

Rethink Your Drink

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How to use these slides – “read the notes in quotation marks”, **the notes in bold are actions facilitators should take**, and *italicized notes are suggestions to make your session as accessible and inclusive as possible!*

- “Sip smarter with easy drink swaps. Replacing sugary drinks with delicious, infused water can help you achieve your healthy goals!”

**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.**



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Agenda

- Introduction
- Rethink Your Drink
- Infused Water Activity
- Goal Setting



- **Welcome participants and allow all facilitators to introduce themselves. You should also take care of any housekeeping items (closest bathroom, water fountain, etc.) at this time. Give a brief description of today's educational experience (objectives on next slide)**
- *To go above and beyond, you can create a schedule breakdown with time stamps and pictures. It is helpful to hang copies of the schedule in the learning space. This helps you keep on track and helps participants know what to expect. For example:*
 - *1:00-1:10 Introduction*
 - *1:10-1:20 Demonstrate Content (i.e. Sip Smarter, etc.)*
 - *1:20-1:40 Activity (i.e. Infused Water)*
 - *1:40-1:50 Recap/ Handout Review*
 - *If needed, 1:40-1:45 Break*
 - *1:50-2:10 Goal Setting*

Learning Objectives

- Describe the benefits of drinking beverages without added sugars.
- List three tips for sipping smarter.



- **Explain the expected outcomes**

Ice Breaker

- **Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the Welcome Toolkit or choose your own!**
 - <https://www.heart.org/-/media/files/healthy-living/company-collaboration/welcome-toolkit.pdf>
- *When choosing an ice breaker, the activity should allow multiple ways to participate and be included.*
- *Allow individuals to write/draw/verbally communicate their responses.*
- *For example, an activity that requires lots of physical movement might not be inclusive for people with physical disabilities.*

Tips For Healthier Sips

- Quench your thirst
- Still taste good
- Better for your health!



- “Today, we are going to go through some tips for switching to healthier drinks that can quench your thirst and still taste good!”

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



- “Cut back slowly – If you drink sugary beverages like sodas and sweetened teas on a regular basis, start cutting back now.”
- Try for replacing one sugary drink a day perhaps during a meal and after a week of one a day try for more
- Try replacing those beverages with some tasty 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

Nutrition Facts	
6 servings per container	
Serving size	1 cup (230g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 12g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 4mg	22%
Potassium 380mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



- “Read those ingredients – Beverages, like energy drinks, can be deceiving because they advertise that they are healthy but are usually loaded with calories and sugar. Common forms of added sugars are sucrose, glucose, fructose, maltose, dextrose, corn syrups, concentrated fruit juice, and honey. Also, look carefully at the label because one container may be considered more than one serving, which can double or triple the amount of sugar you’re consuming.”

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



- “Work up to water – We’re used to hearing we should drink water every day, but that can seem like a challenge if you don’t enjoy it. Here are a few ideas for making water more available and enjoyable:
 - Carry a refillable water bottle or keep a drinking glass with you during the day.
 - Add slices of orange, lemon, or even cucumber for a boost of flavor.
 - Try sparkling water with a 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



- “Join the juicing trend – You may have seen infomercials for juicers or read articles about the benefits of making and drinking your own fruit and vegetable juices. These homemade juices can be OK – up to a point. It’s always better to eat produce instead of drinking it as you get fiber from the skin and pulp that can be strained out by a juicer. Remember, it’s easy for the calories from fruit juice to add up quickly. “

Sip a Smoothie

- Budget friendly and heart healthy
- Experiment with different fruit combinations
- Try out new smoothie recipes



- “Sip a smoothie – When you are in the mood for a milkshake or want an afternoon snack, stay on the heart-healthy track with a budget-friendly homemade fruit smoothie!
- Experiment with different fruit combinations like mango-pineapple or strawberry-blueberry. You can also find some delicious smoothie and other beverage recipes on the AHA website.”
 - *AHA’s recipes can be found at*
<https://recipes.heart.org/en/collections/courses/beverages>

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



- “Blend ½ cup frozen unsweetened fruit with ½ cup fat-free plain Greek yogurt and ½ cup fat-free milk.
- If you don’t have a blender, mix together ½ cup of small pieces of fresh fruit with the yogurt and milk, then freeze for one hour.”

Try Infused Water

- If applicable, **Divide participants into teams to practice making one of the easy infused water recipes (found in the Infused Water Recipe Ideas handout).**
- **Invite group members to pick up their resources (recipe, ingredients, and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)**
 - *Infused Water Recipe handout on the next slide*
- “Today, we are going to make delicious infused water.
- Once everyone has finished making the recipe, pour it into cups and share with your team.”



Infused Water Recipe Ideas

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 (stem 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 (thinly sliced), 6 to 8 strawberries (hulled and quartered), and 1 handful of basil (stem 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 (stem 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.

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 5 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.

