

# Think Before You Drink - Avoid Sweetened Drinks!



Sweetened drinks are made with different types of sugar. They replace healthier drinks, which may lead to poor health. Families should try to avoid sweetened drinks, limiting them to small amounts and special occasions. Keep the focus on drinking for health!

Some examples of sweetened drinks you should avoid are regular sodas such as Coke®, Pepsi®, Sprite® and Dr. Pepper®; sports drinks like Gatorade® and Powerade®; fruit-flavored drinks such as CAPRI SUN®, lemonade, Hi-C®, Kool Aid®, Sunny Delight® and Hugs®; specialty coffee and tea drinks with cream, sugar or whipped cream.

## Is 100% fruit juice a sweetened drink?

Even though some fruit juices are made with 100% fruit juice, they still contain a lot of sugar. These juices are not as healthy as the whole fruits they are made from. The best way to get fruit into your diet is by eating the whole fruit instead of drinking fruit juice.

## How can I tell if a drink is sweetened and should be avoided?

Sugar and other sweeteners go by many different names, and may be hard to find. Start by looking at the ingredient list on the package. If you see one of the names listed below, it is a sweetened beverage and should be avoided.

- High-fructose corn syrup
- Fructose
- Fruit juice concentrates
- Honey
- Corn syrup
- Sucrose
- Dextrose
- Sugar

## What should we choose instead of sweetened drinks?

- Water, sparkling water or sugar-free flavored water (like Fruit2O®)
- Low-fat or skim milk (kids under 2 years should drink whole milk)
- Low-fat soy milk

Avoiding sweetened drinks is a healthy choice for you and your family. Making a change to your habits doesn't have to be drastic. Start with a small goal and build on it to make it last!

# How Can We Avoid Sweetened Drinks?



Avoiding sweetened drinks can help improve your family's health, but it can be hard to change your habits! Here are some tips to help get you started:

- Each family member should track how many sweetened drinks he or she has each day.
- Set a goal for yourself. Make sure it's reasonable and achievable. For example, if you drink soda every day, set a goal to limit it to the weekends.
- Get the whole family involved in some friendly competition. Supporting each other's efforts will make it easier for everyone to do well.
- Use the diary in this packet to record your goal and track your progress. Make copies of the diary before you start so you'll have one for every week.

## **Making it easier to avoid sweetened drinks**

These ideas will help you stay focused and achieve your goals. The easier it is for you to make good choices, the easier it will be to avoid sweetened drinks!

- Get started by making a family favorites list. What are your favorite healthy drinks, and what are some new ones you want to try?
- Make a plan before you go grocery shopping. Add healthy drinks to your list.
- Keep a jug of cold water in the fridge. Add some zest to water by adding slices of lemon, lime, cucumber or watermelon!
- Take your own healthy drinks to work or school. Carry a water bottle and refill it throughout the day.
- When choosing drinks away from home, look for water fountains and vending machines with healthy choices.

## **Track your progress and reward your family for a job well done!**

To start avoiding sweetened drinks, set your goal and go for it! Write your goal on the contract and use the diary to track your progress. Don't get discouraged if you don't meet your goal every day. Each day is a fresh start! Remember to reward yourself and your family for your efforts. Take a walk, play a game, read a book together. Celebrate your efforts and your success!

# Sweetened Drink Diary

## Track your sweetened drinks

Use the chart below to keep track of how many sweetened drinks you drink each day.

### Instructions

- Set your goal and write it on your weekly diary.
- Each time you drink a sweetened drink, note it for that day on your diary. At the end of the day, count up your total sweetened drinks. Compare it with your goal.
- Track your sweetened drinks progress on a new form each week.
- Set up a time each week with a family member or friend to talk about how you are doing with tracking your sweetened drinks and making this healthy change.
- Make sure you have a diary for next week. If you do not have one, make a copy of a blank one or make up a new one.

### Helpful Tips

- Keep your diary where you will see it each day. For example, put your diary on the refrigerator, by your bed, or on your bathroom mirror.
- If you don't have your diary with you, use any piece of paper, then copy it to your diary when you get home.
- Be honest! It's ok if you don't meet your goal every day.



Week of: \_\_\_\_\_ Weekly Goal: \_\_\_\_\_

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What sweetened drinks did I drink?							
How many sweetened drinks did I drink?							
Did I meet my weekly goal? Yes <input type="checkbox"/> No <input type="checkbox"/>							

Notes: \_\_\_\_\_  
 \_\_\_\_\_

# Healthy Pathways Lifestyle Goal Contract

**We choose to focus on avoiding sweetened drinks.**

I promise to try to limit my sweetened drinks to \_\_\_\_\_, (goal)

\_\_\_\_\_ days a week, starting today.  
(number)

I, \_\_\_\_\_, will try my best to meet this goal.  
(child signature)

I, \_\_\_\_\_, will support efforts to meet this goal.  
(caregiver signature)

Today's Date: \_\_\_\_\_

