



# Make Life Sweet, Not Your Drink

#EmPOWERChange



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Kick off your program with a warm welcome and your opening remarks. This could include an inspiring quote or reading or share with the group why this topic is important to you and your reason for offering to host this lesson.



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## MAKE LIFE SWEET, NOT YOUR DRINK | Lesson Overview

### Welcome

- What is EmPOWERED to Serve™?
- Program Topic and Urgent Community Need

### Health Lesson: *Make Life Sweet, Not Your Drink*

- Sugary drinks are a major contributor to the increasing rates of heart disease and type 2 diabetes.
- Choose water first to quench your thirst.
- Healthy drink options should be easily accessible and affordable for everyone.

### Closing Thoughts

- Your Voice Matters
- Online Resources



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2

Get everyone focused by reading through the lesson overview.

Let participants know that the lesson takes 30 minutes to complete.



## WHAT IS EMPOWERED TO SERVE?

**EmPOWERED to Serve is a movement inspiring those who are passionate about driving change through health justice in their communities.**

We are catalysts for change, empowering the equity equation.



**AHA's Mission Statement:  
To be a relentless force for a world of longer, healthier lives.**

Read the introduction to ETS.

Share why you joined the ETS movement.

Encourage anyone who has not joined ETS to go online after the program and sign up for this national movement.

Note that ETS is a platform of the American Heart Association/American Stroke Association and works in partnership with community organizations across the country.

Highlight the American Heart Association's Mission Statement.



## **POINT 1: It's Time to Rethink Your Drink**

**Sugary drinks are the single largest source of added sugars in the American diet.**

**Sugary drinks are a major contributor to the increasing rates of heart disease and type 2 diabetes. They also may influence cognitive functioning.**



Review the information on the slide.



## HEALTH IMPACT FROM SUGARY DRINKS

People who regularly drink sugary drinks, like sweetened teas, energy drinks and soda, are at **increased risk** of:

- Heart disease
- Type 2 diabetes
- Excessive weight gain
- Obesity
- Tooth decay



Review the information on the slide.

**Say:** Having just one sugary drink a day increases a person's risk of heart disease by 17%.

And, people who drink one to two sugary drinks each day have a 26% greater risk of developing diabetes.



## AHA'S SUGAR RECOMMENDATIONS

### Daily Sugar Limits for Adults



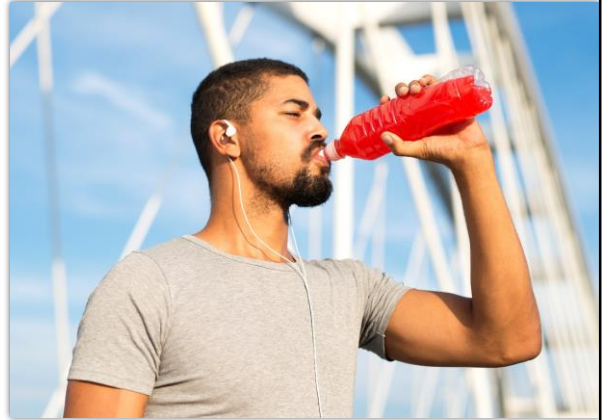
#### Women:

100 calories or  
6 teaspoons/25 grams (or less)



#### Men:

150 calories or  
9 teaspoons/36 grams (or less)



Review the information on the slide.



## AHA'S SUGAR RECOMMENDATIONS

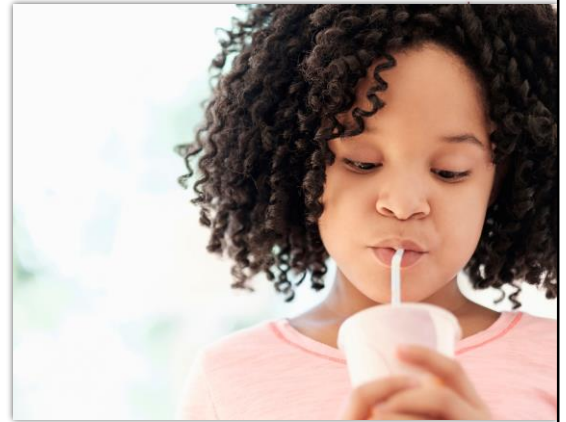
### Daily Sugar Limits for Children



**Children, over age 2:**

Less than 6 teaspoons

**Children should drink no more than  
one 8-ounce sugary drink a week.**



Review the information on the slide.



