

17

Alcoholic and Non-alcoholic Drinks Facilitator Notes

Main Learning Points and Review of Healthy Steps from Last Session: *Carbohydrates (a DGA Focus Area): What Do the Guidelines Say?*

1. Carbs are part of healthy eating habits.
2. We need to get about half of our calories from carbs.
3. Pick whole foods and whole grain products for your healthiest carb choices.
4. Eating fewer sugary foods and brushing and flossing daily can improve your dental hygiene.

Review Healthy Steps from last session.



Note

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

Remember:

It is important to acknowledge and discuss participants' successes, progress and challenges.

Materials Needed to Accompany Participant Handout: *Beverage Nutrition Facts Labels*

Tips for this Session

If you use the suggestions for introducing this session, you will want to bring in an empty 20-ounce bottle of some type of cola and a 20-ounce bottle of cola that has been emptied and 17 packets (or teaspoons) of sugar added to it. If possible, also bring in a 2-liter bottle (emptied and then 57 teaspoons/packets of sugar added.). In addition, bring in at least 30 or 40 sugar packets for a visual demonstration.

(Note: Every ounce of fluid in a sugared cola beverage has slightly less than one teaspoon of sugar.)

Keep the two bottles hidden from view as participants enter the room.

General Tip

Invite a guest lecturer to the session.

Inviting a speaker who has been successful in making healthy lifestyle changes can inspire and foster hope in others. For example, consider asking someone who quit smoking, is in recovery from alcoholism, or has developed healthier eating or physical activity habits to talk about his or her success. You may also want to ask content experts to do guest lectures. For instance, having a registered dietician speak about the Dietary Guidelines or other topics about nutrition or weight management may be helpful. Take advantage of experts in your local community.

Suggestion for Topic Introduction and Relevance to Participants

“Who likes soda? What is your favorite type of soda?”

(Listen and respond encouragingly to responses. If anyone says they prefer a diet drink, they don't like colas, or they drink water instead, say something like “that's healthier for you!”)

“I want to show you something today. I have an empty 20-ounce bottle that once had (name the cola) in it. Can anyone guess how many packets of sugar are in a 20-ounce bottle of cola?”

(Encourage them to guess. If anyone says 17 packets...)

“17 packets? You're right!”

(If no one has a close guess, say something like...)

“You will be surprised to know that there are about 17 packs of sugar in every 20 ounce cola!”

(Show the 20-ounce bottle with the sugar in it.)

“This is how much sugar was in this drink. Does this surprise you? It did me! So every time you drink one of these, you get this much sugar.”

“Now, what do you think about this?”

(Bring out the 2-liter bottle with 57 teaspoons of sugar in it.)

“Do you really want to drink this much sugar, which gives you very few nutrients? Today, let's talk about beverages.”

Topic Assessment

1. A 2. B 3. D 4. C

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Review of Session 16: Carbohydrates: What Do the Guidelines Say?



Main Learning Points of Session 16

What were the main learning points of Session 16? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Healthy carbs are part of h_____y eating habits.
2. We need to get about half of our c_____s from carbs. Most of those need to be from healthy carbs.
3. Choose whole foods and whole g_____n products for your healthiest carb choices.
4. Eating fewer sugary f_____s and brushing and flossing daily can improve your oral hygiene.

Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

1. Yes. How did it go? _____

2. No. What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

3. I didn't choose a small healthy step.

Topic Assessment



Mark one: Pre Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. Sugar-sweetened drinks may cause:

- A. Health and weight problems.
- B. Health problems, but not weight problems.
- C. Needing to smoke more.
- D. Weight problems, but not health problems.

2. Food calories are more likely to make you gain weight than drink calories. It is a good idea to drink your calories.

- A. True
- B. False

3. It is recommended that people taking medicine for mental illness:

- A. Drink alcohol only on the weekend.
- B. Stop taking their medicine 1 day before drinking alcohol.
- C. Drink just 1 or 2 alcoholic drinks a day.
- D. Don't drink any alcohol.

