



Audience: Newcomers to Canada
Who presents: Community group leaders and educators
Length: 25-30 minutes

Outcomes	Materials needed/Introduction
<p>By the end of this presentation, participants will:</p> <ol style="list-style-type: none"> 1. acknowledge the cultural diversity in healthy eating and drinking practices. 2. be able to identify healthy and unhealthy drinks. 3. understand that we need water every day and that tap water in cities and towns in Alberta is clean. <p>This presentation is part of the Newcomer Nutrition Education Toolkit: www.ahs.ca/nutrition/Page10982.aspx</p>	<ul style="list-style-type: none"> • Laptop and projector or smartboard • AHS Sugar Shocker Education Kit (optional). Web link: www.ahs.ca/assets/info/nutrition/if-nfs-sugar-shocker-kit.pdf <p>Optional Handouts (can be used by instructor for further information or for the participants as appropriate). Handouts available from: www.healthyeatingstartshere.ca</p> <ul style="list-style-type: none"> • Choose Healthy Drinks (AHS) www.ahs.ca/assets/info/nutrition/if-nfs-choose-healthy-drinks.pdf • Healthy Drinks, Healthy Kids (AHS) www.ahs.ca/assets/info/nutrition/if-nfs-healthy-drinks-kids.pdf • Energy Drink Buzz (AHS) www.ahs.ca/assets/info/nutrition/if-nfs-energy-drink-buzz-h.pdf

The notes pages are intended to be a guide for the facilitator to present the material; they are not a formal script for each slide. The “*Background Information for Facilitator*” sections provide further details to the presenter on a particular topic which may assist with questions from the audience.

You will find some of the following prompts on some slides:

- ☺ **Click to the Next Slide** – click to have words or pictures appear separately
- ★ **Discussion** – ideas for group discussion
- ◆ **Optional Props** – suggestions for items to use as visual aids. See pages 6, 9, and 11.

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Welcome!



Lisa Fotos, [Person Sitting on Grey Sofa While Holding Clear Highball Glass of Water](#), CCO

Outcome:

Key Messages:

- Welcome to the presentation.

Facilitator Notes:

- Today we will be talking about drinks. Please share your ideas and experiences if you would like to.
- This presentation was made by dietitians. A dietitian is a person who is an expert on food and how food is used in the body.

Background Information for Facilitator:

- Public health dietitians have expertise in nutrition, food systems and related public health sciences (DC, 2010). Public health nutrition encompasses the assessment, planning and implementation of services for enhancement of population health and prevention of nutrition-related diseases. (DC, 2010)
- In Alberta, dietitians must meet specific education requirements to provide advice, counseling and instruction about food and diet. Dietitians must be registered with the College of Dietitians of Alberta (www.collegeofdietitians.ab.ca) and they must take part in continuing education each year to ensure they keep up with new evidence and practice standards.

Photo from: <https://www.pexels.com/photo/person-sitting-on-grey-sofa-while-holding-clear-highball-glass-of-water-1785864/>

In Your Home Country...



ImagesBG, H2O, Water, Pure,
Clean, Filtered, CCO

www.albertahealthservices.ca

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Outcome: Participants will acknowledge the cultural diversity in healthy eating and drinking practices.

Key Messages:

- Healthy eating and drinking practices differ among countries.

Facilitator Notes:

★**Discussion** – Depending on the participants' English language proficiency, ask a selection of the following questions to facilitate discussion about intercultural differences in drinks.

- ***In your home country, what are common drinks?***
- *Do you usually drink coffee or tea?*
- *In Canada, do you drink tap water?*
- *Since coming to Canada, have you changed what you drink?*
- *What drinks do you like?*

Background Information for Facilitator:

- This presentation introduces newcomers to Canadian food culture and recommended healthy eating practices, while encouraging learners to maintain healthy habits from their countries of origin.
- It would be impossible to include preferred foods and practices of all learners in a classroom due to Canada's rich cultural diversity. However, acknowledging the variety of cultures through examples that resonate with learners is important.
- With nutrition knowledge, many drinking practices can be adapted to be healthier. (e.g. by limiting sugar-sweetened drinks and including more water)

Water photo from: <https://pixabay.com/photos/h2o-water-pure-clean-filtered-1610746/>

Drinks in Canada

Healthy Drinks



Good for your body

Drinks to Limit



Not good for your body

Outcome: Participants will be able to identify healthy drinks.

Key Messages:

- There are drinks that are good for our body and drinks that are not good for our body.
- The drinks we choose can affect our health and weight.
- Drinks with added sugar (e.g. cola, fruit punch, blended coffee drinks) are not good for our body.

Facilitator Notes:

- In Canada, there are many types of drinks. Some drinks like water and milk are good for our body. Other drinks are not good for our body.

★ **Discussion** - presenter asks the question “Do you know the word ‘healthy?’”

