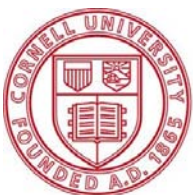


To Drink or Not To Drink



Cornell University
Cooperative Extension
New York City

Advancing New York City Through Research

Nutrition and Health Program

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To Drink or Not To Drink

Core Messages:

- **Limit Added Sugar**
- **Choose 100% Juice**
- **Check the Serving Size on the Nutrition Facts Panel**

To Drink or Not To Drink: References and for more information:

U.S. Department of Health and Human Services (dietary guidelines for Americans):
<http://www.health.gov/dietaryguidelines>

U.S. Department of Agriculture (dietary guidelines) (MyPyramid):
<http://www.mypyramid.gov>

To Drink or Not To Drink Table Layout

**My Pyramid
Poster**

**Sign:
To Drink or Not
to Drink**

Back of table

**Activity Support
Healthier Drink Alternatives**

Fat Free or Low Fat Milk
Water (Bottled, Tap, or Well)
100% juice
Seltzer

Activity Support

Other names for sugars in ingredients listings

**Activity 1
Soda Section**

Variety of sodas,
teas, sports
drinks with
added sugar
arranged
randomly

large bowl of sugar
3 teaspoons
clear plastic cups

**Table Sign:
Guess how many
teaspoons of sugar
are in these drinks.**

**Activity 2
Juice Section**

Variety of juice
drinks, 100% and
other amounts of juice
arranged randomly

**Table Sign:
Which drinks
contain 100% juice?**

**Activity 3
Serving Size Section**

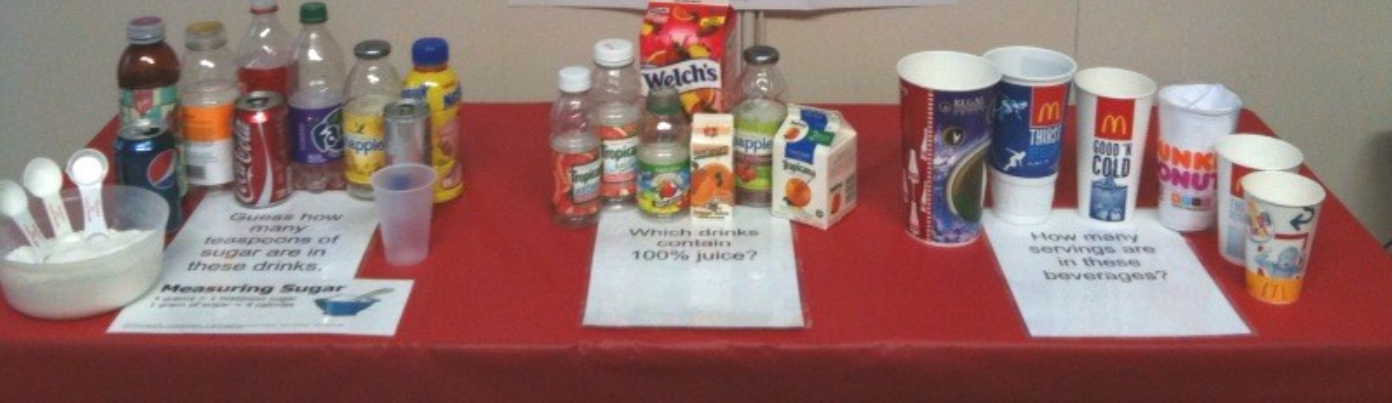
Variety of multiple
serving drink
containers; a variety
of large fountain
beverage cups

Measuring cup

**Table Sign:
How many
servings are in
these beverages?**

Recommended Set-Up

Think Before You Drink!