4. The daily recommended sugars per day is 10 teaspoons. That would be about the amount in how many ounces of soda?

- A. 20
- B. 40
- C. 12
- D. 6

Topic Assessment



5. I am confident that I know how to choose healthy drinks for myself.

| | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly Disagree | Disagree | Neither Agree Nor Disagree | Agree | Strongly Agree | Unsure |

6. This information is important for me to know.

| | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly Disagree | Disagree | Neither Agree Nor Disagree | Agree | Strongly Agree |

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

| | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly Disagree | Disagree | Neither Agree Nor Disagree | Agree | Strongly Agree |

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Choosing Healthy Beverages

Objective for this Session

1. Understand how sugar-sweetened beverages add to weight gain.
2. Identify how much sugar is in 1 serving of a drink using a nutrition facts label.
3. Identify 1 step you will take to reduce your sugar intake from drinks.

Non-alcoholic Drinks

Sugar sweetened drinks (beverages) are very popular in America. More and more, people choose these drinks over healthier ones like water or milk. During the past 30 years, choosing more sugar-sweetened drinks has led to more health problems. Obesity and diabetes are just two examples of these health problems.



Which of these do you drink on a regular basis?

- 1. Regular Soda
- 2. Diet Soda
- 3. Fruit Juice
- 4. Orange Juice
- 5. Power Drinks
- 6. Coffee; if so, how many teaspoons or packs of sugar do you add? _____
- 7. Tea; if so, how many teaspoons or packs of sugar do you add? _____
- 8. Alcohol
- 9. Milk (skim, low-fat, or whole? _____)
- 10. Water
- 11. Other: _____

On average, how many of these do you drink each day?

Main Learning Point #1

Sugar-sweetened drinks may lead to health and weight problems.

Choosing Healthy Beverages

(continued)

Many high calorie, sugar sweetened drinks have what are called “empty” calories. The sugars in these drinks have a lot of calories, but very little or no nutrition. Alcohol is another drink that adds calories but no important nutrients.

Did you know? If the average person cut out 1 soda a day, every day, at the end of a year they would weigh 16 pounds less.

Main Learning Point #2

Don't drink your calories!

Mixing Alcohol with Medications

It is known that alcohol interacts with many medications taken to treat any type of illness. Mixing alcohol with psychiatric and/or other medications may cause interactions that can make some side effects worse, like sleepiness. Specifically with psychiatric medications, certain symptoms of mental illness (such as hallucinations, delusions and social isolation) can get worse and lead to hospitalization or relapse. It is best to avoid the use of alcohol completely.

The Dietary Guidelines highlight the following fact: People taking medications that can interact with alcohol, and people with specific medical conditions, should not drink at all. Talk to your healthcare provider about the use of alcohol and your medications.

Main Learning Point #3

It is recommended that people taking medicine for mental illness do not drink any alcohol.

Using the Nutrition Facts Label

Unless you are drinking plain water, which is the healthiest drink, reading a Nutrition Facts label is one of the best ways to check for healthy and unhealthy drink choices.

Choosing Healthy Beverages

(continued)

Let's study the *Beverage Nutrition Facts* handout for this session. On the *Ingredients List*, if the beverage contains high “added” sugars, you will often see the following sugars listed near the top of the list: *high fructose corn syrup, dextrose, sucrose, glucose, molasses corn syrup, beet sugar, caramel, grape sugar* and *raw sugar*.

It's also important to pay close attention to serving size and number of servings per container. It is very easy to drink two or more servings of a beverage, which means more empty calories.

Did you know? The USDA recommends no more than 10 teaspoons of sugar each day in a 2000 calorie eating plan. The amount of sugar in one 12-ounce soft drink is 10 teaspoons.