Answer: Healthy means to have good health (feeling strong, having energy). Being healthy also means to be free from sickness. For example, healthy drinks are drinks that are good for the body.

- Some drinks, like cola, fruit punch and blended coffee drinks can have a lot of sugar, so we need to be careful not to have these drinks too often. Many of these drinks come in large sizes, so it is easy to drink a lot and not feel full. (AHS, 2012) Drinks with a lot of sugar are not good for our heart or teeth. (Heart and Stroke Foundation, 2014; WHO, 2015) They can also make us gain extra body weight. (Heart and Stroke Foundation, 2014)

Background Information for Facilitator:

- High sugar drinks, such as cola and fruit juice can often replace more nutritious drinks like milk. (WHO, 2015) Individuals may not get enough nutrients, such as: vitamin D and calcium.
- Sugary drinks are one of the main causes of dental cavities. (WHO, 2015)

Sugar Shocker Kit (AHS)

- This kit includes more detailed information and activities on healthy and unhealthy beverages. It also has drink photos with sugar content that can be printed off or projected onto a Smart Board. To access the Sugar Shocker Kit (AHS), visit to the following web link:

www.ahs.ca/assets/info/nutrition/if-nfs-sugar-shocker-kit.pdf

Healthy Drinks

Water

Milk

Fortified Soy
Beverage



Outcome: Participants will be able to identify healthy and unhealthy drinks.

Key Messages:

- Water, milk or fortified soy beverage are the only drinks our body needs to stay healthy.

Facilitator Notes:

Water: Best choice (we need water every day)

- We need to have a lot of water everyday. Water is good for our body.
- We will talk later about how much water we need.

Milk and Fortified Soy Beverage: Healthy choices

- Milk and fortified soy beverages are healthy drinks (HC, 2019a) that keep bones and teeth strong. (Institute of Medicine, 2011)
- Most of the milk in Canada comes from cows.
- Fortified soy beverage is good choice for anyone that does not want to have food or drinks from animals.
- Soy beverage is a drink made from soy beans (*presenter can point to the picture on the slide*). Look for soy beverage that says “fortified” on the label (*presenter may wish to write the work “fortified” on a whiteboard, flip chart or smart board*). “Fortified” on soy beverage means that vitamin D and calcium have been added. (HC, 2019a)

We need water every day



Tap water is safe in cities and towns in Alberta.

ImagesBG, H2O_Water_Pure_Clean_Filtered_CCO

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Outcome: Participants will understand that we need water every day and that tap water in cities and towns in Alberta is clean.

Key Messages:

- Our bodies need water every day to work well.
- Tap water in Albertan cities and towns is clean and safe to drink.

Facilitator Notes:

- Water is very important for our body. We need to drink water every day.
- Water from a tap is safe to drink. The water in cities and towns in Alberta is checked often to make sure it is safe. You do not need to buy plastic water bottles. You do not need to boil tap water. (Government of Alberta, 2015)
- ◆ **Optional Props** - *presenter can hold up a disposable plastic water bottle to show it is not needed.*
- One way to make sure you are drinking water is to buy a reusable water bottle. Carry it with you to work or school.
- ◆ **Optional Props** - *presenter can hold up a reusable water bottle.*

Background Information for Facilitator:

- Quality standards for bottled water and tap water are similar. (HC, 2015a) Both bottled water and municipally distributed tap water are considered safe if they meet or exceed required health and safety standards. (HC, 2015a)

Water photo from: <https://pixabay.com/photos/h2o-water-pure-clean-filtered-1610746/>

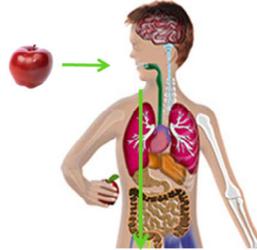
Water for a Healthy Body

- keeps our body cool (sweat)



Wilfredor, Boy Face from Venezuela, CCO

- helps food move through our body



- helps us breathe



Microsoft Clip Art

Outcome: Participants will understand that we need water every day.

Key Messages:

- Water is important for a healthy body.
- Water helps us sweat and breathe. It also helps move food through our body.

Facilitator's Notes:

- Water keeps our body working well.
- Water has many different jobs in our body. We will talk about some of them.
- It is not good for our body to get too hot. Water helps to keep our body cool by sweating when we get hot. (Institute of Medicine, 2005)
- Water helps food and the good things from food (such as vitamins, minerals, and other nutrients) move throughout our body. (Institute of Medicine, 2005)
- Water is needed for us to breathe. (Institute of Medicine, 2005)

Photo of boy's face from: https://commons.wikimedia.org/wiki/File:Boy_Face_from_Venezuela.jpg

Photo of child blowing dandelion from Microsoft Clip Art.


Alberta Health Services

Milk and Fortified Soy Beverage

For strong bones and teeth

- Skim, 1% and 2% milk are healthy
- Original (or plain) fortified soy beverage is healthy



www.albertahealthservices.ca
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Outcome: Participants will be able to identify healthy and unhealthy drinks.

