

Sugar Sense Display

Updated 2016

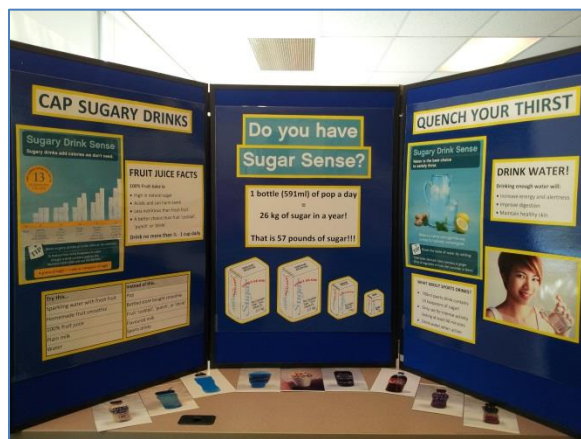
This kit provides the contents to create one Sugar Sense Display. The display is intended to be used with the appropriate Facilitator's Guide to generate discussion about sugar sweetened beverages. It can also be used as a stand-alone display at various venues such as a health fair, library or community recreation centre.

Many past Sugar Sense Display users have reported greater impact by embellishing the display with real visuals. Purchase common beverages that you see being consumed in your community. Display the beverage containers along with the corresponding number of sugar cubes or teaspoons of sugar as part of the display.

To determine how much sugar each beverage contains, look on the beverage label for the number of grams of sugar per serving and then check how many servings in the container. Next calculate the number of grams of sugar for the entire product by multiplying the number of grams of sugar per serving by the number of servings per container. Next, determine the number of teaspoons of sugar in your product by dividing the total number of grams of sugar in the product by 4. 4 grams of sugar = 1 tsp = 1 cube of sugar. A glue gun works well to glue sugar cubes together for the display. You may want to label the bags of sugar/sugar cubes with the number of teaspoons and the name of the corresponding beverage to help ensure they are matched with the correct container when on display.

Note: Place unattended display out of reach of small children, glued sugar cubes may pose a potential choking risk.

Sugar Sense Display



Sugar Sense Display, Embellished



How to set up the display

You will need:

- Three sheets of poster board,
- Approximately eighteen sheets of colored 8 1/2 by 11 inch (216 X 279 mm) paper,
- Access to a colour printer, photocopier, laminator, scissors, and glue.

Procedure:

1. Print poster items (text, posters, pictures, display set up picture)
2. Glue printed items onto colored paper using the display set up picture as a visual guide
3. Trim items leaving a colored border
4. Laminate each piece of the display.
5. If you have access to a large laminator, you can laminate each panel.
6. Follow display set- up picture, arrange, and glue items onto the sheets of poster board to create a three - panel display.
7. Laminate display set up picture to include with the display
8. Print drink and sugar pictures
9. Match each drink picture with the correct sugar container and place back to back to form a card.
10. Check that each pair has both pictures facing out and then laminate each pair
11. Trim each card, there should be nine cards
12. Print Sugary Drink Sense Fact Sheet and copy as needed
13. Print Sugar Sense Display Check List
14. Print facilitator's Guide for target audience
15. Follow display set up picture for final display lay out

Completed Kit Contents:

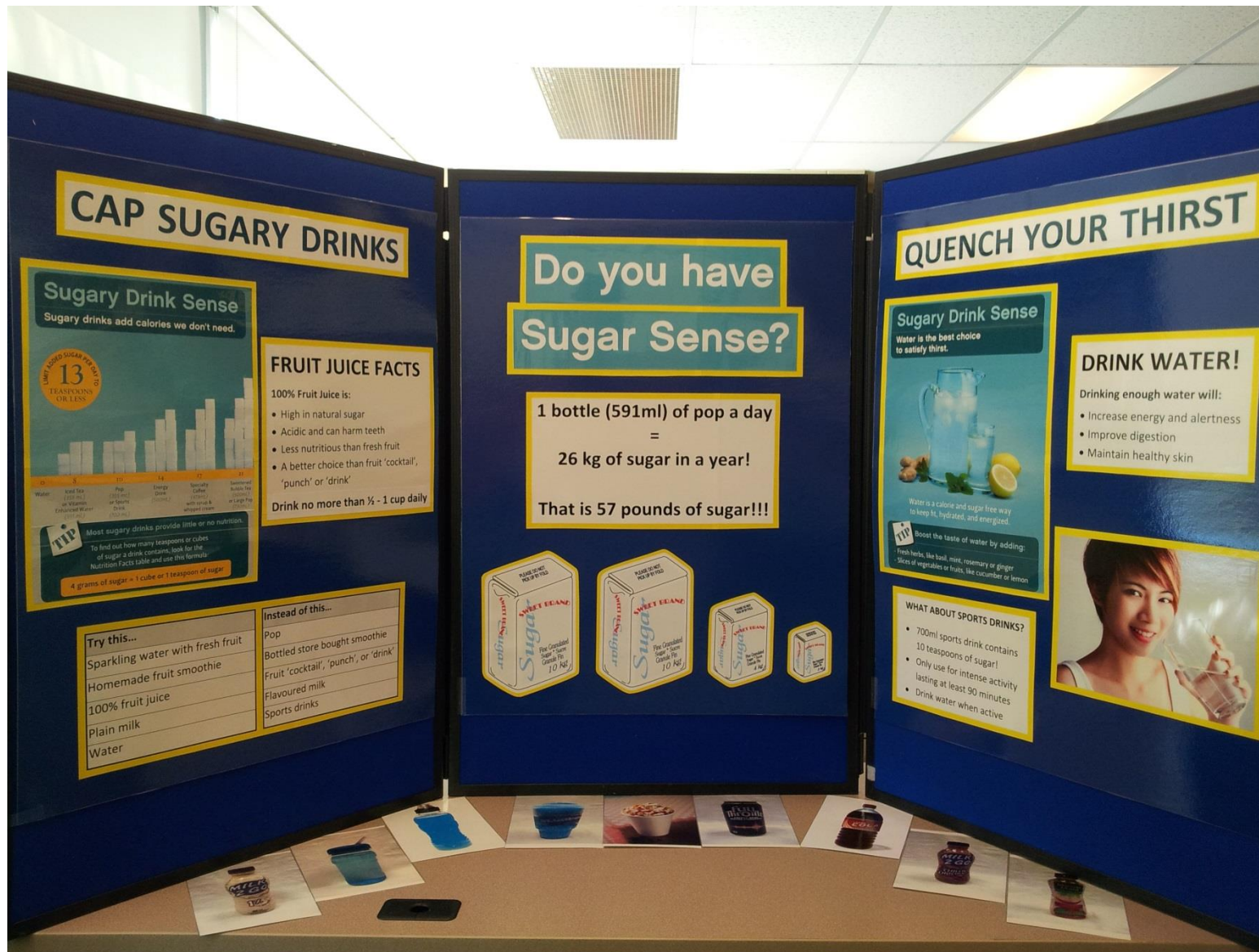
(3) POSTER BOARD PANELS

(9) LAMINATED BEVERAGE CARDS

(1) SUGARY DRINK SENSE HANDOUT (copy as needed)

(1) SUGAR SENSE DISPLAY CHECK LIST

Sugar Sense Display Set Up –Visual Guide



Do you

have

Sugar

Sense?

DRINK WATER!

Drinking enough water will:

- Increase energy and alertness
- Improve digestion
- Maintain healthy skin

FRUIT JUICE FACTS

100% Fruit Juice is:

- High in natural sugar
- Acidic and can harm teeth
- Less nutritious than fresh fruit
- A better choice than fruit 'cocktail', 'punch' or 'drink'

Drink no more than $\frac{1}{2}$ - 1 cup daily

Try this...

Sparkling water with fresh fruit

Homemade fruit smoothie

100% fruit juice

Plain milk

Water

Instead of this...

Pop

Bottled store bought smoothie

Fruit 'cocktail', 'punch', or 'drink'

Flavoured milk

Sports drinks

WHAT ABOUT SPORTS DRINKS?

- 700ml sports drink contains 10 teaspoons of sugar!
- Only use for intense activity lasting at least 90 minutes
- Drink water when active

1 bottle (591ml) of pop a day

=

26 kg of sugar in a year!

That is 57 pounds of sugar!!!

CAP

SUGARY

DRINKS

QUENCH

YOUR

THIRST

Sugary Drink Sense

**Water is the best choice
to satisfy thirst.**



Water is a calorie and sugar free way
to keep fit, hydrated, and energized.