Activity 1



Activity 2



Activity 3

List of Supplies for all 3 activities*

Table Set-Up:

- MyPyramid Poster

Activity 1:

- Table sign: “Guess how many teaspoons of sugar are in these drinks”
- 3 measuring teaspoons
- Clear plastic cups for measuring
- Plastic container with sugar and zip lock bag so sugar does not spill
- Activity sign: “1 teaspoon = 4 grams of sugar” (English and Spanish)
- Conversion sheet: Grams of sugar to teaspoons
- Worksheets: “How much sugar is in your beverage?” (Optional)
- *Variety of popular sugar-sweetened beverages (Pepsi, Coke, Sprite, Snapple, Arizona drinks, Vitamin Water, etc.).*
Containers with multiple servings should be included.

Activity 2:

- Table sign: “Which drinks contain 100% juice?”
- *Variety of 100% juice and juice beverages (Tropicana 100% Orange Juice, 100% apple juice, Tropicana Juice Beverage (any flavor), Hawaiian Punch, Sunny Delight, etc.)*

Activity 3:

- Table sign: “How many servings are in these beverages?”
- Measuring cup (for measuring water into fountain beverage cups)
- *Variety of multiple serving drink containers like a liter bottle of orange soda*
- *Variety of different sizes of fountain beverage cups from popular businesses (McDonalds, Burger King, the movie theater, 7-Eleven, etc.). Include super-sized containers.*

Activity Support:

- Healthier Drink Alternatives
 - *Water (bottled or tap), milk (skim/1%), sodium-free seltzer, 100% juice*
- Other names for sugar in the ingredients list
 - Signs and cards for other names for added sugars

Be sensitive to what your audience may be drinking when you choose your beverage items. Check recycling.

Many fast food restaurants or movie theaters will give you sample cups if you explain that you are using them for educational purposes.

Activity 1: Guess how many teaspoons of sugar are in these drinks.



Questions to explore:

What are your favorite beverages?

Which of them are on the table?

How would you know how much sugar you are drinking?

Ask participants to:

- **Guess** how many teaspoons of sugar are in each drink.
- **Find** grams of sugar by reading the Nutrition Facts label.
- **Convert** grams of sugar into teaspoons of sugar (4 grams of sugar = 1 teaspoon of sugar)
- **Discover** how many servings are in each container.
- **Determine** how many teaspoons of sugar are in the entire container (multiply the teaspoons of sugar per serving by the number of servings per container).

How do you feel about what you have just discovered?

Supplies:

- **Table sign: Guess how many teaspoons of sugar are in these drinks.**
- **Variety of popular sweetened beverages: Pepsi, Coke, Sprite, Snapple, Arizona Iced Tea, Vitamin Water or other drinks with added sugar**
- **Large bowl of sugar**
- **3 measuring teaspoons**
- **Clear plastic cups for measuring**
- **Information Card (1 teaspoon = 4 grams of sugar)**
- **Conversion sheet (grams of sugar to teaspoons)**
- **Worksheets: How much sugar is in your beverage? (optional)**

Open-Ended Questions:

- **What are your favorite beverages?**
- **Which of them are on the table?**
- **How would you know how much sugar you are drinking?**
- **How do you feel about what you have just discovered?**
- **[Add your own open-ended questions]**
-
-

Core Message: Limit added sugar

Additional Messages:

- **Added sugars provide little nutrition and contribute to overweight and obesity.**
- **Added sugars are the sugars and syrups added to beverages in processing or preparation, not the naturally occurring sugars found in fruits and milk.**

Activity 2: Which drinks contain 100% juice?



Questions to explore:

Which of these beverages have you seen before?

Which do you drink?

How would you know which drinks contain 100% juice?

How often do you look at the ingredients listing?

Ask participants to:

- Look at each beverage and see if it is 100% juice.
- Discover ways to find out how much juice is in your drink.
- Find which ingredients are added to the drinks that are not 100% juice.
- Determine which added ingredients make your drink sweeter.

How do you feel about what you have just discovered?