## TOO MUCH SUGAR

Most Americans consume nearly  
20 teaspoons of added sugars every day.



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



Review the slide.

**Ask:** Are you surprised by these numbers?





## TOO MUCH SUGAR



**10 teaspoons**  
of added sugar in an  
average 12-ounce can  
of soda



**14 teaspoons**  
of added sugar in an  
average 16-ounce  
energy drink



**16 teaspoons**  
of added sugar in an  
average 20-ounce  
bottle of cola



Review the slide.

**Ask:** Are you surprised by these numbers?



## SUGAR OVERLOAD

**Americans consume about 34 pounds of added sugar every year just from sugary drinks.**

Every week children are having up to **10 times** more sugary drinks than the AHA recommends.

**Nearly 50% of children ages 2 to 5 have at least one sugary drink daily.**



Review the information on the slide.

**Say:** Although Americans do seem to be drinking less soda, they're increasingly consuming other types of sugary beverages, like fruit drinks with added sugar, sports drinks and energy drinks.



## SUGARY DRINKS & COMMUNITIES OF COLOR

Communities of color tend to consume sugary drinks at a higher rate.

**They:**

- Often have less access to clean water and nutritious drinks, such as low-fat milk.
- Are targets of predatory marketing practices by sugary drink companies.

African American and Hispanic youth typically see **more than twice as many television ads** for sugary drinks and energy drinks.



Read the information on the slide.



## WHAT ARE ADDED SUGARS?

**Added sugars are put into beverages (or foods) when they're prepared or processed.**

They're different from naturally occurring sugars, like lactose in milk.



Read the information on the slide.



## CHECK THE NUTRITION FACTS LABEL

### Look for Added Sugars under "Total Sugars."

Added sugars go by sneaky names:

- Sucrose
- Glucose
- Maltose
- Dextrose
- High fructose corn syrup



**Say:** Do you read nutrition facts labels and ingredient lists?

Added sugars are now being listed under total sugars on the nutrition facts label. Read the label to see how much of the sugar is being added to a given product.

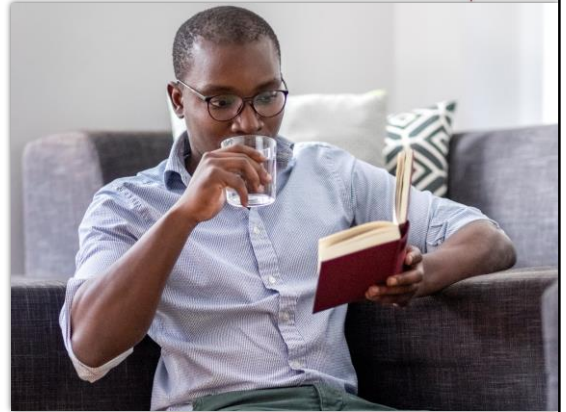
Can you think of other sneaky names for added sugar?



## **POINT 2: Choose water to quench your thirst.**

### **Drinking water every day promotes good health.**

- Water helps you manage your weight by creating a feeling of fullness.
- Water reduces your calorie intake when substituted for high-calorie, sugary drinks.
- Water keeps you from becoming dehydrated.



Review the information on the slide.

**Say:** Especially in the warmer months, it's important to drink lots of water to keep your body from overheating. Also, it's a healthy practice to drink water before, during and after physical activity.



## **POINT 2: Choose water to quench your thirst.**

### **Make water the easy, more appealing go-to choice:**

- Carry a refillable water bottle.
- Add a splash of 100% fruit juice or slices of citrus, berries or cucumbers for a boost of flavor.
- Try seltzer, club soda or sparkling water if you crave the fizz.



Review the information on the slide.

Reference the “Sip Smarter” handout and review the information if time permits.



## **VIDEO:** Twelve infused water recipes



16



**PREP NOTE:** Before the program, review the resource list for this lesson. Check the URL for the Twelve infused water recipes video. If you aren't going to have a live Internet connection, download the YouTube video ahead of time to your computer. Or, skip this slide.

This video is only available in English.

**Play the video:** [https://www.youtube.com/watch?v=thv4\\_lNgodE](https://www.youtube.com/watch?v=thv4_lNgodE)





## MAKE THE HEALTHY CHOICE

**You can occasionally include other healthier drink options, such as:**

- Low-fat milk
- 8 ounces of 100% fruit juice
- Unsweetened coffee and tea for an energy boost



Read the slide.



