

Rethink Your Drink

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How to use these slides the notes in bold
are actions facilitators should take and italicized notes are suggestions to make
your session as accessible and inclusive as possible

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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 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. Sip Smarter, etc.

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Learning Objectives

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



- ‡ Explain the expected outcomes



- ‡ 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

Read Ingredients

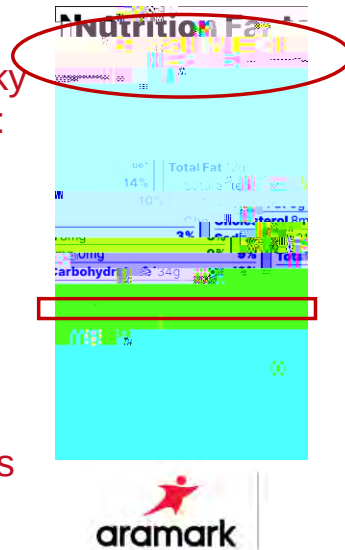
‡ Calories and sugar can be sneaky

‡ 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



‡ 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

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 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



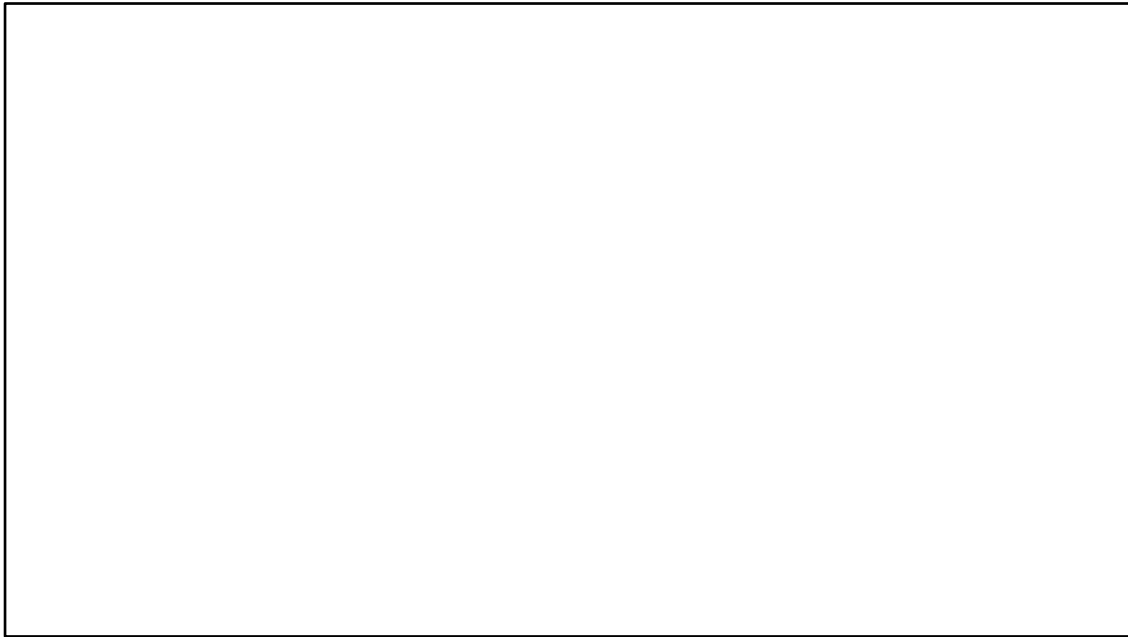
You may have seen infomercials for juicers or read articles about the benefits of making and drinking your own fruit and vegetable juices. These homemade juices can be OK always better to eat produce instead of drinking it as you get fiber from the

