Rethink Your Drink
These slides were created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.
Agenda

• Introduction
• Rethink Your Drink
• Infused Water Activity
• Goal Setting
Learning Objectives

• Describe the benefits of drinking beverages without added sugars.
• List three tips for sipping smarter.
Ice Breaker
Tips For Healthier Sips

- Quench your thirst
- Still taste good
- Better for your health!
Cut Back Slowly

• Start now

• Try replacing one drink a day
  - Build up to a week then try for more replaced drinks

• Replace sugary drinks with infused water, juice, or smoothies
Read Ingredients

• Calories and sugar can be sneaky
• Common forms of added sugars:
  - Sucrose
  - Glucose
  - Fructose
  - Maltose
  - Dextrose
  - Corn syrups
  - Concentrated fruit juice
  - Honey
• Look at the serving size on labels
  - Might be more than one
Work Up To Water

• Try to make water more enjoyable
• Carry a refillable water bottle
• Add slices of fruit or vegetables
  - Orange
  - Lemon
  - Cucumber
• Try sparkling water with splash of 100% fruit juice
Try Juicing

• Homemade juices are okay
• Better to eat produce than drink when you can
  - Fiber from skin and pulp can be strained out
• Remember calories from juice can add up quickly
Sip a Smoothie

• Budget friendly and heart healthy
• Experiment with different fruit combinations
• Try out new smoothie recipes
Sip a Smoothie

• Use a blender:
  • ½ cup frozen unsweetened fruit
  • ½ cup fat-free plain Greek yogurt
  • ½ cup fat-free milk

• No blender? No problem!
  • ½ cup small pieces of fresh fruit
  • ½ cup fat-free plain Greek yogurt
  • ½ cup fat-free milk
  • Freeze for 1 hour
Try Infused Water
Infused Water Recipe Ideas

What’s better than plain water? How about flavor-infused water? Making your own infused water is a refreshing and easy way to stay hydrated. Here are 10 simple ideas to make water more flavorful:

1. Put 2 thinly sliced medium cucumbers in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for four to eight hours.

2. Put 2 thinly sliced medium cucumbers, half a lime, and 6 or more sprigs of cilantro in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for four to eight hours.

3. Put 3 mandarin oranges (separated into wedges) and 2 handfuls of blueberries in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate overnight.

4. Fill a pitcher halfway with water. Gently place 2 segments of grapefruit (with the peel removed) and 2 sprigs of rosemary in the water. Cover with ice and water to fill the pitcher. Refrigerate overnight.

5. Put half a lemon and half a lime (both thinly sliced) in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate overnight.

6. Put 1 orange and 1 lemon (both thinly sliced) and 1 handful of mint leaves (torn into small pieces) in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate overnight.

7. Put 4 quarter-size pieces of peeled fresh ginger root and 1 cup of fresh or frozen unsweetened mango in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for one to three hours.

8. Put half a lemon (thinnly sliced), 6 to 8 strawberries (halved and quartered), and 1 handful of basil (torn into small pieces) in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for two to three hours.

9. Put 4 handfuls of thinly sliced grapes, 20 to 24 basil leaves (torn into small pieces), and a squeeze of lime juice in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for two to three hours.

10. Put 4 cups of small pieces of watermelon and 4 to 6 sprigs of mint in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for two to eight hours.

These are just a few easy ideas for infusing water to make it tastier. Get creative and think outside the bottle! Come up with your own interesting combinations to make hydration more flavorful.
**SIP SMARTER**

Replace sugary drinks to cut back on added sugars and empty calories.

**REPLACE SUGARY BEVERAGES...**
- Soft drinks with drinks
- Orange juice with drinks
- Nutrition "enhanced" drinks
- Alcoholic beverages
- High-sodium coffee and tea

**WITH BETTER CHOICES!**
- The best thing you can drink is water! Try it plain, sparkling or naturally flavored with fruit or herbs.
- Drink coffee and tea without added sugars for a healthier energy boost.
- For variety, diet drinks may help replace high calorie drinks with sugar-free drinks.

**THE FACTS MAY SURPRISE YOU.**

Most Americans consume nearly 20 TEASPOONS of added sugars EACH DAY.

That's more than TRIPLE the recommended daily limit for women and DOUBLE for men.

Sugar sweetened beverages like soda and energy sports drinks are the 

#1 SOURCE OF ADDED SUGARS IN OUR DIET.

A can (12 oz) of regular soda has about 150 CALORIES AND 10 TEASPOONS of added sugars.

**TRY THESE TIPS TO QUENCH YOUR THIRST WITH LESS ADDED SUGARS**

**START CUTTING BACK.**

Take steps to reduce or replace sugary drinks to start.

**REPLACE most of your drinks with water.**

**REDUCE** the amount of sugar in your beverages gradually with a suitable substitute like unsweetened beverages.

**ADD** unsweetened beverages to help keep you hydrated with less added sugars per serving.

**MAKE IT AT HOME.**

Family favorites like hot chocolate, lemonade, smoothies, fruit punch, chocolate milk and coffee drinks can easily be made at home with less added sugars.

**START WITH HERB/HERB**

herbs, flavoured water, or with alternatives like fruit juice or fat-free milk and eggs.

**READ THE LABEL, AND CHOOSE WISELY.**

Some drinks that appear to be healthy may be high in calories and added sugars. Check servings per container and ingredient list.

**LEARN SMART**

Add color. Move more. Be well.

For more tips on healthy eating, cooking and recipes, HEART.ORG/EATSMART
SMART Goals

What are your SMART goals?

Specific  Measurable  Attainable  Relevant  Time-Based
SMART Goal Example

Goal:
I will drink more water and less sugary drinks.

SMART Goal:
I will drink water at every meal and only one sugary drink a day.
Questions?
Thank You!