



# What's in Your Drink?

Quiz: Do you think before you drink?

1. At home, my routine drink for lunch, dinner, and between meals is:

- A. 100% fruit juice
- B. Water or low-fat milk
- C. Something like soda, fruit punch, lemonade, or other sweetened beverage

2. When I'm out or at work and need something to drink, I usually choose:

- A. 100% fruit juice, low calorie or reduced sugar drink
- B. Water, low-fat milk, unsweetened iced tea, coffee
- C. Soda, sweetened coffee drink, sports drink, energy drink

3. When my children have been physically active and need a drink, I give them:

- A. Fruit juice, a low calorie or reduced sugar drink, or whole milk
- B. Water
- C. Sports or energy drink, soda, pouch or boxed fruit drink

The results are in!

If you chose mostly A's...

You're on the right track! Fruit juice and reduced sugar beverages are better choices than soda or other sweetened beverages but these options are best when limited in your and your child's diets. Children should limit their juice to about 4oz of juice each day. In fact, whole fruit is a better choice for both vitamins and hydration. To learn how to get more water in your family's diet, see the tips below.

If you chose mostly B's:

Good job! You know that plain water or low-fat milk is the best option for you and your family. When you choose water and low-fat milk as your beverage of choice, your child is more likely to grow up to drink those same things. Studies show that choosing these beverages decreases your and your child's chances of becoming obese.

If you chose mostly C's:

Choosing healthy drinks is not always easy, especially when you are on the go. It may surprise you to know that one can of soda has 7 to 10 teaspoons of sugar. Serving this much sugar for a snack to you or your child is probably not what you mean to do. Soda, sports drinks and other sugar sweetened beverages (fruit punch, lemonade, etc.) are okay as special occasion drinks, but should be limited in your family's diet as much as possible. To learn how to get more water and healthy drinks in your family's diet, see the tips on the next page.

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## Tips for choosing healthy beverages:

- When choosing beverages, look at the ingredients and avoid those with sugar or high fructose corn syrup as the first ingredient.
- If you want to try getting more water in your family's diet, try putting pieces of fruit, like berries, lemons, or oranges, or cucumber slices in a pitcher of water and keep it in your refrigerator.
- To get more healthy drinks in your family's routine, try serving water or milk during meals. If your family doesn't like the taste of water, try flavoring the water yourself. Make ice cubes from 100% fruit juice and add one to each drink.
- Even though some brands of drinks offer flavored water, make sure you look at the label. Some of these "water" drinks have as much sugar as soda.

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## The Next Top Model - You!

Did you know that the best way to make sure your child grows up to choose healthy food and drink options is to do this yourself? It's true! Studies show that children tend to have diets very similar to their parents. To raise truly healthy kids you have to make sure you're modeling healthy eating, too.

When it comes to choosing drinks, it can be hard to know which ones are best. It seems



all we hear these days is "Don't drink sugar sweetened beverages!" But you may ask, "What is a sugar sweetened beverage?" A sugar-sweetened beverage is a drink

with sugar added. It could be soda, sports drinks, flavored water, fruit drinks, energy drinks, flavored coffee drinks, or anything else with added sugar. These drinks don't fill you up like food does so they add extra calories that can lead to overweight. Water is the best option for you and your child. Drinking milk with meals is also a good choice. Try our tips above to get more of these in your family's diet.



# School Connections

## Lesson Connection

### Lesson 3: Nutrients We Need

In Lesson 3, *Nutrients We Need*, your child learned about the six different classes of nutrients: carbohydrates, protein, fat, water, minerals and vitamins. The class did this by exploring different types of foods and the nutrients they provide. In the garden, they explored the nutrients that the vegetables in the garden will provide.

### Family Activity

Draw a line from each nutrient to its correct function. (Each nutrient matches one definition)

1. Carbohydrates
2. Fat
3. Protein
4. Vitamins
5. Minerals
6. Water

- a. Provides a source of energy and helps to build and repair muscles.
- b. One of these helps you to see at night. (Do you know which one?)
- c. One of these helps you build stronger bones and teeth. (Do you know which one?)
- d. Provides a source of energy and protects our cells.
- e. Regulates body temperature and moves nutrients through our body.
- f. Provides the first source of energy that our bodies use.

Answer key:  
1=f;  
2=d;  
3=a;  
4=b;  
5=c;  
6=e.