Key Messages:

- Water, milk or fortified soy beverage are the only drinks our body needs to stay healthy.

Facilitator Notes:

Milk and fortified soy beverage are healthy drinks to have every day.

- 1%, 2% or skim milk all have the same good things (nutrients) in them. The only difference is the amount of fat.
- Skim means no fat, 1% means a little fat, 2% means a little more fat.
- Skim, 1% and 2% are all healthy for adults and children over age 2.
- Fortified soy beverage is low in fat. Look for the words “original” or “plain” on the label. These are a better choice than other beverages with flavor in them (e.g. chocolate, strawberry).

Background Information for Facilitator:

- Chocolate milk has some added sugar in it. However, it has all the good things (nutrients) found in milk. While white milk is the best choice, chocolate milk is a better choice than other sugary drinks (e.g. pop). To reduce the sugar, chocolate milk can be mixed with white milk.
- Plant-based beverages other than fortified soy beverage (e.g. almond, hemp, rice) have lower amounts of protein, and other important vitamins and minerals (like vitamin D and calcium) found in milk and soy beverage. (Alberta Health Services, 2016a), (Alberta Health Services, 2016b)

For more information, refer to the handout(s):

- [Plant-Based Beverages for Children \(AHS\)](http://www.ahs.ca/assets/info/nutrition/if-nfs-plant-based-beverages-for-children.pdf)
- [Choose Healthy Drinks \(AHS\)](http://www.ahs.ca/assets/info/nutrition/if-nfs-choose-healthy-drinks.pdf)
- [Healthy Drinks, Healthy Kids \(AHS\)](http://www.ahs.ca/assets/info/nutrition/if-nfs-healthy-drinks-kids.pdf)

Coffee and Tea

Less than 3 cups of coffee or tea with caffeine is okay



Outcome: Participants will be able to identify healthy and unhealthy drinks.

Key Messages:

- A small amount of coffee or tea is okay to drink every day.
- Adding too much sugar or cream to coffee or tea will make it an unhealthy drink.

Facilitator Notes:

- Coffee and tea are okay to drink every day as long as we don't drink too much.
 - Coffee and tea have caffeine (*presenter can write the word caffeine on a white board, flip chart or smart board*). Caffeine makes us feel more awake, but too much is not good for our body.
 - It is best to have less than 3 cups (750 mL) of coffee or black tea in a day
- ◆ **Optional Props** – show a 1 cup (250 mL) measuring cup for reference.
- Herbal teas (e.g. mint, lemon, ginger) do not have caffeine so we can drink more of them. Look for “no caffeine” on the label.

Background information for Facilitators:

- Not all herbal teas are considered safe for pregnant or breastfeeding women. For more information, visit the *Healthy Parents, Healthy Children* website: www.healthyparentshealthychildren.ca/starting-off-healthy/eating-during-pregnancy/food-safety/other-concerns/
- Too much caffeine may lead to undesirable side effects such as headaches, irritability, anxiety and sleeping problems. (Health Canada, 2013)
- It is best for children to avoid caffeine. They will experience the same side effects as adults. (Health Canada, 2013) Also, caffeinated drinks, such as pop or sugary coffee drinks may replace healthier drink choices.



Outcome: Participants will be able to identify healthy and unhealthy drinks.

Key Messages:

- A small amount of coffee or tea is okay to drink every day.
- Adding too much sugar or cream to coffee or tea will make it an unhealthy drink.

Facilitator Notes:

- Too much cream, sweetened condensed milk or sugar added to coffee and tea makes them unhealthy.
- Add less sweetened condensed milk or sugar.
- Have tea or coffee with a little or no cream. For a healthier option, try adding milk or fortified soy beverage to your coffee.

Background information for Facilitators:

- Not all herbal teas are considered safe for pregnant or breastfeeding women. For more information, visit the *Healthy Parents, Healthy Children* website. www.healthyparentshealthychildren.ca/starting-off-healthy/eating-during-pregnancy/food-safety/other-concerns/
- Too much caffeine may lead to undesirable side effects such as headaches, irritability, anxiety and sleeping problems. (Health Canada, 2013)
- It is best for children to avoid caffeine. They will experience the same side effects as adults. (Health Canada, 2013) Also, caffeinated drinks, such as pop or sugary coffee drinks may replace healthier drink choices.

Sweetened condensed milk photo from: <https://pixabay.com/photos/milk-maid-sweetened-condensed-milk-1237364/>


Alberta Health Services

Healthy Drinks



12 cups

Drink water most often

Drink 9 - 12 cups each day

Even if it's cold outside!

www.albertahealthservices.ca
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Outcome: Participants will understand that we need water every day.