## SLOW DOWN THE SUGAR RUSH

### Simple steps for healthier choices:

- Read nutrition facts labels to look for Added Sugars.
- Read ingredient lists to look for the sneaky names for added sugar.
- Keep in mind that 4 grams of sugar equals 1 teaspoon.
- Cut back slowly.
- Sip a smoothie instead of a sugary drink.



Review the information on the slide.

**Say:** Be sure to read nutrition facts labels. You'll see Added Sugars under Total Sugars on many more labels. You can calculate the amount of added sugar by remembering that 4 grams equals 1 teaspoon of sugar.

If you're used to sweet drinks, such as sweet tea, you can start to cut back on sugar by filling your glass with less sweet tea and mixing in unsweetened tea.

For a naturally sweet pick-me-up, blend fruit, veggies and low-fat milk or yogurt to make a smoothie. It's an easy way to get in a serving or two of fruits and vegetables.



## JOIN THE HEALTHY FOR GOOD MOVEMENT

**Get science-based information  
for you-based motivation.**

Healthy for Good™ is a movement to inspire you to lead a healthier life by taking one small step at a time.

**Go to [heart.org/healthyforgood](https://heart.org/healthyforgood) to  
find tips, videos and recipes.**



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### **POINT 3: Improve drink options for our communities**

**Healthy drink options, like clean drinking water, should be easily accessible and available in public places.**

**Healthy drinks should be priced at an equal or lower cost than less-healthy options.**



Review the information on the slide.



## HOW IS AHA ADVOCACY HELPING?

### AHA advocates for:

- Robust nutrition standards in schools and government nutrition programs for meals and snacks.
- Removal of sugary drinks from early care and education.
- A healthier option for the drink that automatically comes with kids' meals at restaurants.
- Taxing sugary drinks to help decrease consumption (Revenue should be reinvested to support community needs.)



Review the slide.

**Say:** AHA's nutrition standards include promoting healthier beverages that are higher in nutrients and without added sugars. The standards would also set limits on empty calories. These are calories that don't provide healthful nutrients since they come from solid fats and added sugars.



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## JOIN YOU'RE THE CURE'S MISSION

### You're the Cure is working to:

- Improve water access and safety in schools and other public places where families and kids spend time.
- End the marketing of sugary drinks to children.
- Make restaurant kids' meals healthier.
- Make it easier to drive industry innovation to improve the drinks we all need.



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22

Review the information on the slide.

**Say:** Advocating for the elimination of sugary drinks and the targeted marketing practices of sugary drink companies will help create healthier environments for our kids and help them establish healthy habits for life.



## YOUR VOICE MATTERS

**We all have the power to make a difference by speaking out for policies that help build healthier communities and healthier lives.**

Join **You're the Cure** today and be among the first to know when major policy initiatives pass or when your help is needed to advocate for a healthy future.



**Text EMPOWER to 46839 to join today!**

23

### Say:

Thank you for joining today. Before we close this lesson, we would like to mention other ways you can continue your health journey and help others in your community.

Each of us have the power to make a difference in our community. By joining the American Heart Association's **You're the Cure** program, you can be among the first to know when major policy initiatives pass or when your help is needed to advocate for an issue. Text EMPOWER to 46839 to join today!



## USE YOUR VOICE TO CREATE HEALTHIER COMMUNITIES

You can help us work to draw communities together on the path to building a sustainable culture of health.

Go to [EmPOWEREDtoServe.org](https://www.EmPOWEREDtoServe.org)

Sign up to become an ambassador and learn how you can be a part of the movement!

**Join us as we impact the health of ALL in our communities!**



Encourage everyone to be active in the EmPOWERED to Serve movement.

Share how being part of the ETS movement helps you embrace a lifestyle of health.

Encourage everyone to come to a future ETS health lesson.





## WRAP-UP

**We appreciate your thoughts!**

Tell us what you liked best.

Email us at:  
[empoweredtoserve@heart.org](mailto:empoweredtoserve@heart.org)



Thank everyone for coming.

Thank all the volunteers who helped coordinate the program.

Take a moment to share an inspirational reading or ask the group to join you in an uplifting song.

# WE ARE EMPOWERED TO SERVE

...serve our health, serve our community



**The American Heart Association requests that this document be cited as follows:**  
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Put this slide up as your closing slide and leave it up until all the participants leave the room.