Making Healthy Beverage Choices
Objectives

- State what is a sugar sweetened beverage (SSBs)
- Explain what happens when a person consumers too many SSBs
- Identify sources of sugar in food
- Reflect on your personal beverage intake
- Be empowered to make smarter beverage choices
- Set goals for healthy beverage choices
Beverage Facts

- Sugar sweetened beverages are a major contributor to obesity.
- The average per capita consumption of sugar sweetened beverages is **46 gallons per year** or approximately **40 pounds of sugar**.
Beverage Facts

- About half of the population drinks anywhere from one to more than four sugar sweetened beverages daily.
- Drinking more than four 12 ounce sodas a day adds as many as 567 calories – only from sugar sweetened beverages.
- This could add about 4½ pounds a month or 54 pounds a year.
Did You Know?

- The body does not respond to calories in beverages the same way it does to calories in food.
- Your body may not register the calories you drink, so you could end up consuming more calories than you need.
Did You Know?

Several research studies point to decreasing sugar sweetened beverages as a good strategy to decrease calories and help manage body weight.
Did You Know?

- Giving up two cans of soda a day could lead to 20 pounds of weight loss in 6 months.
Definition of Sugar Sweetened Beverage

- Liquids sweetened with various forms of sugars that add calories.
# Examples

<table>
<thead>
<tr>
<th>Type of Beverage</th>
<th>Calories in 12 ounces</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit punch</td>
<td>192</td>
</tr>
<tr>
<td>100% apple Juice</td>
<td>192</td>
</tr>
<tr>
<td>100% orange juice</td>
<td>168</td>
</tr>
<tr>
<td>Lemonade</td>
<td>168</td>
</tr>
<tr>
<td>Regular cola</td>
<td>136</td>
</tr>
<tr>
<td>Sweetened ice tea (not homemade)</td>
<td>135</td>
</tr>
<tr>
<td>Sports drink</td>
<td>99</td>
</tr>
<tr>
<td>Energy drink</td>
<td>160</td>
</tr>
<tr>
<td>Chocolate milk (2% reduced fat)</td>
<td>190</td>
</tr>
<tr>
<td>Café Latte (whole milk)</td>
<td>200</td>
</tr>
</tbody>
</table>
Too Many Sugar Sweetened Beverages

- Linked to overweight and obesity. This is due to the high sugar content and calories in these drinks.
- Increase the risk of heart disease.
Too Many Sugar Sweetened Beverages

- Increase chances of suffering from high blood pressure.
- Replace healthy choices such as low-fat milk and fat-free milk and water.
How Much Sugar is in Sweetened Beverages

http://www.youtube.com/watch?v=hF8XnU4L33U
Just How Much Sugar is Needed Daily?

- Women – 6 teaspoons
- Men – 9 teaspoons
What is Our Daily Intake?

22 teaspoons

Three times the recommendation!
How Much Sugar Are You Drinking?

http://www.youtube.com/watch?v=62JMFvo75f3Q&feature=watch_response
One Soda a Day...
How Much Sugar is this?

50 pounds of sugar a year — 12½ 4 pound bags of sugar per person!
## Sources of Sugar

<table>
<thead>
<tr>
<th>Anhydrous Dextrose</th>
<th>Brown sugar</th>
<th>Corn syrup</th>
<th>Corn syrup solids</th>
<th>Dextrose solids</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fructose</td>
<td>Honey</td>
<td>Invert sugar</td>
<td>Lactose</td>
<td>Malt syrup</td>
</tr>
<tr>
<td>Maltose</td>
<td>Maple syrup</td>
<td>Molasses</td>
<td>Nectar</td>
<td>Pancake syrup</td>
</tr>
<tr>
<td>Raw sugar</td>
<td>Sucrose</td>
<td>Sugar</td>
<td>White granulated sugar</td>
<td>High-fructose corn syrup</td>
</tr>
<tr>
<td>Powdered sugar</td>
<td>Agave nectar</td>
<td>Cane sugar</td>
<td>Cane sweetener</td>
<td>Glucose</td>
</tr>
</tbody>
</table>
I-Spy Game
Practical Tips to Identify Added Sugars

- Search the ingredient list for the word syrup, corn syrup, high fructose corn syrup, maple syrup or agave syrup
- Look for words ending in “ose,” such as fructose, glucose and dextrose
- Compare the unsweetened version of the product with the sweetened version
- Beware of the health halo effect — brown rice sugar sounds more healthful — but it is just another added sweetener
The Truth of the Matter

- We all have a total number of calories we must consume each day.

- The number of calories we need varies based on a person’s age, gender, height, weight and level of activity.

