RISING CONSUMPTION OF SUGARY DRINKS IS A MAJOR CONTRIBUTOR TO THE OBESITY EPIDEMIC.

Let's Talk About Sugary Drinks

A sugary drink contains added sugar or a caloric sweetener, for example, soda, fruit-flavored drinks, sports drinks, energy drinks, flavored milk, and sweetened tea/coffee drinks.

13% of students who drank soda daily also went hungry most or all of the time because of a lack of food.

While sugary drinks are high in calories, they provide no essential nutrients. This is why they are often called “empty calories.”

Drinking one sugary drink per day can make you gain up to 10 extra pounds in one year!

34% of students who reported drinking at least one soda daily were overweight.

Pacific Islander and Native Hawaiian students drink more soda.

63% of students reported drinking soda in the past 7 days.

Boys are 2x more likely to drink soda than girls.

BE ON THE LOOK OUT FOR

Sugary Drinks

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Rethink Your Drink campaign, RethinkYourDrinkHI.com

SOURCE: Hawai‘i Youth Risk Behavior Survey 2017

What’s Happening in Hawai‘i?

Sugary drinks are the leading sources of added sugars in the American diet.

Amount of Sugar in Various Drinks

You wouldn’t eat 6+ teaspoons of sugar, so why would you drink it?

Native Hawaiian Pacific Islander Other

13% 10% 9%

Filipino Other Caucasian Japanese

8% 8% 5%

Other Asian

I ola nō ke kino i ka mā‘ona o ka ‘ōpū.
The body enjoys health when the stomach is well filled.

(‘Ōlelo No‘eau, #1246)
Drink 9–14 cups of water daily

Encourage Your Students to Drink Water!

Water is a calorie-free, sugar-free, fat-free beverage, and it is the very best choice to rehydrate throughout the day.

RethinkYourDrinkHI.com

Instead of serving sugary drinks at your class party, try a flavored water recipe!

RECIPES

CUCUMBER COOLER
- 10 cucumber slices
- 2 lemon slices
- 3 sprigs of rosemary

JUST DEW IT
- 10 cucumber slices
- ¼ cup honeydew melon, balls or cubes (fruit on skewers look especially nice)

PINEAPPLE EXPRESS
- 1 cup pineapple cubes or spears
- ¼ cup of mint leaves

MY MELONA
- 2–3 slices honeydew melon
- 1 lime, sliced
- 4 sprigs of mint

Familiarize yourself with the types of beverages that can be sold or provided on school campus during the school day.

Drinks should meet the following criteria:
- No caffeine, no artificial colors, and no artificial flavors
- Maximum 8 oz serving (except water, which has no portion size limit)
- Water—Plain (with or without carbonation)
- Milk—Unflavored 1% or fat free, flavored fat free, milk alternatives as permitted by the National School Lunch/Breakfast Program with less than 22 grams sugar per 8 oz serving
- 100% fruit or vegetable juice with no added sweeteners
- 100% fruit or vegetable juice diluted with water and no added sweeteners

For more information please contact The Department of Health at 808-586-4488 | http://health.hawaii.gov/school-health

Teach students about sugary drinks. Look for cross discipline connections, like these math lessons

cbmp.gse.upenn.edu/lesson-plans/rethink-your-drink-1-whats-bottle?filters=6-8

Other resources for teachers
- Labeling Nutrition
  https://www.fda.gov/food/food-labeling-nutrition
- 10 Tips: Be a Healthy Role Model for Children
  choosemyplate.gov/ten-tips-be-a-healthy-role-model
- Eat Play Grow
  http://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/eatplaygrow.htm
- Rethink Your Drink
  cdc.gov/healthyweight/healthy_eating/drinks.html