Key Messages:

- Make water your drink of choice.
- Adults need 9-12 cups (2-3 litres) of fluid (drinks) each day. (Institute of Medicine, 2005)

Facilitator Notes:

- Water is needed for our body to work well. When we don't drink enough we can feel tired or we can get headaches. It is important to remember to drink water, even if it is cold outside.
 - Adults need 9-12 cups (2-3 litres) of fluid (drinks) every day. (Institute of Medicine, 2005)
- ◆ **Optional Props** – *show a 1 cup measuring cup for reference. Presenter can also show a water bottle that has measurements (mL, L or oz) marked on it. Explain how many cups are in the bottle.*

Background Information for Facilitator:

- For more information on choosing healthy drinks, visit: www.ahs.ca/nutrition/Page5624.aspx

Healthy Drinks



Milk, fortified soy beverage, tea, and coffee are all healthy drinks.

Drink 9 - 12 cups each day

All healthy drinks count!



12 cups

Outcome: Participants will understand that we need water every day.

Key Messages:

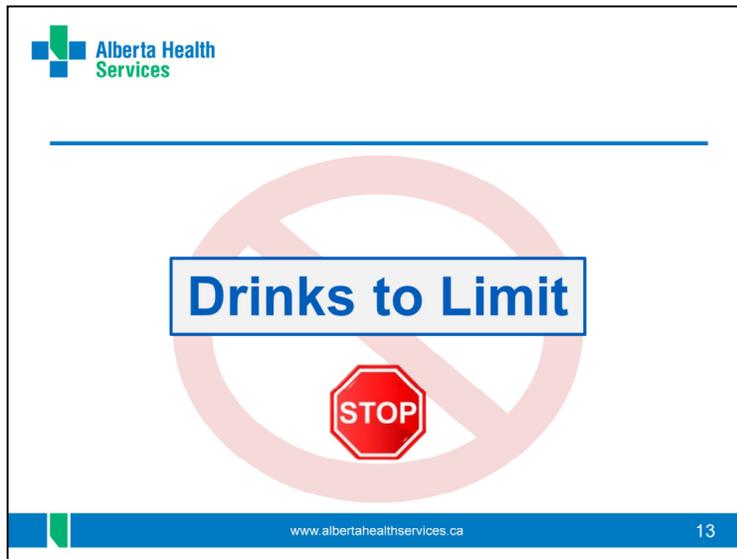
- Healthy drink options other than water include milk, fortified soy beverage, coffee and tea.
- All healthy drinks count towards the total amount of fluids you need each day.

Facilitator Notes:

- Other healthy drinks options include milk, fortified soy beverage, coffee and tea.
- All healthy drinks count! Water, milk, fortified soy beverage, coffee and tea can all be included in the total amount of fluids you need each day (9-12 cups or 2-3 L).
- Choose plain drinks with no added sugar.

Background Information for Facilitator:

- For more information on choosing healthy drinks, visit:
www.ahs.ca/nutrition/Page5624.aspx



Outcome: Participants will be able to identify unhealthy drinks.

Key Messages:

Facilitator Notes:

- Some drinks can have a lot of sugar, so we need to be careful not to have these drinks too often.
- It is easy to drink a lot of these types of drinks without feeling full. Having too much of these are not good for our heart, teeth, and can make us gain extra body weight.

Background Information for Facilitators:

- There are optional “Sugar Shocker” slides at the end of this presentation to use if the group is interested in learning more about the sugar content of sugar sweetened beverages
- Drinks included in the optional Sugar Shocker Slides: Pop (355 mL can), Sweetened iced tea (591 mL bottle), Ice slush (Large, 1.18 L)

Sugar Shocker Kit (AHS)

- This kit includes detailed information and activities on healthy and unhealthy beverages. It also has drink photos with sugar content that can be printed off or projected onto a Smart Board. To access the Sugar Shocker Kit (AHS), visit to the following web link: www.ahs.ca/assets/info/nutrition/if-nfs-sugar-shocker-kit.pdf

Is sugar in drinks good for our body?

Outcome: Participants will be able to identify unhealthy drinks.

Key Messages:

- Sugary drinks are not good for our body.

Facilitator's Notes:

★ **Discussion** - presenter asks the question "Is added sugar in drinks good for our body?"
- Facilitate discussion with participants

😊 **Click to the Next Slide** - presenter clicks to the next slide to reveal the word "No" on the slide.

Background Information for Facilitators:

- High sugar beverages can replace more nutritious food and drinks like milk (WHO, 2015). Individuals may not get enough nutrients, such as: vitamin D and calcium
- Sugary drinks are one of the main causes of dental cavities (WHO, 2015).

Is sugar in drinks good for
our body?

No

Outcome: Participants will be able to identify unhealthy drinks.

Key Messages:

- Sugary drinks are not good for our body.

Facilitator's Notes:

- There are a lot of drinks to limit that are high in sugar. Our body can get enough energy from healthy foods and drinks. We do not need any added sugar.
- Next we will be talking about drinks in Canada that have a lot of sugar.



