



# *Hydrating for Health!*





Sugary Beverages  
Rank from MOST Sugar (1) to LEAST Sugar (6)



# Sugary Drink Predictions

Drink	OUR Prediction: Ranking (1-6)		<i>Formula for Grams of Sugar in Drink</i>  Grams of Sugar in the <u>Entire</u> Bottle = Number of Servings x Grams of Sugar	<i>Formula for Cubes of Sugar in Drink</i>  Cubes of Sugar = Grams of Sugar ÷ 4		ACTUAL Ranking (1-6)
<b>A</b> <i>Cranberry-Grape Juice</i>						
<b>B</b> <i>Arizona Iced Tea</i>						
<b>C</b> <i>Gatorade</i>						
<b>D</b> <i>Pepsi</i>						
<b>E</b> <i>Vitamin Water</i>						
<b>F</b> <i>Cherry Lemonade</i>						

# Mountain Dew

## Nutrition Facts

Serving Size 12 fl oz 360g (360 g)

Servings per container 1

### Amount Per Serving

**Calories** 169

Calories from Fat 0

### % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 71mg 3%

**Total Carbohydrate** 46g 15%

Dietary Fiber 0g 0%

Sugars 46g

**Protein** 0g

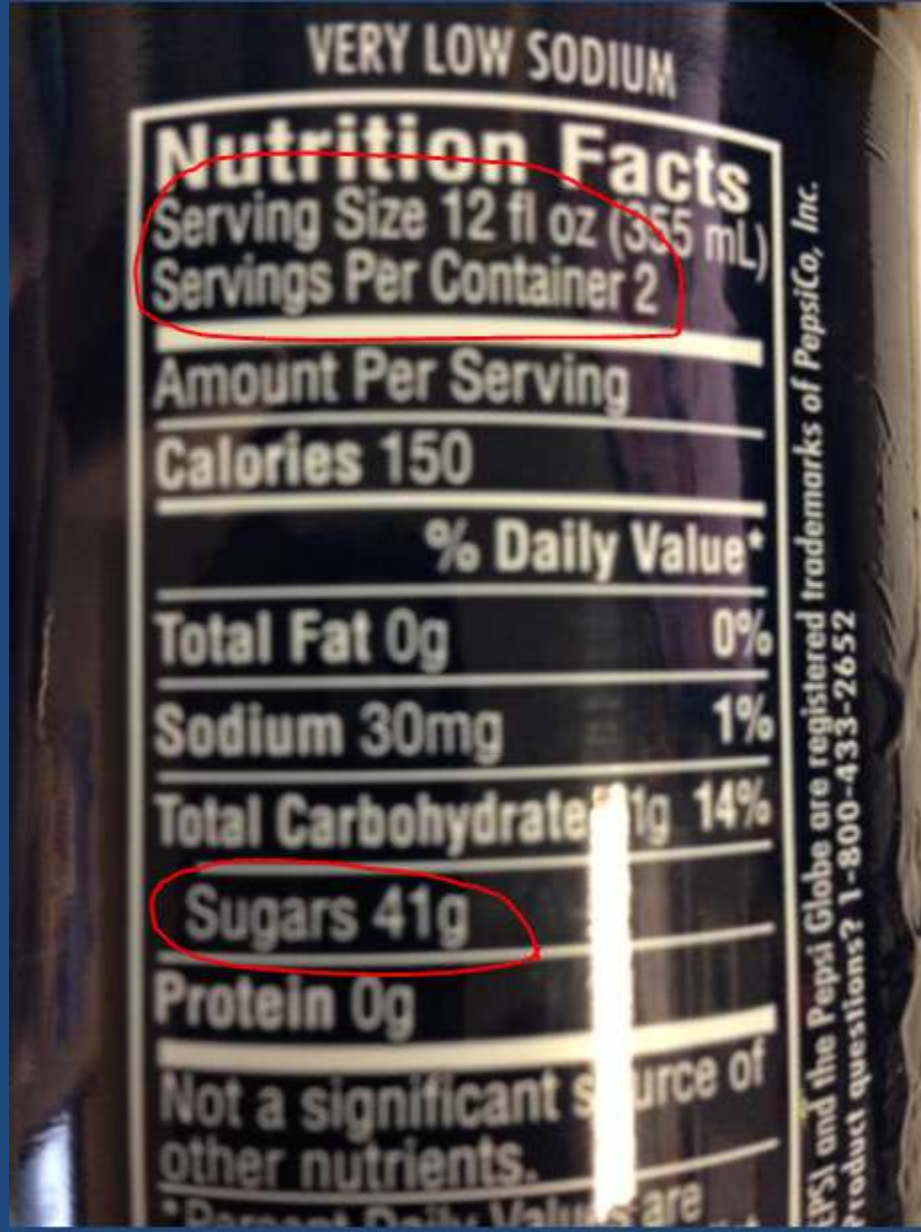
Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

