

PRESENTATION GUIDE: RETHINK YOUR DRINK

INGREDIENTS FOR A DYNAMITE DEMONSTRATION

Supplies

- 57 teaspoons sugar*
- 1 small baggie
- 1 empty 20 ounce soda bottle*

Handouts

- ReThink Your Drink* Presentation Guide
- Soda Label and Calculation
- Sugar Shockers!
- Show Me the Sugar!

*Note: Sugar Cubes can also be used for demonstration (1 cube of sugar=1 Teaspoon). You can also provide one empty 20 ounce bottle per participant.

STEP 1- WE ARE EATING TOO MUCH SUGAR

[Ask the audience] How much sugar do you think the average American eats in a year?

[Answer] Almost 100 pounds a year.....
which is almost a fourth of a pound of sugar a day!

It's no wonder that two out of three Americans are overweight or obese—the average person eats almost a fourth of a pound of sugar a day! A fourth of a pound is equal to about 29 teaspoons (or 29 cubes) of sugar. Here, let me show you. This is what a fourth of a pound of sugar looks like.

[Hold up 29 teaspoons of sugar (or cubes) in a baggie]

Extra calories from all this sugar lead to weight gain and obesity, and can contribute to serious health problems such as diabetes, certain cancers and heart disease.

STEP 2 - RE-THINK YOUR DRINK

You're probably wondering "is it really possible that people eat this much sugar?" And "where is all this sugar coming from?"

We're talking about the extra sugar that manufacturers add to food and drinks. Most of the added sugar in our diets comes from sodas and other sweetened beverages. So let's begin to think about what we drink. For example, take a look at how much sugar is in a 20-ounce soda, since this is a common size. We'll start by reading the label.

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Use the Label

[Pass out handout: *Soda Label and Calculation*]

- The label tells us there are 17 teaspoons of sugar in this bottle. How do we know that by reading the label?
- If we look at the label for the whole package, there are 68 grams of sugar in this bottle. Since most people don't understand what grams are, let's change the grams into teaspoons...How many teaspoons of sugar are in this bottle?

**4 grams of sugar equals one teaspoon.
If you divide 68 grams by 4, you get about 17 teaspoons.**

How Much Sugar is in That Bottle?

- Let's see what 17 teaspoons of sugar looks like.

[Ask for a volunteer to count out 17 teaspoons of sugar (or cubes) into a clear baggie]

- Please count out 17 teaspoons/cubes of sugar and put them in this 20 ounce bottle. I'll help you count. [Count: 1-2-3-4-5...keep going! ... you're halfway there...] O.K. Take a look at this bottle. This is the amount of sugar in just one soft drink.
- Let me ask you a question...would you put this much sugar in your coffee?

Here's something else that might surprise you.

[Ask the audience] How long do you think you would have to walk briskly to burn off the 240 excess calories from one 20-ounce soda?

[Answer] To burn off the calories from a 20-ounce soda, you would have to walk at a moderate speed for about an hour!*

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So...now...don't you want to re-think your drink?

STEP 3 - SHOW ME THE SUGAR!

I know some of you are thinking: "I'm safe. I don't drink soda every day."

- That's great! But soda is not the only place we find an abundance of sugar in our diets. Eating large amounts of sugar has become way too easy. Most processed or packaged foods contain some added sugar, and many contain a shocking amount.

[Pass out handout: **Sugar Shockers!**

(Popular Food Item list Ranked by Amount of Sugar) and briefly explain the content]

Sugar Shockers

Remember how we said the average person eats a fourth of a pound of sugar a day, which is about 29 teaspoons? Well look how easy it is to get to that amount:

- Let's start at the beginning of the day with an orange drink and muffin. If you look at the **Sugar Shockers** list, you'll see the Sunny Delight Tangy Orange drink has 10 teaspoons of sugar and the Otis Spunkmeyer Wild Blueberry Muffin has 8 teaspoons of sugar.

[Count out 18 teaspoons of sugar (or cubes) into a clear baggie]

- At lunch, we'll have a soda (17 teaspoons). Let's tally up where we are so far. With the orange drink and muffin at breakfast (18 teaspoons) and the soda at lunch (17 teaspoons), we've already had 35 teaspoons of added sugar! We're already over a fourth of a pound of sugar (29 teaspoons of sugar) and more than half way to eating a half pound of sugar, which is 57 teaspoons/cubes of sugar, and it's only mid-day. We've got only 22 teaspoons to go to get to half a pound!



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STEP 4 - Added Sugar

To have a healthy diet, what can we do instead? First, we need to know how to find the added sugar in foods and beverages, so we can limit it.

[Pass out handout: **Show Me the Sugar!**]

Show Me the Sugar

- Take a look at the product shown on this handout—it's a box of cereal bars. The box tells you that they are heart healthy, they lower both blood pressure and cholesterol, and the product is named "Smart Start." But the Nutrition Facts label tells us that one small bar has 13 grams of sugar, which is more than 3 teaspoons.
- It's important to know where to find the hidden sugars in any product. Take a look at your handout for a list of common names for sugar-in-disguise. *Can someone in the audience read the list of common names for sugar?*
- Now that we've heard all these different names, let's look at the Smart Start Healthy Heart Bars Ingredients List to find all the sugar. The words highlighted in red are all names for sugar in this one product. *Let's say them aloud together. ...*

[Ask the audience] How many different forms of sugar are in this one product?

[Answer] 12

PRESENTATION GUIDE: *RETHINK YOUR DRINK*

A Low-Sugar Lifestyle

So how can we lead a healthier, low sugar lifestyle? Here are three tips:

1. Limit added sugar as much as possible. It is best to eat fresh, whole foods, especially fresh fruits and vegetables.
2. Drink water instead of sugary drinks. Water is best and has absolutely no sugar. Try replacing at least one sugary drink with water every day. You can add a slice of orange, lemon, or cucumber for great flavor.

Other healthy drink options are non-fat milk, unsweetened iced tea and 100% fruit juice in limited amounts—not more than half a cup a day. *Once is a while* diet soda is OK; it doesn't contain the added sugar, but is still not a healthy drink alternative.

3. Get regular physical activity every day—30 to 60 minutes is optimal.

Remember: one small change will make a big difference. If the only change you make is drinking one less 20-ounce soda per day for a year, then you are making a big difference and becoming a Champion for Change for you and your family!

Added sugar is everywhere. Know how to find it; know how to limit it; and know how to replace it with healthy options. So....*Re-Think Your Drink* and what you eat!



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