We do not need added sugar



= added sugar

Too much sugar:

- Is not good for teeth
- Is not good for the heart
- Can ↑ bodyweight

Outcome: Participants will be able to identify unhealthy drinks.

Key Messages:

- Sugary drinks are not good for our body.

Facilitator Notes:

- Drinks with lots of sugar are not good for your teeth or your heart. These foods and drinks can also make you gain extra weight. (Heart and Stroke Foundation, 2014; WHO, 2015)
- Added sugar includes:
 - white sugar (table sugar): comes from raw sugar cane or the sugar beet plant
 - brown sugar
 - honey
 - syrup
- It does not matter the kind of sugar; in our body it is all the same.
- Add only a little or no sugar to coffee and tea.
- If you put a lot of sugar in your coffee or tea, add a little less sugar each time. Over time, you will get used to the taste of less sugar.

Background Information for Facilitators:

- Increased intake of calories can lead to weight gain and obesity. (AHS, 2012)
- Sugary drinks are one of the main risk factors for dental cavities. (World Health Organization, 2017)
- High sugar beverages can replace more nutritious drinks like milk. (AHS, 2012)

For more information on added sugar, visit the AHS “All about Sugar” web page

www.ahs.ca/nutrition/Page15212.aspx

For information on sugar substitutes (artificial sweeteners), visit :

www.unlockfood.ca/en/Articles/Food-technology/Facts-on-Artificial-Sweeteners.aspx



Drinks to Limit



Outcome: Participants will be able to identify unhealthy drinks.

Key Messages:

- Sugary drinks are not good for our body.
- Eating fruit is the best for our body.

Facilitator Notes:

- Juice is a sugary drink. It is best to eat vegetables and fruit instead of drinking the juice.
- It takes many pieces of fruit to make juice, which makes it high in natural fruit sugars.
- Also, juice doesn't make us feel full like fruit does because it is missing nutrients such as fibre, which can help us feel full. (WHO, 2015) , (AHS, 2012), (Health Canada, 2019a)



Drinks to Limit

Question:

How many teaspoons (spoonfuls) of sugar are in a bottle of pop?

1 teaspoon = 



Pop
591 mL bottle

Outcome: Participants will be able to identify unhealthy drinks.

Key Messages:

Facilitator Notes:

★ **Discussion** - presenter asks the question "How many teaspoons (spoonfuls) of sugar are in a bottle (591 mL) of pop?"

Presenter clicks to the next slide to reveal the answer.



Drinks to Limit



Pop
591 mL bottle



18 teaspoons of sugar

Outcome: Participants will be able to identify unhealthy drinks.

Key Messages:

- Pop is very high in sugar.

Facilitator Notes:

Answer: There are 18 teaspoons of sugar in a 591 mL bottle of pop. (AHS Sugar Shocker Education Kit, 2016)

★ **Discussion** - presenter asks the question “How much sugar would you drink if you had one bottle of pop (591 mL) every day for a year (all seasons)?”

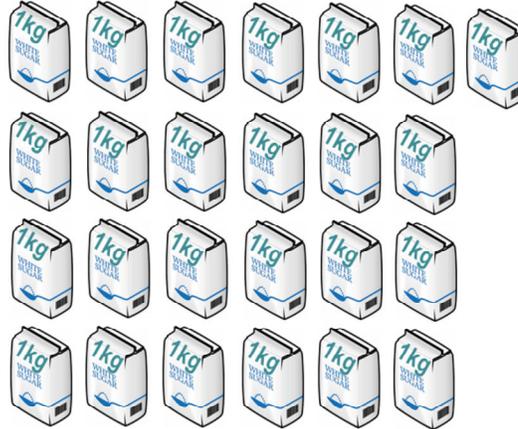
Presenter clicks to the next slide to reveal the answer.

1 Bottle of Pop Every Day For a Year

25 Kg (58 lbs)
of sugar



Pop
591 mL bottle



Outcome: Participants will be able to identify unhealthy drinks.

Key Messages:

- Pop is very high in sugar.

Facilitator Notes:

Answer: 25 kg or 58 pounds of sugar from 1 bottle of pop a day for a year.

- It is good to think about what we drink every day because over time, our body may be getting way too much sugar.



Drinks to Limit

Question:

How many teaspoons (spoonfuls) of sugar are in a sports drink?

1 teaspoon = 



Sports drink
750 mL bottle

Outcome: Participants will be able to identify unhealthy drinks.

Key Messages:

Facilitator Notes:

★ **Discussion** - presenter asks the question “How many teaspoons (spoonfuls) of sugar are in a bottle (750 mL) of sports drink?”

Presenter clicks to the next slide to reveal the answer.



Drinks to Limit



Sports drink
750 mL bottle



10 teaspoons of sugar

Outcome: Participants will be able to identify unhealthy drinks.

