

Eat Smart Move More

Orange County

Eat Smart, Move More Health Tip



Re-Think Your Drink

We all love a refreshing drink with a meal, as a snack, or after physical activity. Sodas, sweet tea and other sugary drinks taste great, but have a lot of calories and no nutrients. Next time you're thirsty, re-think your drink. Try water with lemon or other flavored, unsweetened drinks instead.

For more tips on how to re-think your drink where you live, learn, earn, play and pray, visit

www.EatSmartMoveMoreNC.com



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Re-Think Your Drink



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Key Messages

- Beverages can contribute lots of calories to the overall diet.
- Beverage calories may not provide a feeling of overall satiety.
- Changing from calorie-containing beverages to calorie-free beverages may be an easy way to decrease total calories.

Objectives

Participants will be able to:

1. Find calorie-free beverages to replace high-calorie beverages.
2. Understand how many calories are in specific beverages.

Suggested Strategies

1. Hold a “Sweet Drink Challenge” where members log how many sweetened beverages they drink per day over three days. Participants would include such drinks as sweet-tea, sports drinks, soda, coffee with sugar or flavored syrup, and juice. Challenge participants to cut their total number of beverages by half for the rest of the month.
2. Give participants re-usable water bottles with the organization’s logo.
3. Send participants weekly e-mails with Re-Think Your Drink educational materials to explain the benefits of healthy beverages and water.
4. Offer water at meetings or gatherings instead of high-calorie drinks.



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Re-Think Your Drink Materials

Use the following materials to communicate messages about the benefits of reducing consumption of sweetened and high-calorie beverages. Documents provided are reproducible and can be modified to meet the needs of your organization or audience.

★ *Starred handouts are available in Spanish*

- **Smart Drinks for a Healthy Weight** - This handout explains how limiting soft drinks can help a person maintain a healthy weight and quench his or her thirst at the same time.
- **Making Smart Drink Choices** - This handout gives the healthiest drink choices and consumption recommendations for infants, children, and adults. ★
- **Think Your Drink** - This National Dairy Council flyer explains how not all drinks are created equal by showing nutrition facts of popular beverages.
- **I Will Drink More Water** - This empowering poster reminds people to drink more water because it is refreshing, healthy, and free. ★