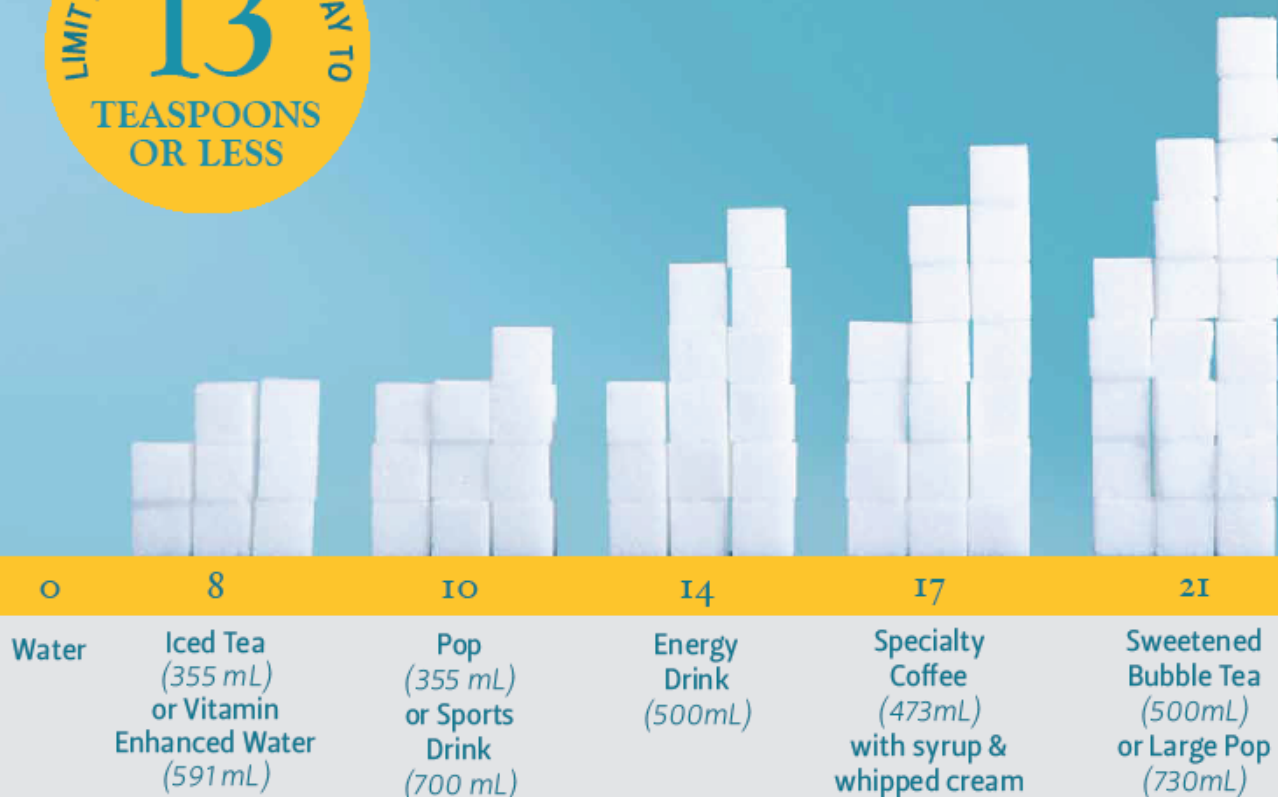
Boost the taste of water by adding:

- Fresh herbs, like basil, mint, rosemary or ginger
- Slices of vegetables or fruits, like cucumber or lemon

Sugary Drink Sense

Sugary drinks add calories we don't need.

LIMIT ADDED SUGAR PER DAY TO
13
TEASPOONS
OR LESS



TIP

Most sugary drinks provide little or no nutrition.

To find out how many teaspoons or cubes of sugar a drink contains, look for the Nutrition Facts table and use this formula:

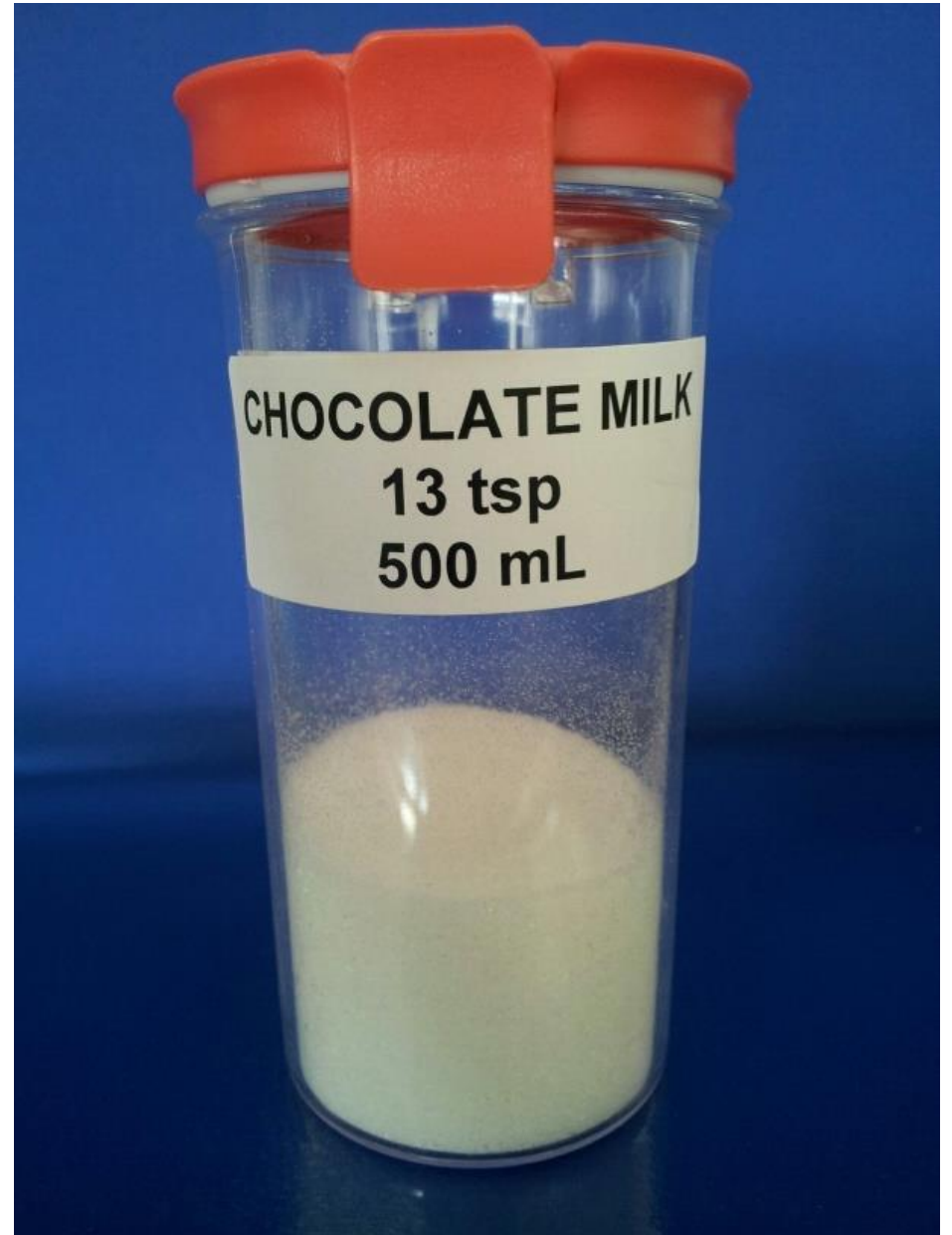
4 grams of sugar = 1 cube or 1 teaspoon of sugar

