

SUGAR

**WHY
ACT
NOW**

Not Your Best Friend

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**WHY
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You're tired, sleepy,
& craving something
sweet to drink, so
you buy a pop or
energy drink to
wake you up...



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Guess what we've learned...

Teenagers drink up to **13 cans**
of pop or energy drinks
EVERY week!

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Marketing sure makes it convincing...

<https://www.youtube.com/watch?v=LbtKAXaf9QA>

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So why exactly are pop and energy drinks not the best choice?

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Contain lots of **ADDED SUGAR!**



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What exactly are **‘added sugars’**?

Sugars & syrups added to drinks during processing.
ex. Pop



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When consumed in large amounts, sugar may lead to weight gain or other health problems such as diabetes.



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ALSO, drinks containing added sugars usually offer little or no vitamins/minerals...which means they have no benefit besides adding extra calories.



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It is estimated that teens
between 14-18 years old
are consuming...

17 teaspoons/day

Source: World Health Organization



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Health organizations have guidelines for the recommended intake of 'added sugar'.

Age 14-18 = **13** teaspoons/day

Source: World Health Organization



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Pop & Energy drinks also contain **CAFFEINE**



Excess caffeine intake in a day can cause:

- anxiety
- irritability
- headaches
- trouble falling asleep

Source: Health Canada (<http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/family-tips-conseils-familles/drinks-boissons-eng.php>)



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Let's take a look at some drinks you might consume during the week...

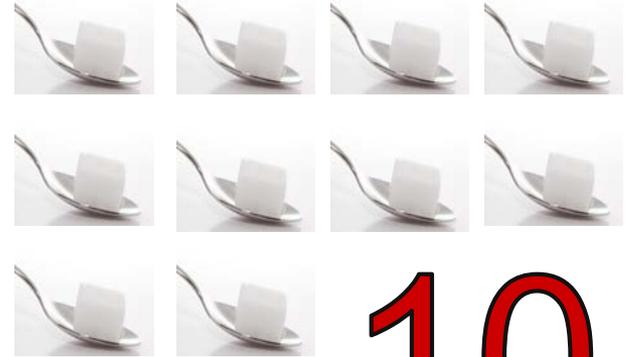
Source: Alberta Health Services, Sugar Shocker Education Kit



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**1 can of pop
(355mL)**



10

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**1 bottle of pop
(591mL)**



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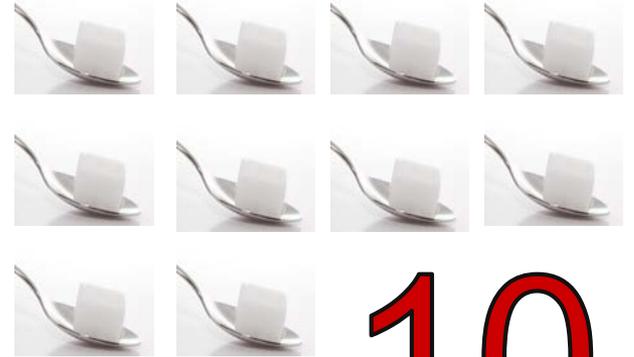
**1 large fountain pop
(1.9L)**



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**1 sports drink
(710mL)**

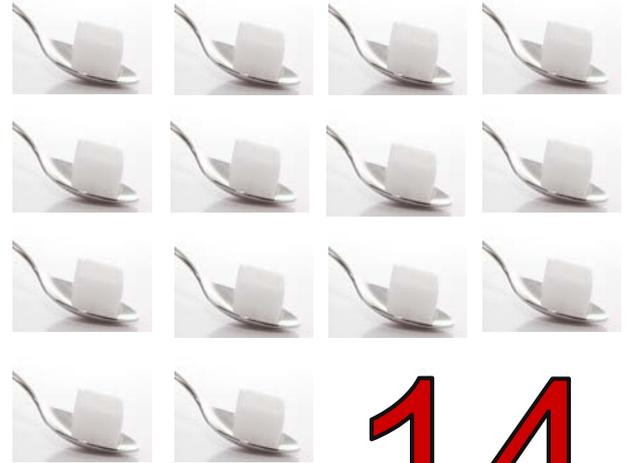


10

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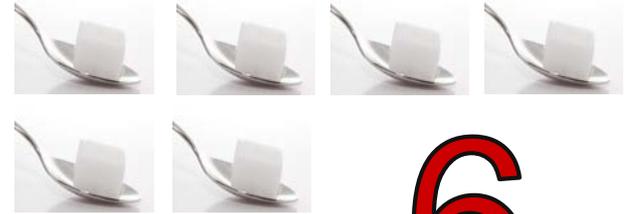
**1 energy drink
(473mL)**



14

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**1 vitamin water
(473mL)**



6

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What should you be **choosing** now that you know how much sugar is in pop and energy drinks?



SOFT DRINKS

WATER, WATER, WATER!

Why?

- makes up 60-70% of our body weight
- important for many functions!



7-11 cups/day

SOFT DRINKS

- carries nutrients
- removes waste
- cools the body (sweat)
- digests food, makes you feel full
- helps to replace old tissue
- cushion for organs/joints

WATER



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SOFT DRINKS

Do you want to have **more energy**, the ability to lose more weight and clearer, *healthier skin*?

Water is the answer!



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SOFT DRINKS

Other healthy options:

Milk (regular or chocolate)
100% Real Juice



**WHY
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SOFT DRINKS

**How much sugar does 1 cup
of water have?**



0

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**How much added sugar does
1 cup of milk (250mL) have?**



0

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**How much added sugar does
 $\frac{1}{2}$ cup of unsweetened
orange juice(125mL) have?**

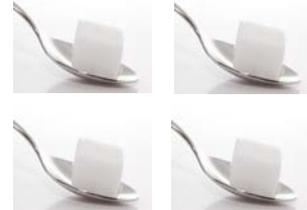


0

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**How much added sugar does
1 cup of chocolate milk
(250mL) have?**



4

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**Hate the taste of plain water?
Who says it has to be boring...**

There are lots of ways to experiment with water
to make it different every day!

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ADD FRUIT!

It's cheap, easy &
combinations are endless!



**WHY
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Strawberries



Lemons



**WHY
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Limes



Lemon-Lime



**WHY
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Strawberry-Lemon



Raspberry-Lime



**WHY
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Orange-Blueberry



Cucumber-Mint



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Pineapple



Watermelon-Mint



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Craving the fizz of pop?

**Use club soda instead of
water!**



+



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Remember:

- Choose water, milk or real fruit juice first!
- Limit added sugar to **13 tsp** a day
- Be creative, add fruit to make your water taste great!

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The truth about sugar...

<https://www.youtube.com/watch?v=Yda8RtOcVFU>

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THANK YOU

*Source for Presentation:
Alberta Health Services, Nutrition Education Sugar Shocker Kit*