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:

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- This slide is meant to provide a visual cue. To review the handout with participants, open the PDF from the lesson plan in a separate window. If participants have a printed copy, have them follow along.
- Handout: “Infused Water Recipe Ideas” on page 5 of the Rethink Your Drink lesson plan
 - *Show the video on the next slide to supplement this handout*



- *Supplemental video: **Play video for the Infused Water Recipes (1:51)***
 - https://youtu.be/thv4_INgodE
 - *Ensure that closed captioning is on for the video as it plays.*
- This video teaches how to jazz up your water with infusions. There are 12 great combinations to keep it fresh and flavorful.



READ THE LABEL, AND CHOOSE WISELY.

Some drinks that appear to be healthy may be high in calories and added sugars. Check serving size per container and ingredients list.

Added sugars go by many names, including sucrose, glucose, fructose, dextrose, high-fructose corn syrup, cane syrup, and many others.

EAT SMART. ADD COLOR. MOVE MORE. BE WELL.

SEE MORE TIPS ON HEALTHY EATING, EXERCISE AND MORE: HEART.ORG/EATSMART

- This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along.
- *Supplemental handout: “Sip Smarter” on page 6 of the Rethink Your Drink lesson plan.*
 - <https://www.heart.org/-/media/aha/h4qm/pdf-files/sip-smarter-infographic-eng.pdf>



- **Discuss what a “SMART” goal is.**
 - Specific -- clearly defined
 - Measurable -- able to be measured (numbers!)
 - Attainable -- achievable or within reach
 - Relevant -- appropriate or applicable
 - Time-Based -- given a due date
- *Supplemental video:*
 - *Achieve More by Setting SMART Goals (1:15)-*
<https://youtu.be/yA53yhiOe04>

SMART Goal Example

Goal:

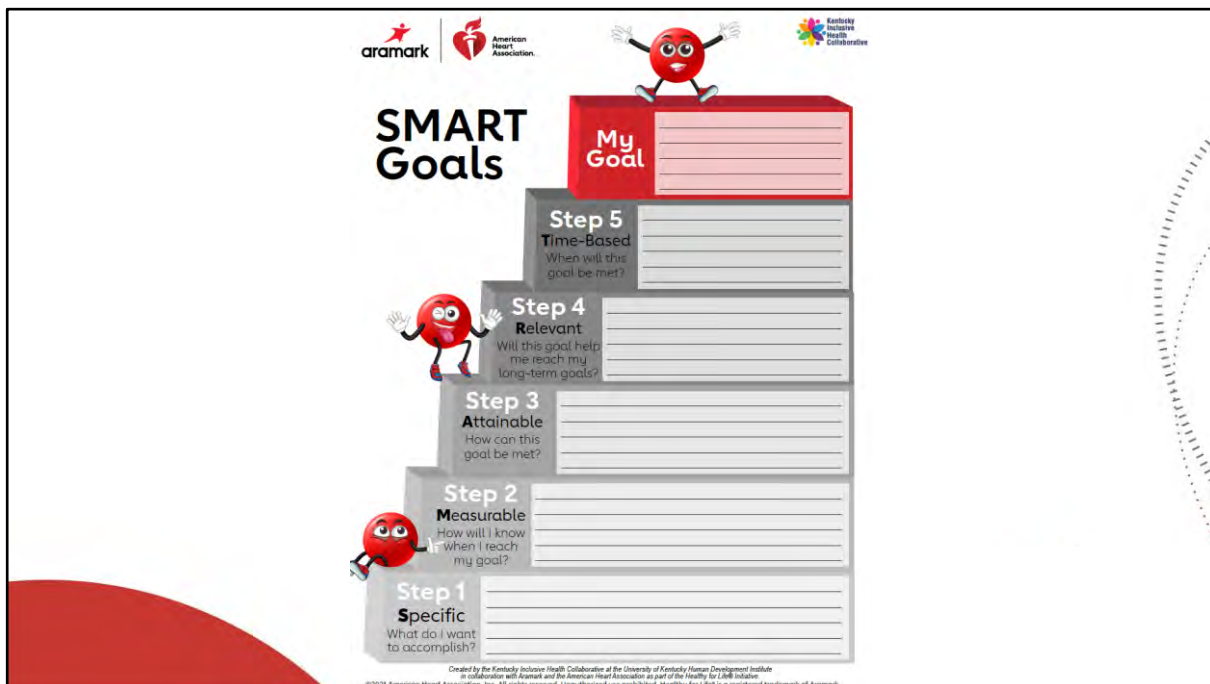
I will drink more water and less sugary drinks.

SMART Goal:

I will drink water at every meal and only one sugary drink a day.



- Engage in a goal setting activity.
- Provide an example of a non-SMART goal.
- Invite the group to discuss how to make it SMART.



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- **Pass out “SMART Goal” handout to participants. If time allows, have participants fill out the handout and come up with their own SMART goal.**
 - <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusive-health-collaborative-pdfs/smartgoals.pdf?la=en>



Questions?

- **Invite participants to ask questions.**

Thank You!



- **Thank participants**
- **If applicable, encourage them to join the next activity**
 - **Provide date/time/location if known**