# Mystery Beverage

## 20 ounces



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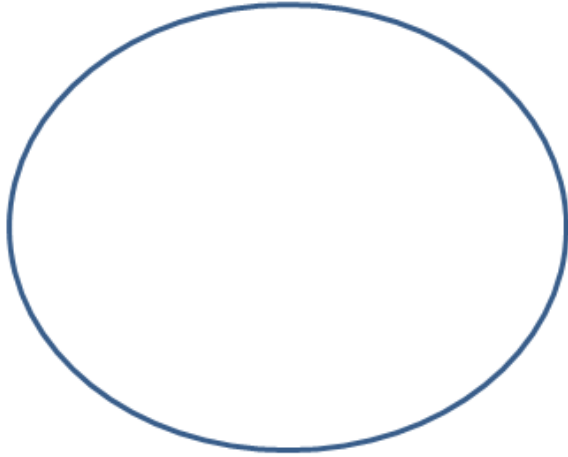
# Sugary Drink Solutions

Drink	OUR Prediction: Ranking (1-6)		Formula for Grams of Sugar in Drink  Grams of Sugar in the Entire Bottle = Number of Servings x Grams of Sugar	Formula for Cubes of Sugar in Drink  Cubes of Sugar = Grams of Sugar ÷ 4		ACTUAL Ranking (1-6)
<b>A</b> <i>Cranberry-Grape Juice</i>			58 grams	14.5 cubes		
<b>B</b> <i>Arizona Iced Tea</i>			72 grams	18 cubes		
<b>C</b> <i>Gatorade</i>			34 grams	8.5 cubes		
<b>D</b> <i>Pepsi</i>			82 grams	20.5 cubes		
<b>E</b> <i>Vitamin Water</i>			32 grams	8 cubes		
<b>F</b> <i>Cherry Lemonade</i>			70 grams	17.5 cubes		