Key Messages:

- Sports drinks are high in sugar.

Facilitator Notes:

Answer: A 750 mL bottle of sports drink has 10 tsp of sugar. (AHS Sugar Shocker Education Kit, 2016)

- Sports drinks have a lot of added sugar and are not a healthy choice for most people.
- Sports drinks are drinks for people (athletes) who run or play sports (soccer, foot ball, running race, etc.) for a long time (for at least one hour). (Purcell, 2013; Coaching Association of Canada, 2013) It has sugar and other things in it that are needed when someone is very active for a long time. (Purcell, 2013; Coaching Association of Canada, 2013)
- It is not meant for people sitting at their desk or sitting at school.

Background for Facilitators:

- Sports drinks have added sugar and contain minerals (sodium and potassium). (Purcell, 2013; Coaching Association of Canada, 2013)
- Sports drinks are designed for athletes because they hydrate, provide energy, replace the sodium and small amounts of potassium that are lost through sweat. (Purcell, 2013; Coaching Association of Canada, 2013)



Drinks to Limit

Question:

How many teaspoons (spoonfuls)
of sugar are in an energy drink?

1 teaspoon = 



Energy drink
473 mL can

Outcome: Participants will be able to identify unhealthy drinks.

Key Messages:

Facilitator Notes:

★ **Discussion** - presenter asks the question “How many teaspoons (spoonfuls) of sugar are in one can (473 mL) of energy drink?”

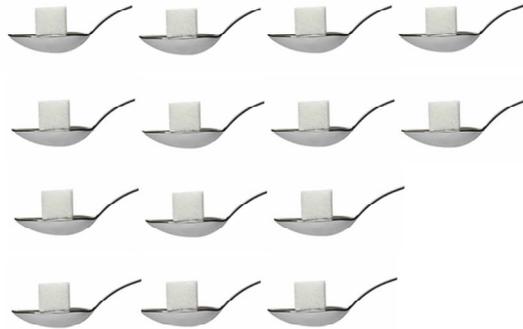
Presenter clicks to the next slide to reveal the answer.



Drinks to Limit



Energy drink
473 mL can



14 tsp of sugar

Outcome: Participants will be able to identify unhealthy drinks.

Key Messages:

- Energy drinks are high in sugar.

Facilitator Notes:

Answer: A 473 mL can of energy drink has 14 teaspoons of sugar.

(AHS Sugar Shocker Education Kit, 2016)

- Energy drinks are also high in caffeine and are not a healthy choice (Health Canada, 2013)
- It is best not to drink energy drinks.

Background Information for the Facilitator:

- Energy drinks are required to have a caution statement on their labels indicating that the product is "not recommended for children, pregnant/breastfeeding women, individuals sensitive to caffeine", and "do not mix with alcohol". (HC, 2015b)

For more information energy drinks, refer to the handout: Energy Drink Buzz

www.ahs.ca/assets/info/nutrition/if-nfs-energy-drink-buzz-h.pdf



Drinks to Limit

Question:

How many teaspoons (spoonfuls) of sugar are in an iced coffee slush?

1 teaspoon = 



Iced coffee slush
Medium (415 mL)

Outcome: Participants will be able to identify unhealthy drinks.

Key Messages:

- Iced coffee slush drinks are high in sugar and fat.

Facilitator Notes:

- Iced coffee drinks are made with cream or milk, sugar, ice and powdered coffee flavour.

★ **Discussion** - *presenter asks the question “How many teaspoons (spoonfuls) of sugar are in a iced coffee slush?”*

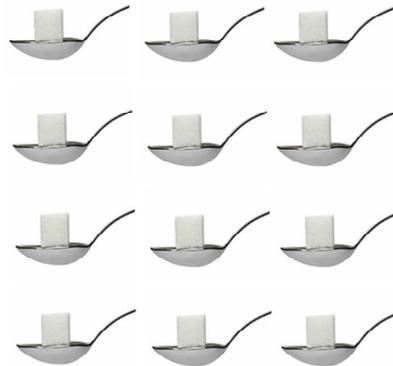
Presenter clicks to the next slide to reveal the answer.



Drinks to Limit



Iced coffee slush
Medium (415 mL)



12 tsp of sugar

Outcome: Participants will be able to identify unhealthy drinks.

Key Messages:

- Iced coffee slush drinks are high in sugar and fat.

Facilitator Notes:

Answer: A medium 415 mL iced coffee slush has 12 teaspoons of sugar. (AHS Sugar Shocker Education Kit, 2016)

- Iced coffee drinks often are made with cream. The fat in cream is not good for our hearts. (Heart and Stroke Foundation, 2015; Government of Canada, 2013)

Background Information for the Facilitator:

- Coffee has caffeine, which makes us feel more awake, but too much is not good for our body.
- It is best to have less than 3 cups (750 mL) of coffee or black tea in a day.