Sip a Smoothie

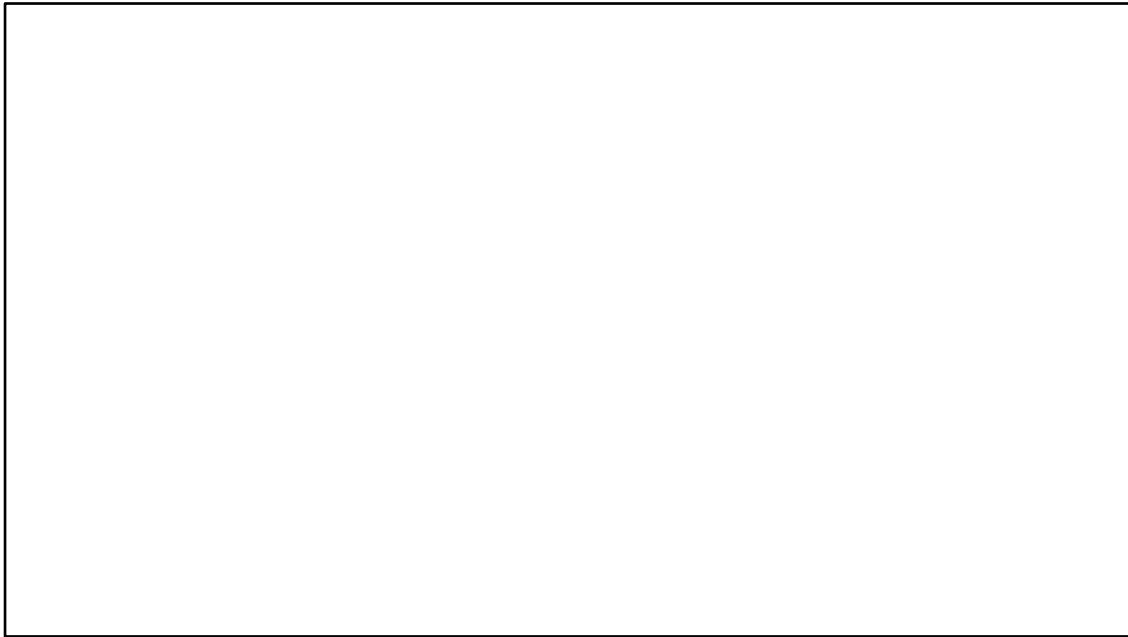
- ‡ Budget friendly and heart healthy
- ‡ Experiment with different fruit combinations
- ‡ Try out new smoothie recipes



- ‡ 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
- ‡ AHA's recipes can be found at <https://recipes.heart.org/en/collections/courses/beverages>



- ‡ 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
- ‡
- ‡ Once everyone has finished making the recipe, pour it into cups and share

