Spotlight on Beverages

- **Intro:** Welcome participants – Ask what drinks they normally drink from the visuals (sports drinks, sweet tea, coffee, Energy drinks, soda, Vitamin infused water)

  What’s your favorite drink? (3-5 min)
  What drinks do you offer to your kids?
  Discuss 2-3 different sugary drinks.
  Show visual of how much sugar is in each drink. (Sugar baggies)

- **Food Label: Sugar Savvy (Hand out)** (6-10 min)
  ~Discuss how and where to find the grams of sugar on the nutrition facts label.
  ~Explain how to convert grams to teaspoons (4 Grams of sugar = 1 Teaspoons of sugar)
  ~Look at the food label of their favorite drink, and figure out the teaspoons per serving.
  ~Discuss American Heart Association daily sugar recommendations
    - Adult Men 9 tsp/day
    - Adult Women 6 tsp/day
    - Children 3 tsp/day

- **Make Better Choices: (Hand out)** (6-10 min)
  - Discuss alternative drink options
  - Give and discuss Recipe card for Cucumber Mint Breeze water and fruit smoothie.

  - **Discuss 10 tips to get started**
    1. Drink water
    2. How much water is enough? Ask the participants how much water they drink daily? Let your thirst be your guide, everyone’s needs vary.
    3. A thrifty option (You can save money by drinking water)
    4. Manage your calories (discuss walking duration to burn off the calories in a particular drink)
    5. Kid-friendly drink zone (lower fat milk or 100% fruit juice)
    6. Don’t forget your dairy
    7. Enjoy your beverage (drink in moderation)
    8. Water on the go
    9. Check the facts (food labels)
    10. Compare what you drink

  ~Closing~ Thank Participants for coming