Drinks - Tips



Choose:

- ✓ Smaller size
- ✓ Little or no sugar
- ✓ Milk, not cream
- ✓ No whipped topping
- ✓ Plain coffee

Outcome: Participants will be able to identify unhealthy drinks.

Key Messages:

- Water bottles are a great way to remember to drink water throughout the day
- There are some simple things you can do to make a coffee drink healthier.

Facilitator Notes:

- If you are going to have a coffee drink, there are things you can do to make it healthier.
- Iced coffee drinks often are made with cream. The fat in cream is not good for our hearts. (Heart and Stroke Foundation, 2015; Government of Canada, 2013)
- The large coffee drink in the picture is made with cream and has whipped cream topping, so this drink has a lot of unhealthy fat in it. To make it healthier, you can:
 - Order a smaller size
 - Ask for it to be made with milk, not cream
 - Ask for no topping (no whipped cream)

Drinks - Tips



Carry a water bottle

Outcome: Participants will understand that we need water every day.

Key Messages:

- Water bottles are a great way to remember to drink water throughout the day

Facilitator Notes:

- Water is important for you to feel good and help your body work well.
- Carrying a water bottle helps you remember to drink enough.
- You can fill your water bottle with tap water.

Question

1. Which one is best for our body?



Water
A



100% juice
B



Fruit punch
C

Outcome: Participants will be able to identify healthy and unhealthy drinks.

Key Messages:

- Drinking water is the best for our body.

Facilitator Notes:

- It is better to eat fruit instead of drinking juice. Juice is very sweet and doesn't make us feel full like fruit does. (WHO, 2015) , (AHS, 2012), (Health Canada, 2019a)
- Try to make water your choice of drink more often (Health Canada, 2019b)

Question

1. Which one is best for our body?



Water
A



100% juice
B



Fruit punch
C

Outcome: Participants will be able to identify healthy and unhealthy drinks.

Key Messages:

- Drinking water is the best for our body.

Facilitator Notes:

- It is better to eat fruit instead of drinking juice. Juice is very sweet and doesn't make us feel full like fruit does. (WHO, 2015) , (AHS, 2012), (Health Canada, 2019a)
- Try to make water your choice of drink more often (Health Canada, 2019b)

Question

2. Are these drinks healthy? Why?



A. Yes

B. No

Outcome: Participants will be able to identify healthy and unhealthy drinks.

Key Messages:

- Drinks with added sugar are not healthy for our body.

Facilitator Notes:

- These drinks have a lot of sugar.
- Drinks with a lot of sugar are not good for your teeth or your heart, and can make you gain weight. (WHO, 2017), (AHS, 2012)

Question

2. Are these drinks healthy? Why?



↑ sugar

A. Yes

B. No

Outcome: Participants will be able to identify healthy and unhealthy drinks.

Key Messages:

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Facilitator Notes:

- These drinks have a lot of sugar.
- Drinks with a lot of sugar are not good for your teeth or your heart, and can make you gain weight. (WHO, 2017), (AHS, 2012)

Question

4. We need to drink a lot of _____ each day?



Coffee
A



Tea
B



Water
C

Outcome: Participants will understand that we need water every day.

Key Messages:

- Water is important for a healthy body.
- Drink 9 to 12 cups (2– 3 litres) of fluid (drinks) each day (Institute of Medicine, 2005).

Facilitator Notes:

- Water is important for a healthy body.
- Drink 9 to 12 cups (2 – 3 litres) of fluid (drinks) each day (Institute of Medicine, 2005).

Question

4. We need to drink a lot of _____ each day?



Coffee
A



Tea
B



Water
C

Outcome: Participants will understand that we need water every day.

Key Messages:

- Water is important for a healthy body.
- Drink 9 to 12 cups (2– 3 litres) of fluid (drinks) each day (Institute of Medicine, 2005).

Facilitator Notes:

- Water is important for a healthy body.
- Drink 9 to 12 cups (2 – 3 litres) of fluid (drinks) each day (Institute of Medicine, 2005).

What to Remember

- Drink water every day. Tap water is safe.
- Choose other healthy drinks like milk, fortified soy beverage, coffee or teas
- Drinks with a lot of sugar are not good for your body



Outcome:

Key Messages:

Facilitator Notes:

- Remember that what we drink every day is as important as what we eat.
- We need water for our body to work and for us to feel good.
- Tap water is clean in towns and cities in Alberta.
- There are many drinks with a lot of sugar in them. Think of these drinks like a “dessert” or “treat”. Something you would have once in a while, not every day.
- Try to put little or no sugar and cream in your coffee and tea.

Questions?