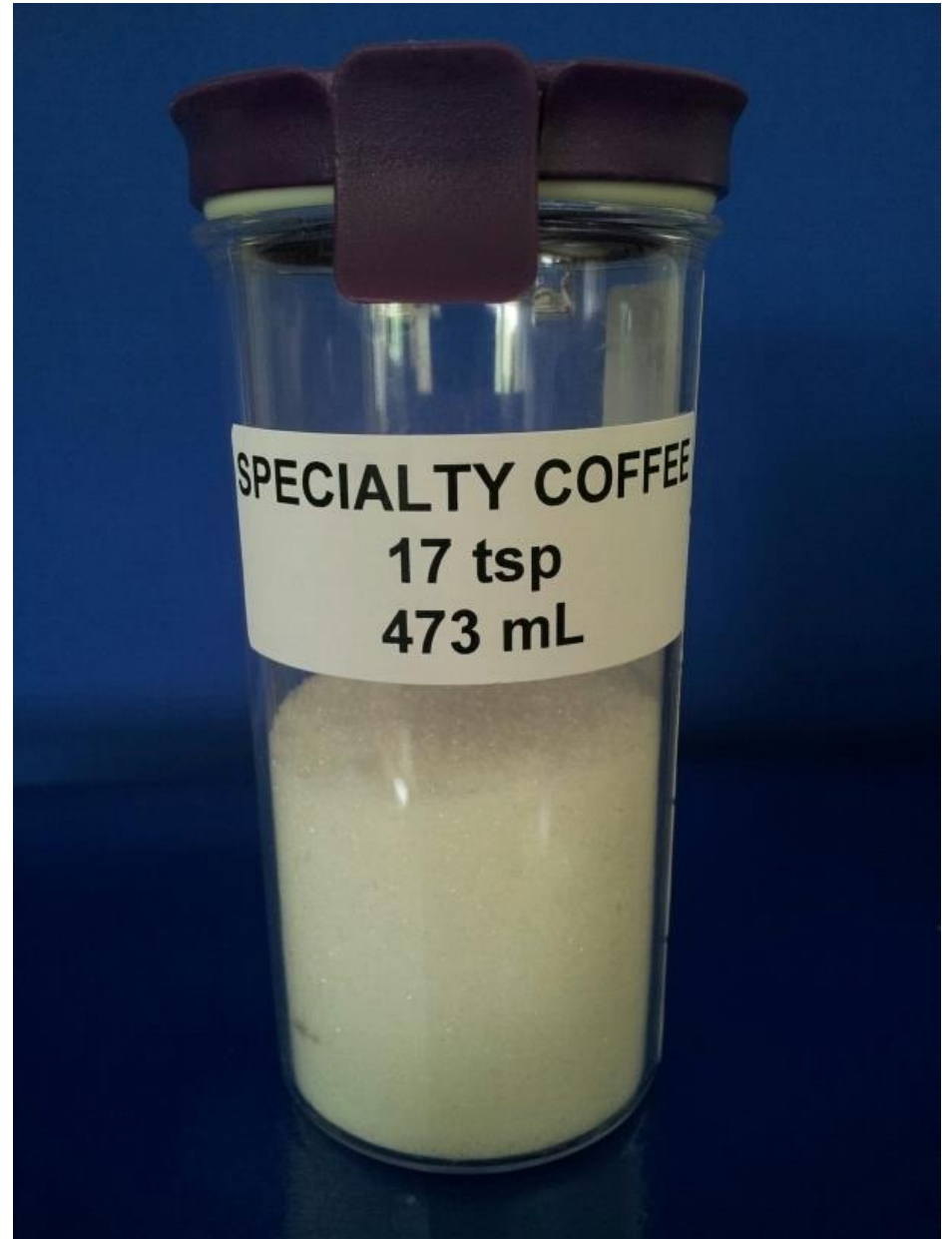




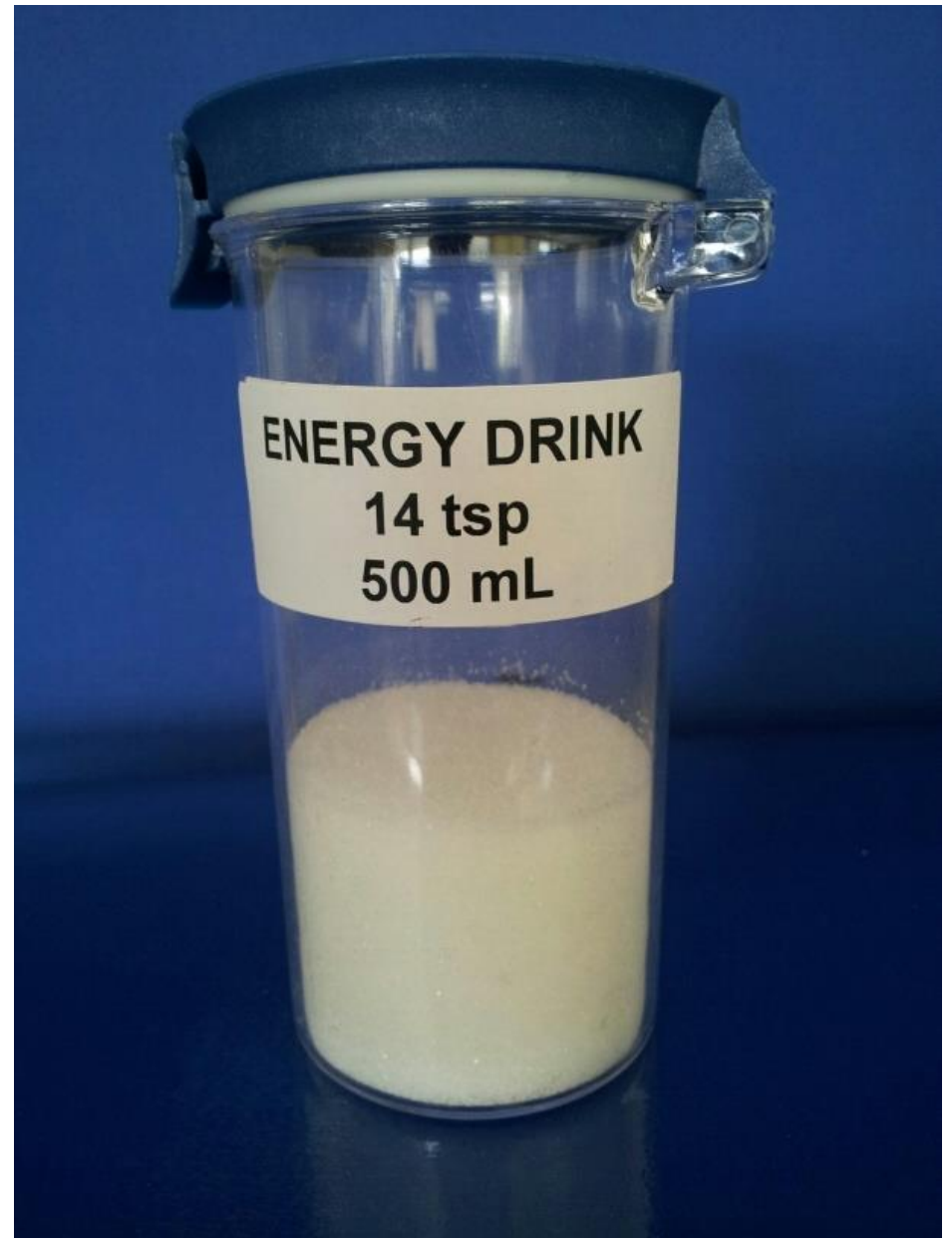




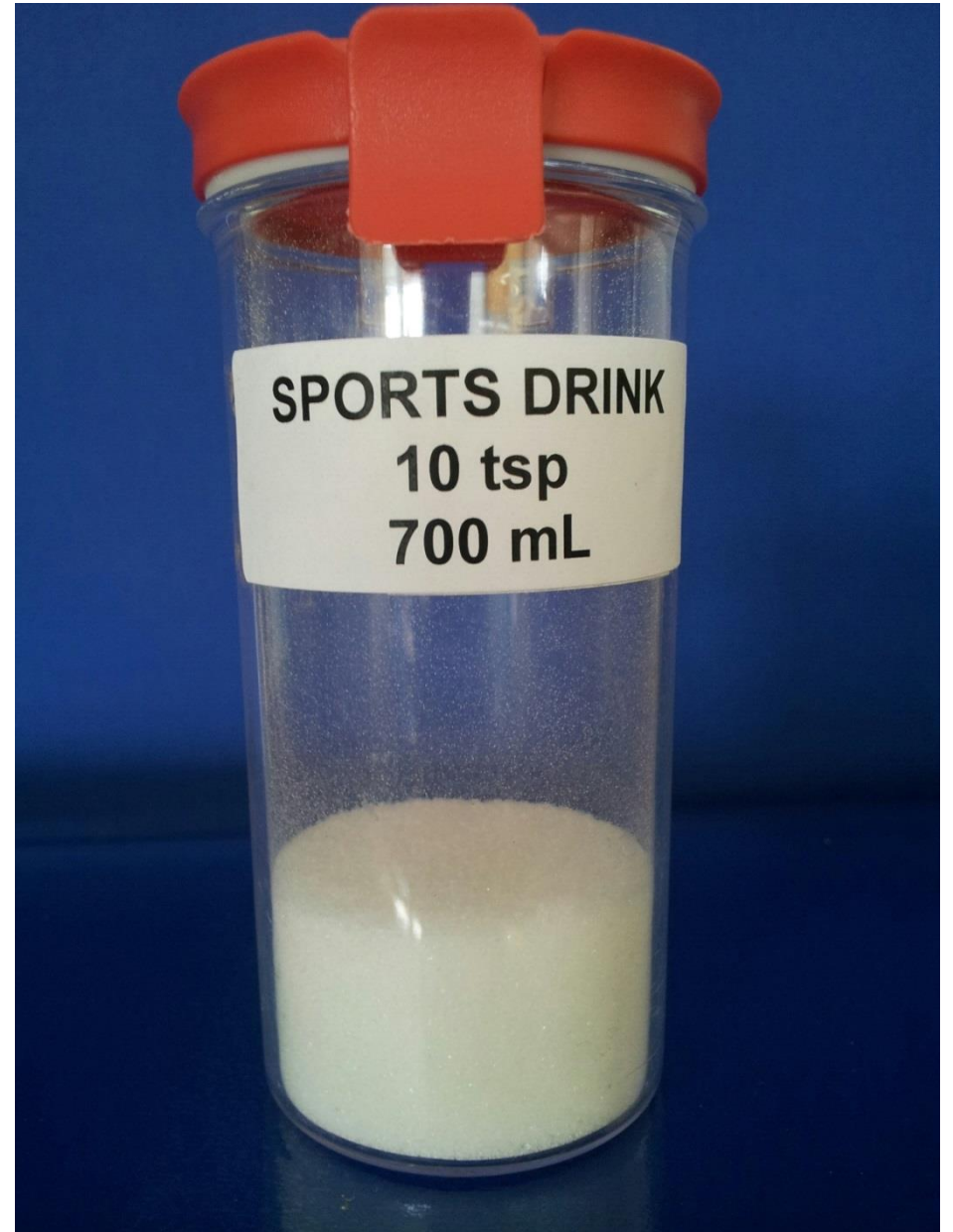


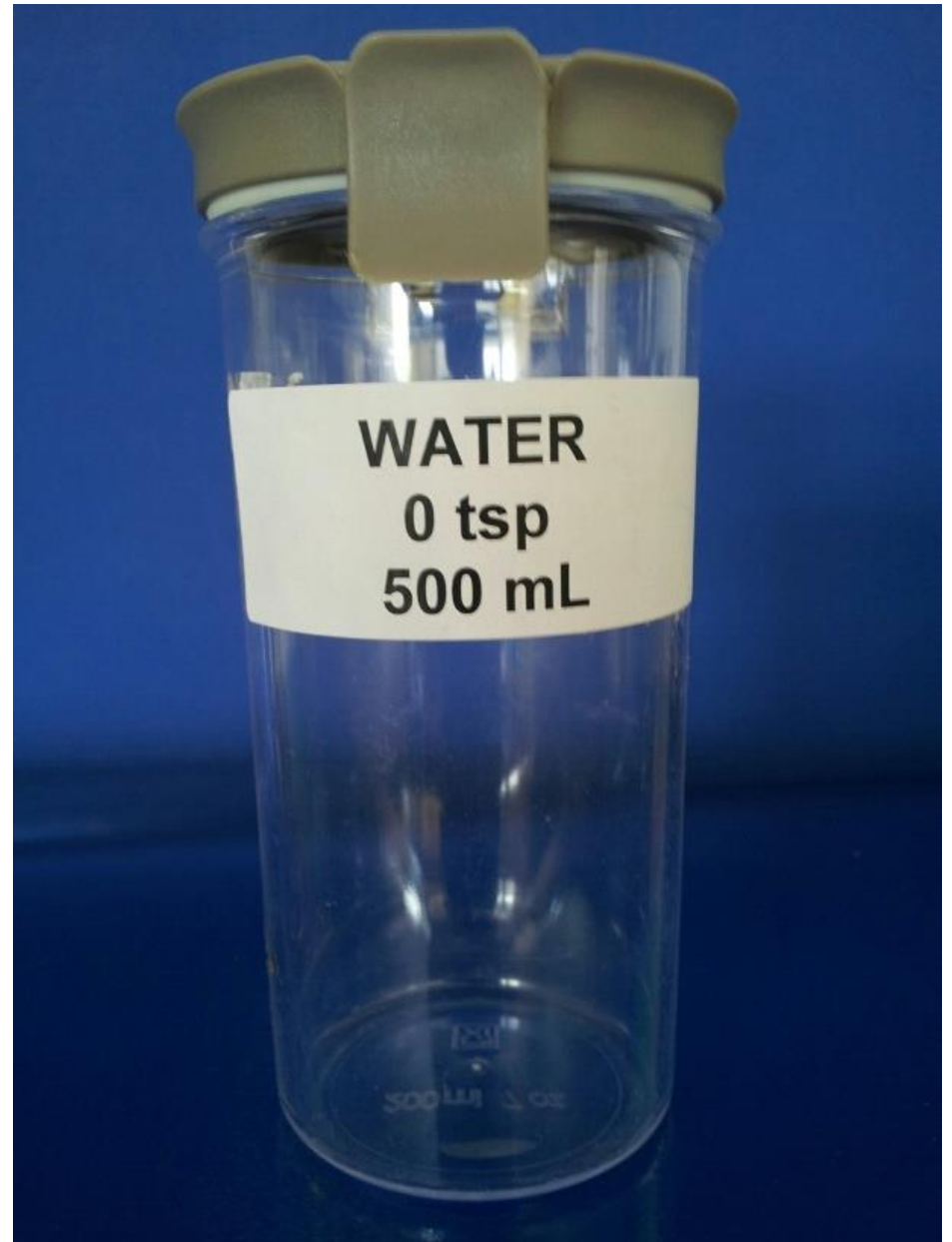