- Food choices, as well as beverage choices, contribute to our calorie needs.
## Estimated Calorie Needs

<table>
<thead>
<tr>
<th>Gender/Activity level</th>
<th>Male/SEDENTARY</th>
<th>Male/MOD ACTIVE</th>
<th>Male/ACTIVE</th>
<th>Female/SEDENTARY</th>
<th>Female/MOD ACTIVE</th>
<th>Female/ACTIVE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age</strong></td>
<td>Ages</td>
<td>Calories</td>
<td>Ages</td>
<td>Calories</td>
<td>Calories</td>
<td>Calories</td>
</tr>
<tr>
<td>5</td>
<td>1,200</td>
<td>1,400</td>
<td>1,600</td>
<td>1,200</td>
<td>1,400</td>
<td>1,600</td>
</tr>
<tr>
<td>10</td>
<td>1,600</td>
<td>1,800</td>
<td>2,200</td>
<td>1,400</td>
<td>1,800</td>
<td>2,000</td>
</tr>
<tr>
<td>19-20</td>
<td>2,600</td>
<td>2,800</td>
<td>3,000</td>
<td>2,000</td>
<td>2,200</td>
<td>2,400</td>
</tr>
<tr>
<td>31-35</td>
<td>2,400</td>
<td>2,600</td>
<td>3,000</td>
<td>1,800</td>
<td>2,000</td>
<td>2,200</td>
</tr>
<tr>
<td>51-55</td>
<td>2,200</td>
<td>2,400</td>
<td>2,800</td>
<td>1,600</td>
<td>1,800</td>
<td>2,200</td>
</tr>
<tr>
<td>76+</td>
<td>2,000</td>
<td>2,200</td>
<td>2,400</td>
<td>1,600</td>
<td>1,800</td>
<td>2,000</td>
</tr>
</tbody>
</table>
Calorie Salary

- Think of the amount of food you have to take in each day as your “calorie salary.”
- If you overspend by 100 calories a day, you will gain 10 pounds a year.
Calorie Salary

- Think of your calories like a budget.
- Remember, you have a certain amount of nutrients you must include each day.
Calorie Salary

- Choose foods that give you the most “bang for your buck” or foods that provide the most nutrients and substances that have a positive health effect while providing few calories.
Calorie Salary

- Include essential food items first then include extras.
Monica’s Story
Questions

- Do you have a similar challenge?
- What are some barriers to making healthy beverage choices?
- What can you learn from Monica that could help you overcome your challenge?
- What are some other things you have given up?
Making Healthy Beverage Choices
Answers for Jane

- Limit 100 percent juice intake to 6 ounces a day
- Use fresh fruit instead of the juice
Making Healthy Beverage Choices
Answers for Jim

- Use water to quench your thirst.
- Use low calorie options.
Making Healthy Beverage Choices
Answers for Mark

- Choose lighter drinks like vodka with club soda, a glass of wine or a light beer.
- Use in moderation.
Answers for Anastasia

- Choose diet instead of regular soda
- Downsize your drink
- Share your drink with someone
- Choose water or unsweetened juice
Let Water Be Your Drink of Choice

- When thirsty choose water instead of sugar sweetened beverages
- Serve water with your meals
- Carry a bottle of water with you
- Add slices of fresh fruit to your water
- Choose water at restaurants
Day of Unhealthy Beverage Choices

- 110 calories: orange juice (8 oz.)
- 400 calories: mocha (medium)
- 280 calories: regular cola (20 oz.)
- 230 calories: fruit drink (16 oz.)
- 200 calories: sweet tea (16 oz.)
- 150 calories: beer (12 oz.)

A Day of Beverages
1370 Calories
Day of Healthy Beverage Choices

- 110 calories: orange juice (8 oz.)
- 160 calories: non-fat latte (medium)
- 0 calories: diet cola (20 oz.)
- 0 calories: water
- 0 calories: tea with artificial sweetener (16 oz.)
- 100 calories: light beer (12 oz.)

A Day of Beverages
370 Calories
Getting all of the nutrients you need isn’t the only thing necessary for good health. Guidelines for good health recommend being physically active for at least 30 minutes most days of the week. Some tips for staying physically active include:

- Find something that you enjoy.
- Plan the time.
- Have partners. If you like to walk, turn your walk into time with family or friends.
Stay Active

- Find people to support you.
- Set manageable goals. Giving yourself goals to celebrate along the way will make exercise more fun and rewarding.

**Remember:** If you eat 100 more food calories a day than you burn, you will gain about 1 pound in a month. That’s about 10 pounds in a year.
Physical Activity and Sweetened Beverages

http://www.youtube.com/watch?v=jxfu-SVK6OA
References

- Centers for Disease Control and Prevention. Rethink your drink.
Graphic Credits

- Microsoft clip art:
- USDA Food and Nutrition Service