## Recipe

Try making this recipe at home together as a family! It While you're making the salad, try asking your child about the nutrients this meal will provide for you.

### Fresh Fall Salad

(Serves 6)

#### **Salad**

1 cup mixed lettuce  
1 cup arugula  
1 cup baby spinach  
1 apple, sliced thin  
1 pear, sliced thin  
1 green onion, sliced thin  
6 ounces blue cheese (optional)

#### **Dressing**

1 garlic clove  
Juice from 2 lemons  
1  $\frac{1}{2}$  teaspoon honey  
1 tablespoon mustard  
 $\frac{1}{4}$  cup olive oil

#### **Directions**

1. For the dressing, whisk together or blend oil, rice vinegar, lemon juice, honey, mustard, chopped garlic, salt, and pepper.
2. In a large serving bowl, layer lettuces, pears, green onions and blue cheese (if using). Pour dressing over salad, toss ingredients until well-coated by the dressing, and serve.



## DIY fridge makeover :

### ● 1st Shelf to makeover:

Determine this by watching your children. Which shelf is at their eye level? Start here. This is the primary grab and go shelf. On this shelf place washed and cut-up raw vegetables in airtight containers. You could also place washed, cut-up chunks of fruit and melon. This way it is the first thing your children see when they open the fridge. Berries are perishable, so rinse only before eating. Add a few hard-boiled eggs for a quick peel-and-eat protein boost. Enjoy the foods here within two or three days, and restock.



### 2nd Shelf to makeover:

Yogurt and cottage cheese -- which provide healthy amounts of calcium and protein -- earn prime placement in the next rung. Also on this shelf, hummus and nut butters, which provide protein and good fats; pair them with sliced veggies and fruits. Nuts -- like calcium-containing almonds and omega-3-rich walnuts -- last for months longer when they're chilled (a small handful equals a serving).



### Bottom Shelf: ReThink Your Drink

Replace sodas, punches, and energy drinks -- even the sugar-free ones -- with pitchers of water. For flavor, toss in slices of fruit, or cucumber and mint. 100% orange, grapefruit, cranberry, and pomegranate juices are nutritious choices, but drink in moderation: Fill half a glass with juice, and bring it to the top with plain or sparkling water. (Note that juice blends may contain only small amounts of juice and usually contain added sugar.) Keep low-fat or skim milk on hand as a filling high-calcium drink or for cereal and oatmeal.

### Turn off and tune in

If you add up all the time you and your child spend in front of the t.v., computer, phones, and video games, you may be surprised. Most children spend 5 to 7 hours in front of these each day. This is known as "screen time." The more time children spend in front of a screen the less time they are spending playing, reading, and being social -- which are all things children need to spend lots of time doing. Bonus: The less time you spend in front of a screen the more time you have to play, read, and talk with your children!



## Tips to reduce screen time:

- Do it together as a family. Set goals as a family about how much screen time will be allowed. Have everyone follow the same rules –including you.
- Decide what television programs you will watch together. When they are done, turn the t.v. off.
- Schedule family time to play board games, go outside, read, or play together.
- Turn the t.v., computers, and video games off during meal time, family time, and while your child is doing homework.
- Take t.v.s out of your children’s bedrooms.
- Be a role model. Limit your screen time. When you are distracted by your phone or computer it sends a message to your children that they are not as important.



## Once a parent always a parent: How to stay involved

As kids grow older their peers have a bigger influence on their decisions. Kids this age want to do what their friends are doing. It can seem like they don’t care what you say or think at all anymore. It is normal for kids this age to spend more time with their friends than with their parents. But that doesn’t mean that you are no longer their most important role model.

## What you can do:

- Make sure they see you choosing healthy drinks.
- Understand that your children’s friendships are important to them and important for healthy development.
- Know that the values you communicate through words and your actions have a lasting effect as they develop into teenagers and young adults.
- Get to know your children’s friends. This lets your child know you are interested in their lives.
- Talk to your children about what their friends are doing. Remind them of your family’s values and encourage behaviors that match up with them.
- Explain your reasons for values that may be different from their friends.

## Check it Out

- Be a good role model. Make a list of healthy drink options you like and let your children see you drinking them.
- Keep water in the fridge where your children can easily get it on their own.
- Set a screen-free time zone each day for the whole family.

## Healthy Family Challenge

For one week, limit screen time to two hours each day for every member of the family. Make it a game. Have everyone keep a log of their screen time. The person with the least time at the end of the week wins.

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