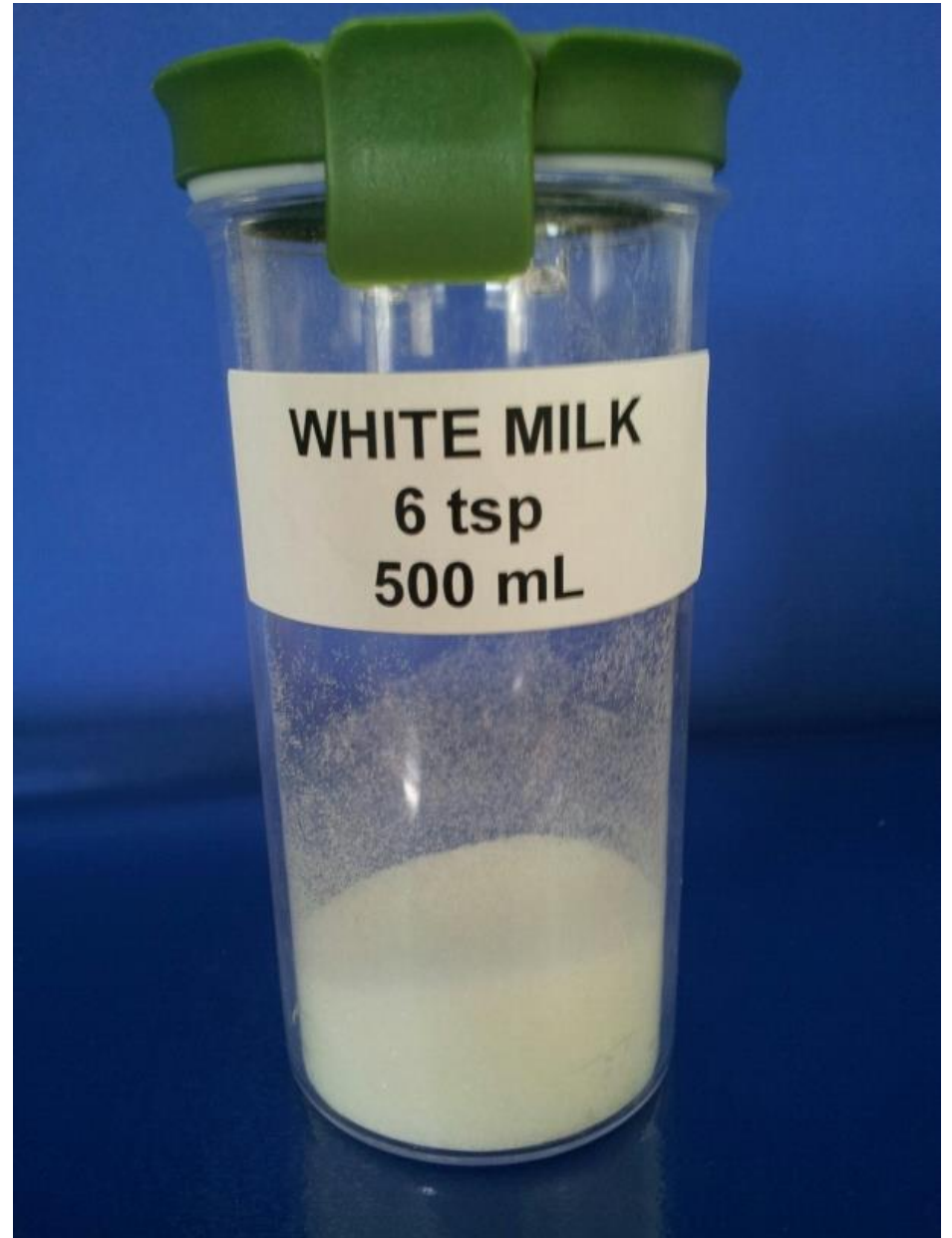












Sugary Drink Sense



Water is the best choice to satisfy thirst

- Drink water with meals and regularly throughout the day. It is a calorie and