

Rethink Your Drink

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American Heart Association as part of the
Healthy for Life[®] Initiative.**



Agenda

- Introduction
- Rethink Your Drink
- Infused Water Activity
- Goal Setting



Learning Objectives

- Describe the benefits of drinking beverages without added sugars.
- List three tips for sipping smarter.



Ice Breaker

Tips For Healthier Sips

- Quench your thirst
- Still taste good
- Better for your health!



Cut Back Slowly

- Start now
- Try replacing one drink a day
 - Build up to a week then try for more replaced drinks
- Replace sugary drinks with infused water, juice, or smoothies



Read Ingredients

- Calories and sugar can be sneaky
- Common forms of added sugars:
 - Sucrose
 - Glucose
 - Fructose
 - Maltose
 - Dextrose
 - Corn syrups
 - Concentrated fruit juice
 - Honey
- Look at the serving size on labels
 - Might be more than one

Nutrition Facts

6 servings per container
Serving size 1 cup (230g)

Amount per serving

Calories 250

% Daily Value*

Total Fat 12g 14%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 8mg 3%

Sodium 210mg 9%

Total Carbohydrate 34g 12%

Dietary Fiber 7g 25%

Total Sugars 5g

Includes 4g Added Sugars 8%

Protein 11g

Vitamin D 4mcg 20%

Calcium 210mg 16%

Iron 4mg 22%

Potassium 380mg 8%

*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.



Work Up To Water

- Try to make water more enjoyable
- Carry a refillable water bottle
- Add slices of fruit or vegetables
 - Orange
 - Lemon
 - Cucumber
- Try sparkling water with splash of 100% fruit juice



Try Juicing

- Homemade juices are okay
- Better to eat produce than drink when you can
 - Fiber from skin and pulp can be strained out
- Remember calories from juice can add up quickly



Sip a Smoothie

- Budget friendly and heart healthy
- Experiment with different fruit combinations
- Try out new smoothie recipes



Sip a Smoothie

- Use a blender:
 - ½ cup frozen unsweetened fruit
 - ½ cup fat-free plain Greek yogurt
 - ½ cup fat-free milk
- No blender? No problem!
 - ½ cup small pieces of fresh fruit
 - ½ cup fat-free plain Greek yogurt
 - ½ cup fat-free milk
 - Freeze for 1 hour



Try Infused Water

Infused Water Recipe Ideas



What's better than plain water? How about flavor-infused water? Making your own infused water is a refreshing and easy way to stay hydrated. Here are 10 simple ideas to make water more flavorful:

1. Put 2 thinly sliced medium cucumbers in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for four to eight hours.
2. Put 2 thinly sliced medium cucumbers, half a lime, and 6 or more sprigs of cilantro in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for four to eight hours.
3. Put 3 mandarin oranges (separated into wedges) and 2 handfuls of blueberries in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate overnight.
4. Fill a pitcher halfway with water. Gently place 2 segments of grapefruit (with the peel removed) and 2 sprigs of rosemary in the water. Cover with ice and water to fill the pitcher. Refrigerate overnight.
5. Put half a lemon and half a lime (both thinly sliced) in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate overnight.
6. Put 1 orange and 1 lemon (both thinly sliced) and 1 handful of mint leaves (torn into small pieces) in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate overnight.
7. Put 4 quarter-size pieces of peeled fresh ginger root and 1 cup of fresh or frozen unsweetened mango in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for one to three hours.
8. Put half a lemon (thinly sliced), 6 to 8 strawberries (hulled and quartered), and 1 handful of basil (torn into small pieces) in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for two to three hours.
9. Put 4 handfuls of thinly sliced grapes, 20 to 24 basil leaves (torn into small pieces), and a squeeze of lime juice in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for two to three hours.
10. Put 4 cups of small pieces of watermelon and 4 to 6 sprigs of mint in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for two to eight hours.

These are just a few easy ideas for infusing water to make it tastier. Get creative and think outside the bottle! Come up with your own interesting combinations to make hydration more flavorful.





Healthy For Good™



SIP SMARTER

Replace sweetened drinks to cut back on added sugars and empty calories.

REPLACE SUGARY BEVERAGES...

- full-calorie soft drinks
- energy/sports drinks
- sweetened "enhanced water" drinks
- sweet tea
- sweetened coffee drinks

WITH BETTER CHOICES!

- The best thing you can drink is water! Try it plain, sparkling or naturally flavored with fruit or herbs.
- Drink coffee and tea without added sugars for a healthier energy boost.
- For adults, diet drinks may help replace high-calorie sodas and other sugary drinks.

THE FACTS MAY SURPRISE YOU.



Most Americans consume nearly **20 TEASPOONS** of added sugars **EACH DAY**.

That's more than **TRIPLE** the recommended daily limit for women and **DOUBLE** for men!



Sugar-sweetened beverages like soda and energy/sports drinks are the

#1 SOURCE OF ADDED SUGARS IN OUR DIET.



A can (12 FL OZ) of regular soda has about **150 CALORIES AND 10 TEASPOONS** of added sugar.

TRY THESE TIPS TO QUENCH YOUR THIRST WITH LESS ADDED SUGARS



START CUTTING BACK.

Take steps to reduce or replace sugary drinks in your diet:

REPLACE most of your drinks with water.

REDUCE the amount of sugar in your coffee or tea gradually until your taste adjusts to less sweetness.

ADD plain or sparkling water to drinks to keep some of the flavor with less added sugars per servings.



CHOOSE WATER.

Make water the easy, more appealing go-to choice:

CARRY a refillable water bottle.

ADD a splash of 100% fruit juice or slices of citrus, berries and even cucumbers for a boost of flavor.

TRY seltzer, club soda or sparkling water if you crave the fizz.



MAKE IT AT HOME.

Family favorites like hot chocolate, lemonade, smoothies, fruit punch, chocolate milk and coffee drinks easily can be made at home with less added sugars.

START WITH UNSWEETENED beverages, then flavor to taste with additions like fruit, low-fat or fat-free milk, and herbs and spices.

Get great recipes for beverages and more at HEART.ORG/RECIPES.



READ THE LABEL, AND CHOOSE WISELY.

Some drinks that appear to be healthy may be high in calories and added sugars. Check servings per container and ingredients list.

Added sugars go by many names, including sucrose, glucose, maltose, dextrose, high fructose corn syrup, cane syrup, concentrated fruit juice, agave nectar and honey.

EAT SMART ADD COLOR MOVE MORE BE WELL

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: HEART.ORG/EATSMART

SMART

What are your **SMART** goals?

Specific	Measurable	Attainable	Relevant	Time-Based
				



SMART Goal Example



Goal:

I will drink more water and less sugary drinks.

SMART Goal:

I will drink water at every meal and only one sugary drink a day.





SMART Goals

My Goal

Step 5

Time-Based

When will this goal be met?



Step 4

Relevant

Will this goal help me reach my long-term goals?

Step 3

Attainable

How can this goal be met?

Step 2

Measurable

How will I know when I reach my goal?



Step 1

Specific

What do I want to accomplish?

Questions?

Thank You!