The Added Sugar You Choose to Use

Mariel drinks 4 cups of coffee each day and uses 4 teaspoons of sugar in each cup. Mariel drinks 12 teaspoons of sugar every day just in her coffee! Plus, Mariel usually drinks 3 cans of regular soda in a day too. Since each can has 10 teaspoons of sugar, Mariel drinks 30 teaspoons of sugar in her soda.

Taking what Mariel has told us, she drinks at least 42 teaspoons of sugar in her drinks every day—12 teaspoons in her coffee and 30 teaspoons in her soda.

Main Learning Point #4

A 2000-calorie daily eating plan should include no more than 10 teaspoons of sugar each day.

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____
3. _____
4. _____

Take A “Small Healthy Step” to Ensure Your Success!

It’s important to practice new knowledge and skills. What will you do between now and the next session? Please choose one healthy step from the list below:

- 1. STUDY.** I am going to reread my handout at least once.
- 2. SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it and talk with me about how I can consume fewer sugary drinks.
- 3. TRACK.** This week I will use my *Daily Food and Beverage Tracker* to help focus on my beverage intake and to take a closer look at the nutrition choices I make.
- 4. OTHER** (Choose Your Own “Small Healthy Step”): _____

Take an “Extra Small Healthy Step”

- 5. PRACTICE.** I will read the *Beverage Nutrition Facts Labels* handout. I will answer the questions on the sheet and bring it back to next session to talk about it with the facilitator.

Beverage Nutrition Facts Labels

24 ounce Orange Drink

Serving Size (8 fl oz)
Servings Per Container 3

Amount Per Serving

Calories 120 Calories from Fat 0
%DailyValue

| | |
|-------------------------------|------------|
| Total Fat 0g | 0% |
| Sodium 10mg | 0% |
| Potassium 0g | 0% |
| Total Carbohydrate 30g | 10% |
| Sugars 28g | |
| Protein 0g | 0% |

INGREDIENTS: WATER, HIGH FRUCTOSE CORN SYRUP, ORANGE JUICE FROM CONCENTRATE, NATURAL ORANGE FLAVOR, CITRIC ACID, GUM FOR COLOR).

16 ounce Water

Serving Size (16 fl oz)
Servings Per Container 1

Calories 0 Calories from Fat 0
%DailyValue

| | |
|------------------------------|-----------|
| Total Fat 0g | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 0g | 0% |
| Sugars 0g | |
| Protein 0g | 0% |

INGREDIENTS: WATER

16 ounce Orange Juice

Serving Size 8 fl. oz. (240g)
Servings Per Container 2

Amount Per Serving

Calories 110 Calories from Fat 0
%DailyValue

| | |
|-------------------------------|------------|
| Total Fat 0g | 0% |
| Saturated Fat 0g 0% | |
| Trans Fat 0g | |
| Sodium 0mg | 0% |
| Potassium 450mg | 13% |
| Total Carbohydrate 26g | 9% |
| Sugars 22g | |
| Protein 2g | 16% |

Vitamin C 100% • Calcium 35% • Vitamin D 25%
Thiamin 10% • Riboflavin 4% • Niacin 4%
Vitamin B6 6% • Folic Acid 15% • Magnesium 6%

Ingredients: 100% pasteurized orange juice, FruitCal® (calcium hydroxide, malic acid, citric acid), and vitamin D3.

Questions



Please answer the following questions for the three beverages on the Beverage Nutrition Facts Label Handout.

1. How many servings does each beverage contain?

Orange Drink: _____

Orange Juice: _____

Water: _____

2. How many calories are in a serving?

Orange Drink: _____

Orange Juice: _____

Water: _____

3. If you drank the entire container how many calories would you be drinking?

Orange Drink: _____

Orange Juice: _____

Water: _____

4. What are the first two ingredients listed on the Ingredients List for each beverage?

Orange Drink: _____

Orange Juice: _____

Water: _____

5. Which is the healthiest drink?

Orange Drink

Orange Juice

Water

If you decide to drink the Orange Drink or Orange Juice, what could you do to reduce the amount of calories you drink in one serving?