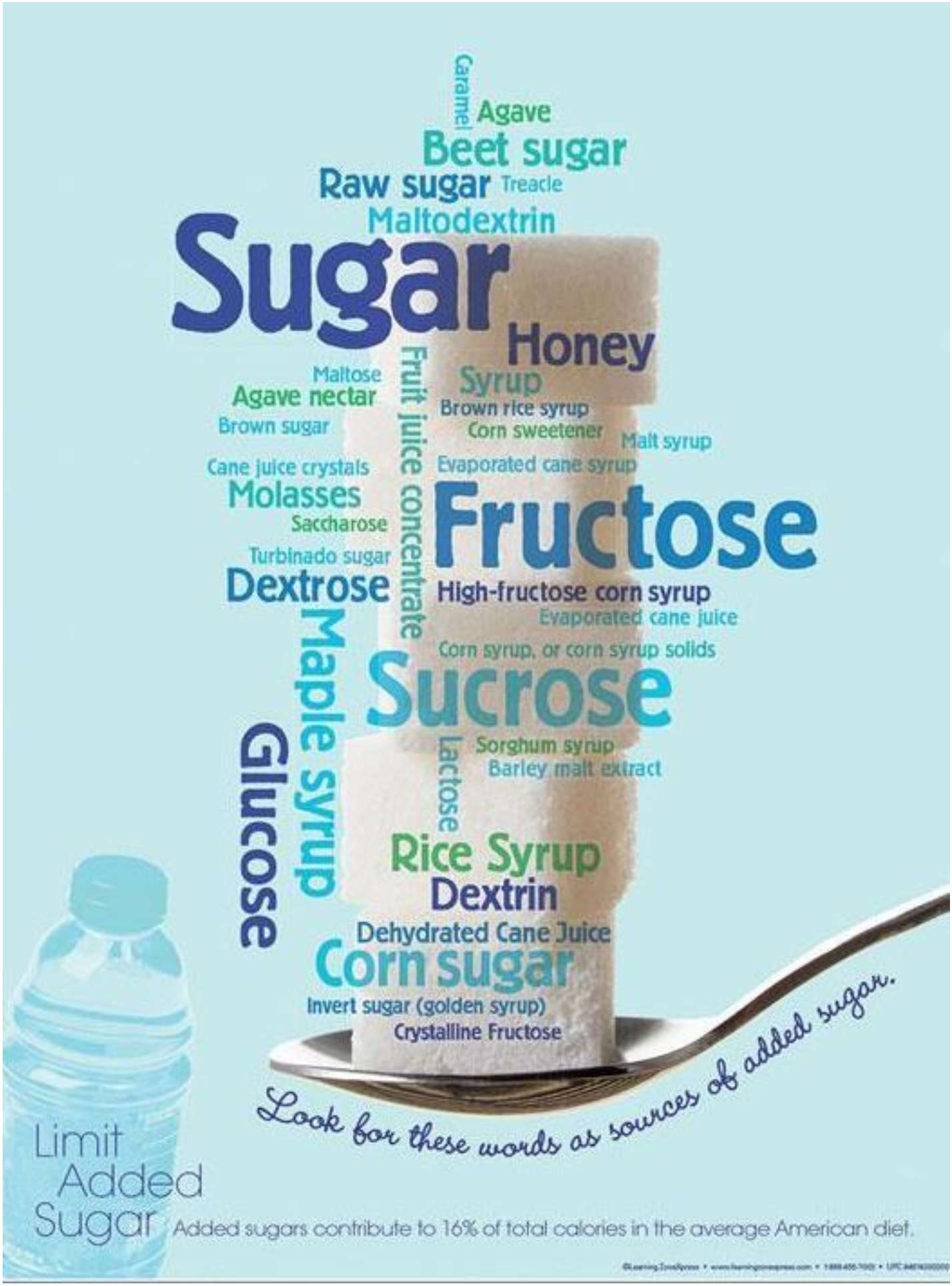
Elija con mayor frecuencia Bebidas **sin** azúcares añadidos	Beba con menos frecuencia Bebidas con azúcares añadidos
Agua	Soda
Leche baja en grasa (1%), sin grasa o deslactosada	Bebidas deportivas
Bebidas fortificadas de soya natural	Bebidas de frutas
Té o café sin endulzar	Bebidas energizantes
	Café endulzado y/o mezclado

Todas estas bebidas tienen más del límite para niños que es 25 gramos de azúcares añadidos. Algunas pueden tener hasta 50 gramos de azúcar añadida.

Obtenga más ideas para "mejores bebidas" en **ChooseMyPlate.gov**.

CalFresh HEALTHY LIVING | CDPH California Department of PublicHealth | Let's Eat Healthy

RYD200/100,000/05-20/CPS


Caramel
Agave
Beet sugar
Raw sugar
Treacle
Maltodextrin
Sugar
Honey
Maltose
Syrup
Agave nectar
Brown rice syrup
Brown sugar
Corn sweetener
Malt syrup
Fruit juice concentrate
Cane juice crystals
Evaporated cane syrup
Molasses
Fructose
Saccharose
Turbinado sugar
Dextrose
High-fructose corn syrup
Evaporated cane juice
Maple syrup
Corn syrup, or corn syrup solids
Sucrose
Glucose
Sorghum syrup
Barley malt extract
Lactose
Rice Syrup
Dextrin
Dehydrated Cane Juice
Corn sugar
Invert sugar (golden syrup)
Crystalline Fructose
Look for these words as sources of added sugar.
Limit Added Sugar
Added sugars contribute to 16% of total calories in the average American diet.

How much sugar
is in your drink?

grams of sugar (g) ÷ 4 = teaspoons of sugar

40 ÷ 4 = 10

GRAMS TEASPOONS

More than 1 serving per container?

Multiply: teaspoons of sugar per serving X number of servings = teaspoons of sugar per container

(*Example: 2 servings per container: 10 teaspoons X 2 servings = 20 teaspoons per container*)

Nutrition Facts

Serving Size 1 can (12 fl. oz.)
Servings Per Container 1

Amount Per Serving		
Calories	140	
		% Daily Value *
Total Fat	0g	0%
Cholesteral	0mg	0%
Sodium	50mg	0%
Total Carbohydrate	40g	
Sugars	40g	
Protein	0g	
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 0%		

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Diana Dooley, Secretary, California Health and Human Services Agency

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Calcium 0% • Iron 0%		

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Choose health. Drink water.

Drink, Calories and Container Size (fluid ounces)	Teaspoons of Sugar per Container Size	Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)
Soda **227** calories 20 fl. oz.	**14** tsp	**49** min.
Sports Drink **125** calories 20 fl. oz.	**9** tsp	**27** min.
Energy Drink **240** calories 16 fl. oz.	**15** tsp	**52** min.
Juice Drink **305** calories 20 fl. oz.	**17** tsp	**66** min.
Fruit-flavored Soda **165** calories 12.5 fl. oz.	**11** tsp	**36** min.
Vitamin-added Water **125** calories 20 fl. oz.	**8** tsp	**27** min.
Sweetened Tea **213** calories 20 fl. oz.	**14** tsp	**46** min.
Water **0** calories 20 fl. oz.	**0** tsp	**0** min.

Note: Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (280 calories/hour). Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. All walking times are rounded up to the next whole number.

United States Department of Health and Human Services, U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2005,* Table 4, Calories/Hour Expended in Common Physical Activities. http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter3.htm. Accessed May 15, 2012.

rethink YOUR DRINK

This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

CHAMPIONS for CHANGE

CDPH California Department of Public Health

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