
Empty Calories
Specialty Coffee Drinks
Energy Drinks
Extension
Rethink Your Drink:
Why You Should Drink Water Instead
iGrow
What Are Added Sugars?
Added Sugars: sugar added to foods during processing or preparation
36% of added sugars in American diets come from pop, energy drinks, and sports drinks
For healthy weight maintenance, consume fewer and smaller portions of beverages containing sugar
How Much Sugar is In Your Drink?
Quick Facts
By Any Other Name...
Various ways of labeling sugar
Why Water?
How to "Spruce Up" Tap Water
When To Increase Water Consumption
GO Milk
Coca-Cola

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Pop

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Why Water?

Ideas to “Spruce Up” Tap Water

Ways to Increase Water Consumption

Supplies

- Tri-fold board 48” x 36”.
- Printed PowerPoint slides, 12 on cardstock weight paper.
- Tape or push pins
- Sugar cubes, teaspoons, etc.
- Samples of beverages listed in Slides 7,8 and 9: i.e. specialty coffee, pop, energy drink(s). For the sweetened beverage displayed, you could display the corresponding teaspoons of sugar in an appropriate container, possibly that of the beverage depicted. The following site lists the approximate number of teaspoons of sugar in various beverages: “How Sweet It Is”, Harvard University, 2009, (http://www.hsph.harvard.edu/nutritionsource/files/2012/10/how-sweet-is-it-color.pdf)
- Include a bottle of water and/or re-usable water container with display items.
- **Suggested handout(s):**
  - Make Better Beverage Choices, http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet19MakeBetterBeverageChoices.pdf.
  - Alternate Handout: Rethink your drink. http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf. Copies of brochure may also be ordered at no charge from http://www.cdc.gov/healthyweight/healthy_eating/drinks.html. Please allow for delivery time.
- **Display Content References**: ChooseMyPlate.gov, Harvard State University, & CDC.gov.

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Rethink Your Drink:

Why You Should Drink Water Instead

"I believe that water is the only drink for a wise man."

--Henry David Thoreau

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Empty Calories

- **Empty calories**: calories with no nutritional value, for example, sugar sweetened beverages.

- When these calories are part of the daily diet, they can cause unwanted weight gain.

- These extra calories have been linked with obesity, type 2 diabetes, and heart disease.

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What Are Added Sugars?

- **Added Sugars**: sugar added to foods during processing or preparation.

- 36% of added sugars in American diets come from pop, energy drinks, and sports drinks.

- For healthy weight maintenance, consume fewer and smaller portions of beverages containing sugar.

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Specialty Coffee Drinks

Name of Drink	Grams of Sugar (Per 16 ounces)	Teaspoons of Sugar
Caramel Macchiato	32 grams	8
Vanilla Latte	34 grams	8.5
Coffee Flavored Blended Beverage	50 grams	12.5
Cappuccino	10 grams	2.5
Whipped Cream Topping	4 grams	1

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Pop

Name of Drink	Grams of Sugar (Per 16 ounces)	Teaspoons of Sugar
Mountain Dew	62 grams	15.5
Pepsi	55 grams	13.75
Sprite	52 grams	13
Dr. Pepper	51 grams	12.75
Canada Dry Ginger Ale	47 grams	11.75

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Energy Drinks

Name of Drink	Grams of Sugar (Per 16 ounces)	Teaspoons of Sugar
Monster	54 grams	13.5
Red Bull	51 grams	12.75
Full Throttle	58 grams	14.5
Amp	58 grams	14.5
NOS	54 grams	13.5

