

## Instructions for Using the *Almost None Sugar Shock Kit*

### Why use the *Almost None Sugar Shock Kit*?

This kit provides a fun and interactive way to show individuals how much sugar they are consuming in beverages alone. You can use it to help individuals identify both sugary beverages and healthy beverages, as well as to discuss why we should limit the consumption of sugary drinks.

### Ideas for Using the *Almost None Sugar Shock Kit*

1. Set up the kit as a display where passers-by will be able to view it. You can display the kit at various events and locations such as parent-teacher night, camp days, in the classroom, etc.
2. Use as a demonstration with parents/children to increase awareness of the amount of sugar in popular drinks and to discuss the importance of drinking “almost no” sugary beverages.

### Instructions:

1. Open the kit, pull out all of the beverage bottles and place in random order on a table with the sugar content labels facing you, so that the individual/group cannot see them.
2. Explain to the individual/group the goal of the kit. “We are going to do a fun activity to find out how much sugar is in different kinds of drinks and talk about which drinks are the healthiest choices.”
3. Depending on the amount of time you have with each individual/group, you can choose one of the following options:
  - a. Have the individual/group rank the drinks in order from the beverage they think has the highest amount of sugar to the one they think has the lowest amount of sugar. When the individual/group is finished guessing, put the beverages in the correct order using the Sugar Content Chart on the inside lid of the box. Show the individual/group how much sugar is in each beverage using the pre-measured sugar containers. Ask the individual/group which kind of drink is the healthiest choice (the answer is water). Ask the individual/group what they thought of the results and how the demonstration might influence what they choose to drink.
  - b. Have the individual/group rank the drinks in order from the beverage they think has the highest amount of sugar to the one they think has the lowest amount of sugar. When the individual/group is finished guessing, put the beverages in the correct order using the Sugar Content Chart on the inside lid of the box. Have an individual show you the drink he/she chooses most often. Have him/her guess how many teaspoons of sugar are in that favorite drink by spooning the guessed amount of sugar into a cup using a teaspoon. Tell the individual/group how much sugar is really in the favorite drink by using the pre-measured sugar containers or counting out the correct number of teaspoons together. Ask the individual/group which kind of drink is the healthiest choice (the answer is water). Ask the individual/group what they thought of the results and how the demonstration might influence what they choose to drink.



c. Have the individual/group rank the drinks in order from the beverage they think has the highest amount of sugar to the one they think has the lowest amount of sugar. When the individual/group is finished guessing, put the beverages in the correct order using the Sugar Content Chart on the inside lid of the box. Have the individual/group guess how much sugar is in each drink by spooning the amount of sugar into a cup using a teaspoon (they can do this for some or all of the beverages). Show the individual/group the actual amount of sugar in the chosen drinks using the pre-measured sugar containers. Ask the individual/group which kind of drink is the healthiest choice (the answer is water). Ask the individual/group what they thought of the results and how the demonstration might influence what they choose to drink.

d. Show each individual beverage to the individual/group. Discuss any differences between each of the beverages (i.e., serving size, naturally occurring vs. added sugar). Have the individual/group guess how much sugar is in each drink by spooning the amount of sugar into a cup using a teaspoon. Discuss the results with the individual/group and show them the actual amount of sugar using the pre-measured sugar containers. Ask the individual/group which kind of drink is the healthiest choice (the answer is water). Ask the individual/group what they thought of the results and how the demonstration might influence what they choose to drink.

#### Explain to Kids Why Drinking Fewer Sugary Beverages is Important

Sugary drinks have a lot of sugar added by the companies that make them, and too much sugar is not good for your body. When you drink a lot of sugary drinks like regular soda, sports drinks, sweetened iced teas, and fruit drinks, the extra calories from sugar can add up fast and cause you to gain more weight than you should. Drinking just one fewer can of soda per day can help a person lose about 15 pounds a year. Sugary beverages can cause cavities and are also acidic, which means they eat away at your teeth. When kids choose sugary drinks, they don't drink enough healthy ones like water, fat-free or 1% milk, and limited amounts of 100% juice. Those drinks help kids grow up healthy. Kids should try not to drink more than 4 oz. of juice a day. As you see from the demonstration, even 100% juice has a lot of sugar in it, so it's best to eat your fruits and vegetables instead of drinking them. And try to choose water or fat-free or 1% milk most of the time.

#### Frequently Asked Questions:

As an implementer of the *Almost None* Sugar Shock Kit, you might get a few specific questions related to the sugar content in several beverages. Use the answers below to facilitate discussion.

- 1. If fat-free or 1% milk and 100% juice are healthy choices then why do they still contain sugar?**  
**Answer:** Sugary beverages are drinks that have sugars added to them during processing. Fat-free or 1% milk and 100% juice have natural sugars that are found in fruit and milk, but don't have any added sugar. They are healthy alternatives to sugary beverages because they are rich in vitamins, minerals and other nutrients that kids need to grow up healthy. Because 100% juice still contains a high amount of natural sugar, NHPS recommends limiting consumption to only 4 oz. a day. Even though milk has some natural sugars, it has a lot of calcium, which helps build strong bones. Kids don't get enough calcium in their diets, and milk is a great way to get it, so fat-free or 1% milk are good choices to drink anytime.



**2. If Diet Coke does not contain any sugar, then why is it still considered a “sugary beverage”?**

**Answer:** Diet Coke and other diet sodas contain artificial sweeteners. Although there is no evidence that artificially sweetened beverages are unsafe for healthy children, NHPS does not recommend them for kids because they often take the place of healthier drinks like fat-free or 1% milk, water, and 100% juice. If a child normally drinks large amounts of sugary beverages, artificially sweetened drinks may help him/her transition to healthier options, with the end goal being mostly fat-free or 1% milk, water, and limited amounts of 100% juice (4 oz. per day).

Supporting Materials

Give the individual/group the NHPS *Almost None* handouts for kids and adults as take home supporting information.

Supporting Online Resources

Parents can also visit these websites for more information about *Almost None*:

1. [http://www.kidshealth.org/parent/food/general/drink\\_healthy.html](http://www.kidshealth.org/parent/food/general/drink_healthy.html) - Read “Healthy Drinks for Kids,” an article on the KidsHealth website about healthy alternatives to sugary beverages.
2. <http://www.kidshealth.org/parent/general/teeth/healthy.html> - Read “Keeping Your Child’s Teeth Healthy,” an article for parents on the KidsHealth website about taking care of your child’s teeth, especially after eating sweets and drinking sugary beverages.

**For more information on healthy beverage options, visit us on the web at [www.growuphealthy.org](http://www.growuphealthy.org).**