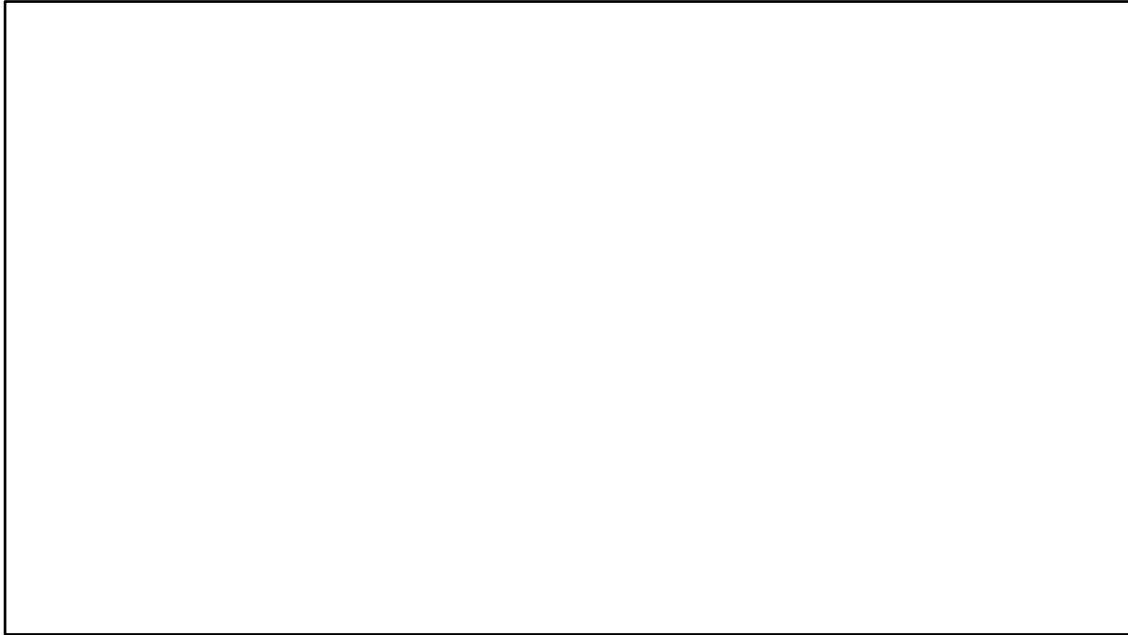


‡ This slide is meant to provide a visual cue. To review the handout with participants, open the PDF from the lesson plan in a separate window. If participants have a printed copy, have them follow along.

‡

lesson plan

‡ Show the video on the next slide to supplement this handout



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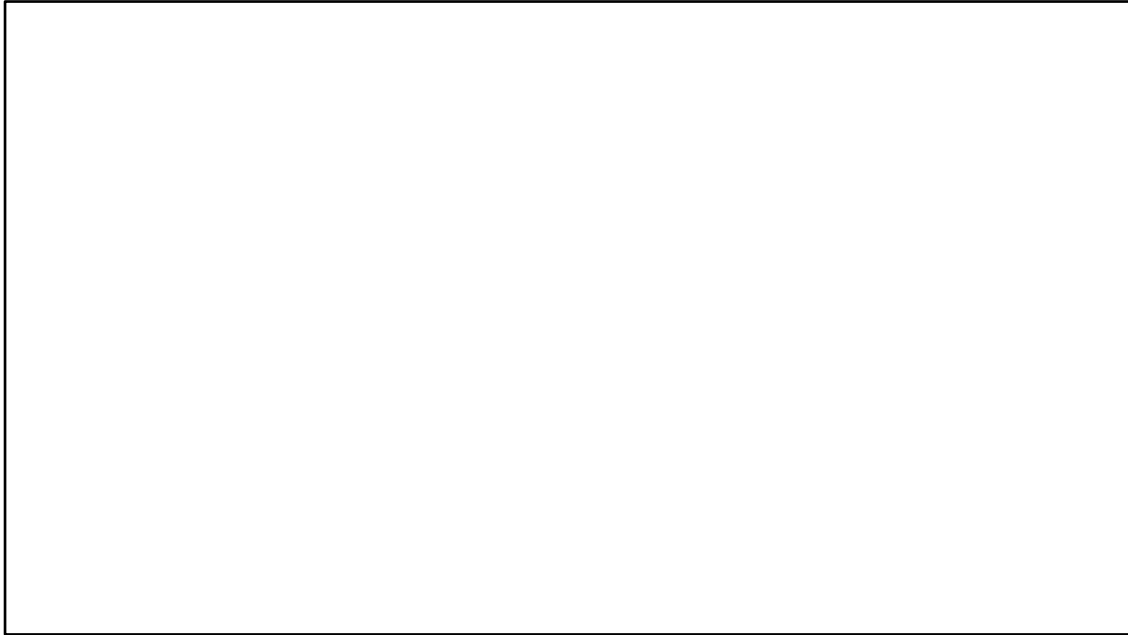


- ‡ Discuss what a “SMART” goal is.
 - ‡ Specific- clearly defined
 - ‡ Measurable- able to be measured (numbers!)
 - ‡ Attainable-- achievable or within reach
 - ‡ Relevant- appropriate or applicable
 - ‡ TimeBased- given a due date





- ‡ 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.
- ‡ 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>



‡ Invite participants to ask questions.

Thank You!



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