Outcome:

Key Messages:

Facilitator Notes:

Optional Sugar Shocker Slides

Outcome:

Key Messages:

Facilitator Notes:

Background Information for Facilitators:

- These slides contain information about the sugar content in a selection of drinks to limit that were not addressed earlier in the presentation
- You can use these optional slides if the group is interested in learning about the sugar content of other sugar sweetened beverages



Drinks to Limit

Question:

How many teaspoons (spoonfuls) of sugar are in a can of pop?

1 teaspoon = 



Pop
355 mL can

Outcome: Participants will be able to identify healthy and unhealthy drinks.

Key Messages:

Facilitator Notes:

★ **Discussion** - presenter asks the question: "How many teaspoons (spoonfuls) of sugar are in a can of pop?"

Presenter clicks to the next slide to reveal the answer.



Drinks to Limit



Pop
355 mL can



10 teaspoons of sugar

Outcome: Participants will be able to identify healthy and unhealthy drinks.

Key Messages:

- Pop is very high in sugar.

Facilitator Notes:

Answer: One can of pop has 10 teaspoons of sugar in it. (AHS Sugar Shocker Education Kit, 2016)



Drinks to Limit

Question:

How many teaspoons (spoonfuls) of sugar are in an iced tea?

1 teaspoon = 



Sweetened iced tea
591 mL bottle

Outcome: Participants will be able to identify healthy and unhealthy drinks.

Key Messages: Iced tea is high in sugar.

Facilitator Notes:

☆ **Discussion** - presenter asks the question “How many teaspoons (spoonfuls) of sugar are in a bottle (591 mL) of iced tea?”

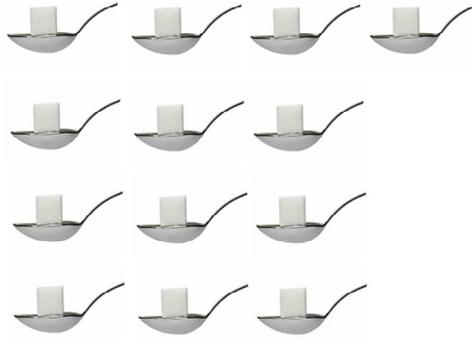
Presenter clicks to the next slide to reveal the answer.



Drinks to Limit



Sweetened iced tea
591 mL bottle



13 teaspoons of sugar

Outcome: Participants will be able to identify healthy and unhealthy drinks.

Key Messages:

- Iced tea is high in sugar.

Facilitator Notes:

Answer: A 591 mL bottle of iced tea has 13 tsp of sugar. (AHS Sugar Shocker Education Kit, 2016)

- Iced tea has a lot of sugar and does not provide many nutrients (good things, like vitamins and minerals) for our body. It is like drinking pop.



Drinks to Limit

Question:

How many teaspoons (spoonfuls) of sugar are in an ice slush (pop)?

1 teaspoon = 



Ice slush
Large (1.18 L)

Outcome: Participants will be able to identify healthy and unhealthy drinks.

Key Messages:

Facilitator Notes:

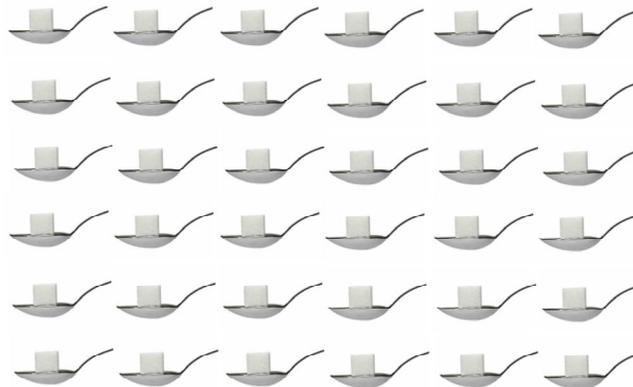
★ **Discussion** - *presenter asks the question "How many teaspoons (spoonfuls) of sugar are in a 1.18L iced slush?"*

Presenter clicks to the next slide to reveal the answer.



Drinks to Limit

Answer:



Ice slush
Large (1.18 L)

36 tsp of sugar

Outcome: Participants will be able to identify healthy and unhealthy drinks.

Key Messages:

- Ice slush drinks are very high in sugar.

Facilitator Notes:

Answer: There are 36 teaspoons of sugar in a large (1.18 L) iced slush. (AHS Sugar Shocker Education Kit, 2016)

- This is way too much sugar.

★ **Discussion** - presenter asks the question “How much sugar would you drink if you had one large (1.18 L) iced slush every day for a year?”

Presenter clicks to the next slide to reveal the answer.



1 Ice Slush a Day For a Year

53 Kg (117 lbs)
of sugar



Ice slush
Large (1.18 L)



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Outcome: Participants will be able to identify healthy and unhealthy drinks.

Key Messages:

- Iced slush drinks (iced pop) are very high in sugar.

Facilitator Notes:

Answer: 53 kg (117 pounds) of sugar from 1 large iced slush a day for a year. (AHS Sugar Shocker Education Kit, 2016)

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