



American  
Heart  
Association

CSF10

COOKING SKILLS AND FOOD

# Rethink Your Drink

Time: 70 Minutes

Sip smarter with easy drink swaps. Replacing sugary drinks with

## Rethink Your Drink Resource List

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### HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel  
or [heart.org/healthyforgood](https://heart.org/healthyforgood)

Video - [Infused Water Recipes](#)

Infographic - [Sip Smarter](#)

Find these resources in this lesson

Handout - [Infused Water Recipe Ideas](#)

Handout - [Sip Smarter](#)

Handout - [Setting SMART Goals](#)

### SPACE SETUP

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Today, we are going to go through some tips for switching to healthier drinks that can quench your thirst and still taste good!

**Cut back slowly** – If you drink sugary beverages like sodas and sweetened teas on a regular basis, start cutting back now. Try replacing those beverages with some tasty infused water.

**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 you're consuming.

**Work up to water** – We're used to hearing we should drink water every day, but that can seem like a challenge if you don't enjoy it. Here are a few ideas for making water more available and enjoyable:

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drinking glass with you during the day.

- Add slices of orange, lemon, or even  
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- Try sparkling water with a splash of  
100% fruit juice.

**Join the juicing trend** – You may have seen infomercials for juicers or read articles  
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your own fruit and vegetable juices. These  
homemade juices can be OK – up to a  
point. It's always better to eat produce  
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the skin and pulp that can be strained out  
by a juicer. Remember, it's easy for the  
calories from fruit juice to add up quickly.

**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! Blend ½ cup frozen unsweetened fruit smoothie! Blend ½ cup fat-free plain Greek yogurt and ½ cup fat-free milk.

If you don't have a blender, mix together ½ cup of small pieces of fresh fruit with the yogurt and milk, then freeze for one

## Rethink Your Drink Activity Script

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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.)

Today, we are going to make delicious infused water.

Take the recipe, pour it into cups and share with your team.

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- What exactly do you want to accomplish?
- How will you track your progress towards your goal?
- Is reaching your goal possible with your full effort?
- Do you have the resources and ability to achieve your goal? If not, how can you get them?
- When will your goal be achieved?

### EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:

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