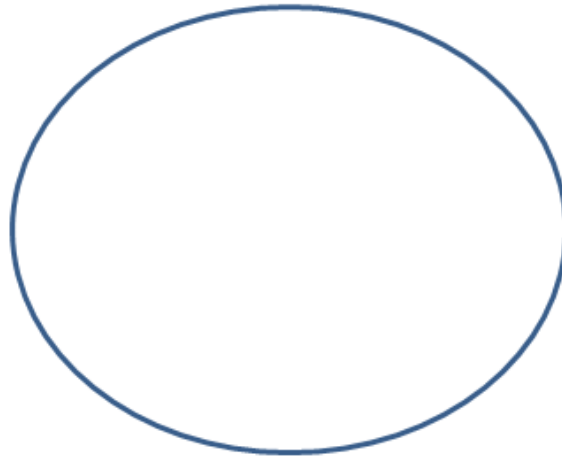




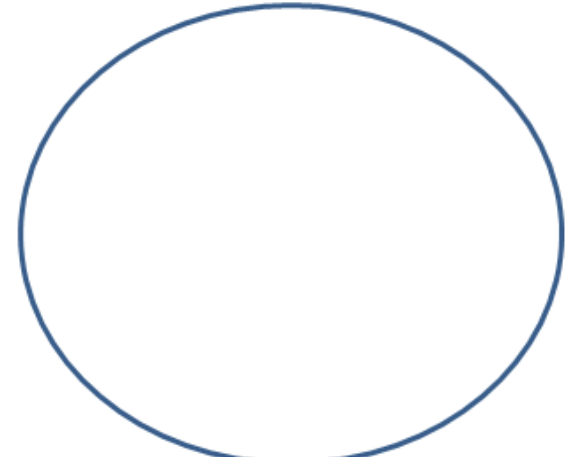
# Create a Sugar Cube Sculpture



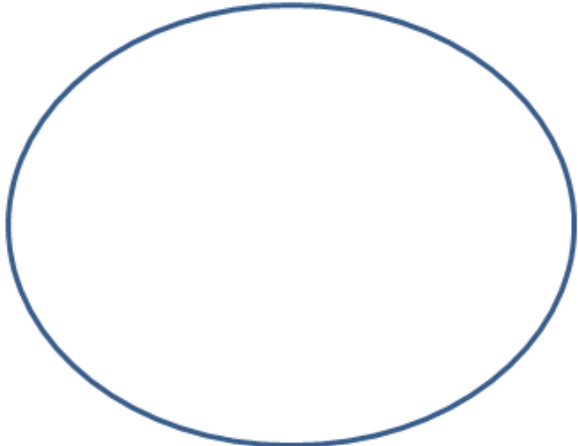
**Cranberry Grape Juice**



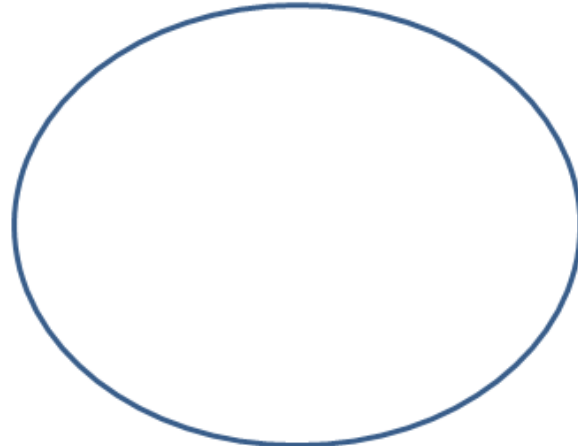
**Cherry Lemonade**



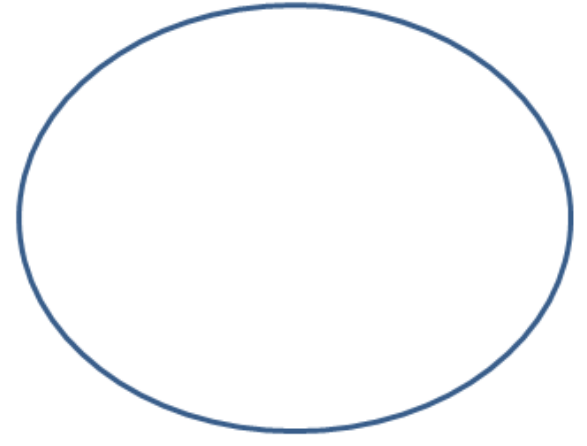
**Gatorade**



**Arizona Iced Tea**



**Pepsi**



**Vitamin Water**

# De-Brief

- What, if anything, surprised you about the results of this activity?
- What are the consequences of drinking sugary drinks?
- What are some strategies for reducing the amount of sugary beverages that you drink?

Ingredients are listed in order of decreasing weight in the product. The first THREE ingredients are usually the most significant.

**INGREDIENTS:** WHOLE GRAIN ROLLED OATS, BROWN SUGAR, WHOLE GRAIN ROLLED WHEAT, RAISINS, VEGETABLE OIL (PARTIALLY HYDROGENATED COTTONSEED AND/OR SOYBEAN OIL), ALMONDS, DRIED UNSWEETENED COCONUT, NONFAT MILK, HONEY, GLYCERIN, NATURAL FLAVOR.

**CONTAINS:** WHEAT, ALMONDS, MILK, SOY.

# Find the Hidden Sugar

Over 40 Ways to Name this Toxin!



Agave nectar\* Barbados sugar\* Barley malt Beet sugar\*  
Blackstrap molasses\* Brown sugar\* Buttered syrup\* Cane juice crystals\*  
Cane sugar\* Caramel\* Carob syrup\* Castor sugar\*  
Confectioner's sugar\* Corn syrup Corn syrup solids Crystalline fructose\*  
Date sugar\* Demerara sugar\* Dextran Dextrose  
Diastatic malt Diatase Ethyl maltol Evaporated cane juice\*  
Florida crystals\* Fructose\* Fruit juice\* Fruit juice concentrate\*  
Galactose Glucose Glucose solids Golden sugar\*  
Golden syrup\* Grape sugar\* High-fructose corn syrup\* Honey\*  
Icing sugar\* Invert sugar\* Lactose Malt syrup  
Maltodextrin Maltose Maple syrup\* Molasses\*  
Muscovado sugar\* Organic raw sugar\* Panocha\* Raw sugar\*  
Refiner's syrup\* Rice syrup Sorghum syrup\* Sucrose\*  
Sugar\* Treacle\* Turbinado sugar\* Yellow sugar\*

# Sugary Anecdotes

Yogurt



8 ounces

Chocolate Milk



10 ounces

# Why is Sugar So Bad for Us?

Too much sugar may lead to tooth decay.



Too much sugar may lead to excess weight gain.



Too much sugar may lead to disease.



# Scary Sugary Fact - 1

- Average American eats 3,550 pounds of sugar in a lifetime...



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- Average American eats 3,550 pounds of sugar in a lifetime...

**...That's about 1,767,900 Skittles or enough to fill an industrial-sized dumpster!**



# Scary Sugary Fact - 2

- Average adult gets 22 teaspoons of sugar per day – average kid gets 32 teaspoons per day...