Supplies:

- **Table sign: Which drinks contain 100% juice?**
- **Variety of 100% juice and juice beverages: Tropicana 100% Orange Juice, 100% Apple Juice, Tropicana Juice Beverage (any flavor), Hawaiian Punch, Sunny Delight, other beverages containing juice in varying amounts.**

Open-Ended Questions:

- **Which of these beverages have you seen before?**
- **Which do you drink?**
- **How do you know which drinks contain 100% juice?**
- **How often do you look at the ingredients listing?**
- **[Add your own open-ended questions]**
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Core message: Choose 100% juice

Additional Messages:

- **Reading the ingredients listing will help you identify which drinks contain 100% juice. Other fruit drinks, beverages, punches, or ades that are not 100% juice will contain added sugars.**
- **MyPyramid recommends choosing “beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.”**
- **MyPyramid recommends “Go easy on fruit juices.” Think about choosing fresh fruit instead.**
- **Added sugars go by many different names in the ingredients listing.**

Activity 3: How many servings are in these beverages?



Questions to explore:

How often do you look at Serving Size on beverage containers?

How can you determine the amount of sugar in large beverage cups used at fast food restaurants and movie theaters?

Ask participants to:

- Find the number of servings in each container.
- Discover how many ounces are in each container, even if it does not have a label. (1 cup = 8 ounces).
- Imagine how many teaspoons of sugar are in the containers without labels. (compare to what you discovered in Activity 1)

How much juice or soda do you drink daily?

Supplies:

- **Table sign: How many servings are in these beverages?**
- **Variety of multiple serving drink containers**
- **Variety of different sizes of fountain beverage cups from popular fast-food restaurants. Be sure to include super sized containers (32oz McDonald's cup, Burger King, etc.)**
- **Liquid measuring cup (for measuring water into fountain beverage cups)**
- **Bottle of water (optional)**

Open-Ended Questions:

- **How often do you look at Serving Size on beverage containers?**
- **How can you determine the amount of sugar in large beverage cups used at fast food restaurants and movie theaters?**
- **How much juice or soda do you drink daily?**
- **[Add your own open-ended questions]**
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Core Message: Check the serving size on the Nutrition Facts label.

Additional Message:

- **Containers of many beverages are oversized and contain more servings than you think.**
- **Containers of fountain beverages (at the movies or restaurants) are oversized and contain more servings than you think (sometimes as much as 4 or 5 - 12 ounce soda cans).**

Activity Support

Healthier Drink Alternatives

Supplies:

- Water (bottled or tap)
- Low fat or Skim Milk
- Seltzer (sodium-free)
- 100% Juice

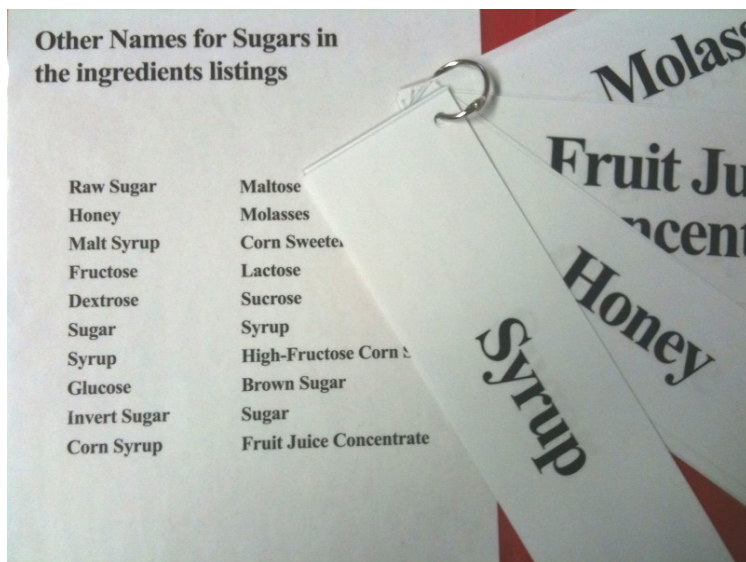
Added message:

- Choose beverages low in added sugar.



Activity Support

Other names for sugar in the ingredients listing



Supplies:

- Sign and cards for other names for added sugars.

Added message:

- Become familiar with names for added sugars. Check ingredients label to find out if sugars are added to your beverage.