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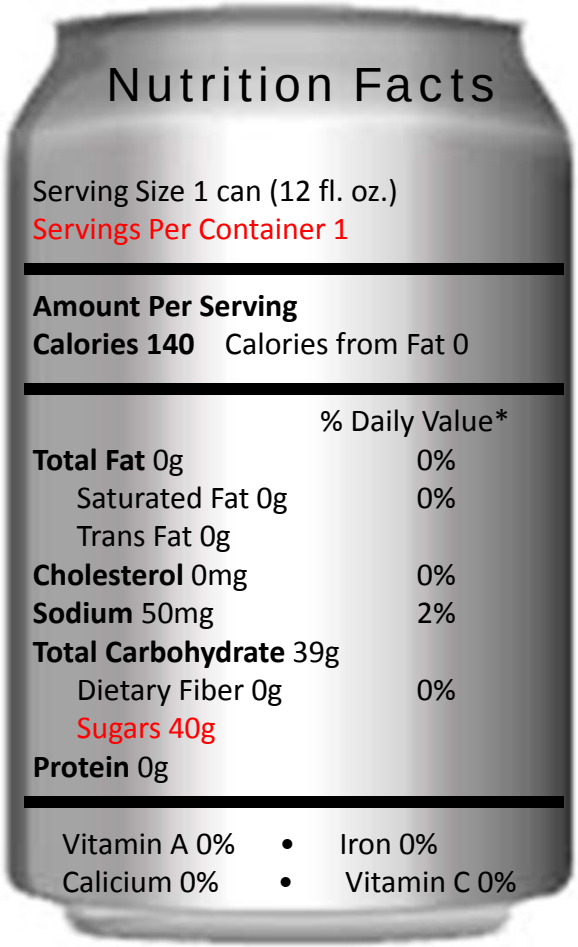
How Much Sugar is in Your Drink?



It's Easy to Calculate How Much Sugar is in Any Drink! Just look on the Nutrition Facts Label.

Grams (g) of sugar ÷ 4 = teaspoons of sugar.

Example:

40 g ÷ 4 = 10 teaspoons of sugar.

ALWAYS check the number of SERVINGS in the container!

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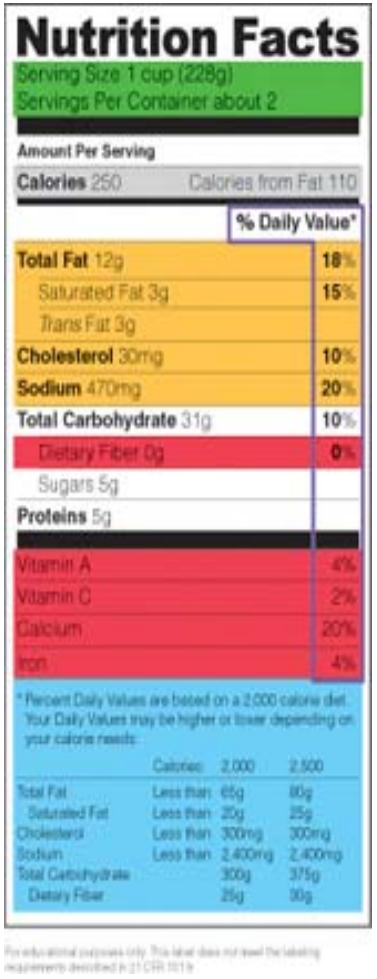
By Any Other Name…

Various ways of labeling sugar:

- High-fructose corn syrup
- Fructose
- Fruit juice concentrates
- Honey
- Syrup
- Corn syrup
- Sucrose
- Dextrose

Make sure to read the ingredients list when trying to avoid sugar sweetened beverages!



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container about 2

Amount Per Serving

Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 3g	
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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Why Water?

- It is essential for all the body's life functions.
- The body is made of mostly water.
- It has no calories, fat, carbohydrates or sugar.
- It hydrates the body and replaces fluid lost throughout the day.

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Ideas to “Spruce Up” Tap Water

- Add lemon, lime, or cucumber slices.
- Add mint leaves.
- Try sparkling instead of flat water.
- Freeze cut-up fruit in ice cubes then add it to water.
- Mash up berries and then fill glass with water and ice.
- Add a splash of unsweetened fruit juice.
- Freeze clementine slices or peach slices and use as ice cubes.
- Drink it Cold!!!

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Ways To Increase Water Consumption

- Serve water with meals.
- Have a glass of water sitting at your desk.
- When going out for meals, order a glass of water first before other beverages.
- Before snacking, drink a glass of water.
- Drink out of a fun water bottle!

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Quick Facts

There **are 16-18 teaspoons** of sugar in a 20 oz. soda

Drinking one soda per day can lead to an extra weight gain of **25 pounds** per year

Water makes up about 60% of our **body weight**

Soda contains phosphoric acid which **damages teeth and bones** and makes them weak

Most adults need about **8-10 glasses** of fluid per day to remain hydrated

Ordering water in a restaurant once a week can save about **$78 per year**

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SDSU Extension is offering a new service to consumers to assist in answering questions and locating information related to consumer issues and needs within the home and family. The toll free number for South Dakotan's to call is 1-888-393-6336

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AnswerLine
Information and resources for consumers with home and family questions.

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