**...The American Heart Association recommends 6 teaspoons per day for adult woman and 9 teaspoons per day for men MAXIMUM. Children should be less than that.**

# Scary Sugary Fact - 3

- Soft drinks (sodas and other sweetened beverages) are the main source of sugar consumption...

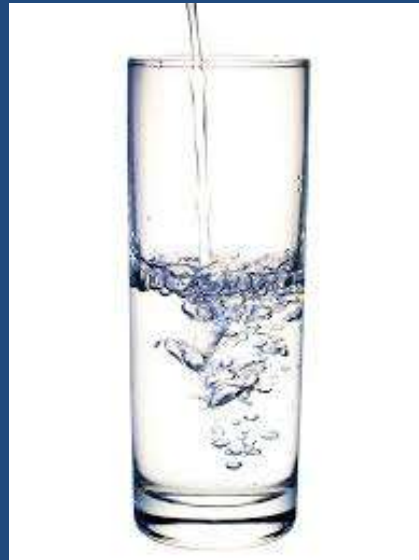
# Scary Sugary Fact - 3

- Soft drinks (sodas and other sweetened beverages) are the main source of sugar consumption...

...The average American will consume 45-53 GALLONS of soft drinks per year!



# What SHOULD I drink?



Statements about Water	Opinion		Finding	
	Agree	Disagree	Support for opinion	No Support for Opinion
I can definitely <u>taste the difference</u> between <u>bottled</u> water and <u>tap</u> water.				
<u>Tap</u> water is <u>safer</u> for me to drink than bottled water.				
<u>Tap</u> water is much <u>more expensive</u> than bottled water.				
Whenever I have a choice, I <u>prefer</u> to select <u>bottled</u> water over tap water.				
I think it's important to encourage people to drink <u>more tap</u> water.				

# How Do the Samples Compare?

## Tasting Notes

	<b>Water A</b>	<b>Water B</b>
<b>Smell</b>		
<b>Taste</b>		
<b>Is this TAP water or BOTTLED water?</b>		

# Which Water Tastes Better?



A



B



# Which Water Is Tap Water?



A



B

# EPA Tap Water vs FDA Bottled Water

	<b>Tap Water</b>	<b>Bottled Water</b>
<b>Disinfection required?</b>	Yes	No
<b>Confirmed E. Coli and Fecal Coliform Banned?</b>	Yes	No
<b>Bacteria tests per month?</b>	hundreds	four
<b>Must filter to remove pathogens or have strictly protected source?</b>	Yes	No
<b>Must test for Cryptosporidium, Giardia, Viruses?</b>	Yes	No
<b>Operator must be trained and certified?</b>	Yes	No
<b>Must test for and meet standards for asbestos &amp; phthalate?</b>	Yes	No
<b>Must use certified labs to do testing?</b>	Yes	No
<b>Must report violations to State and Federal agencies?</b>	Yes	No
<b>Consumers have a right to know about contamination?</b>	Yes	No

# Which Water is Safer?



Tap



Bottled

# Cost of Water Calculation Sheet

## ***Bottled Water Calculations***

Number of bottles of water that you drink per day \_\_\_\_\_

Cost of each bottle of water \_\_\_\_\_

Number of days in a year \_\_\_\_\_

**Your total cost of bottled water per year** \_\_\_\_\_

## ***Tap Water Calculations***

Amount of water that you drink per day in liters \_\_\_\_\_

Amount of water that you drink per day in gallons \_\_\_\_\_

Price per gallon of your local tap water \_\_\_\_\_

Price per day of your water intake in gallons \_\_\_\_\_

Number of days in a year \_\_\_\_\_

**Your total cost of tap water per year** \_\_\_\_\_

- How does the price of tap water compare to the cost of bottled water?
- What fraction of the cost of bottled water is the cost of tap water?

## ***What is the cost difference?***

The difference between the yearly cost of bottled water and tap water. \_\_\_\_\_

### **Helpful conversions:**

- Typical bottled water volume=0.5 Liter
- Typical bottled water (0.5 Liter) cost= \$1.50
- 1 Liter=0.264 gallons
- Price per gallon of EBMUD tap water=\$0.003/gallon

# Which Water is Cheaper?



Tap



Bottled

## 3-2-1 Exit Card

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### 3 Differences in quality standards between tap water and bottled water:

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

### 2 Reasons to drink tap water rather than bottled water:

- e) \_\_\_\_\_
- f) \_\_\_\_\_

### 1 Small change that I will make in my life regarding tap water:

- g) \_\_\_\_\_

## Beverage Health Goal

I know that drinking more water and less sugary beverages will help me be healthier.

For the next week I will:

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Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Witness: \_\_\_\_\_

Date: \_\_\_\_\_