sugar free way to keep hydrated. Good hydration helps us feel energetic and alert.
- Water is essential to good health.

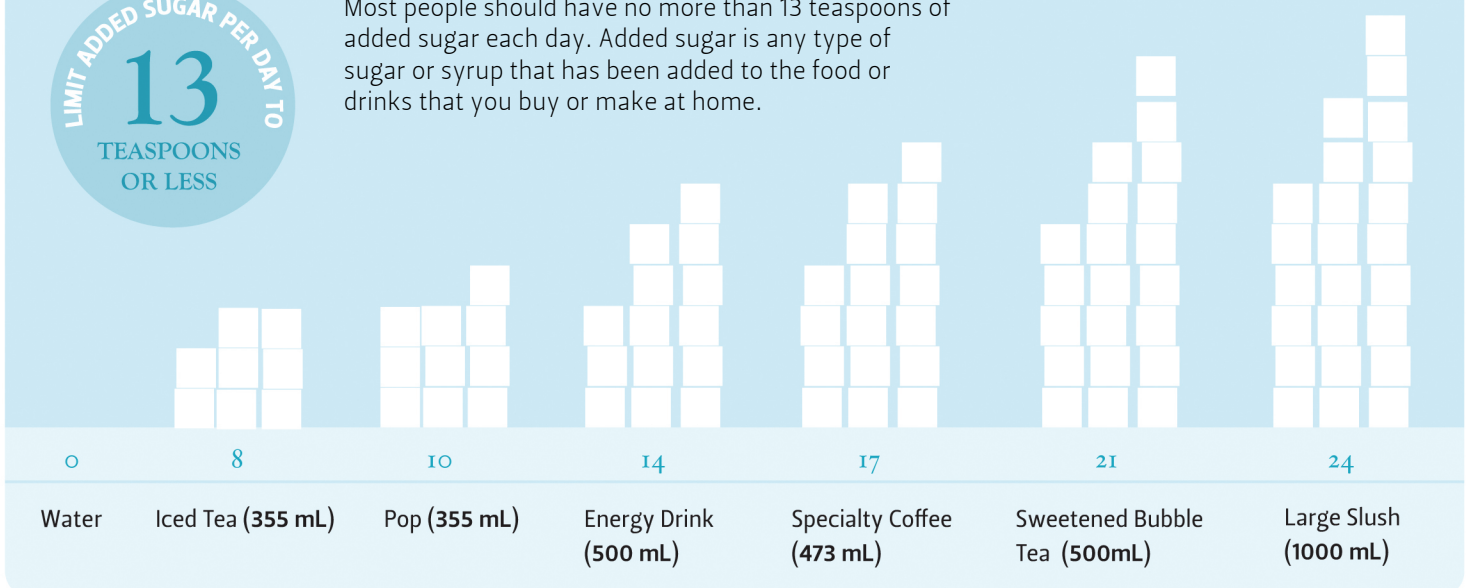


Make healthier drink choices and be a role model for your children.

THE SWEET TRUTH ABOUT SUGARY DRINKS

LIMIT ADDED SUGAR PER DAY TO
13
TEASPOONS
OR LESS

Most people should have no more than 13 teaspoons of added sugar each day. Added sugar is any type of sugar or syrup that has been added to the food or drinks that you buy or make at home.



Sugary Drink Sense



Sugary Drink Sense at Home

Keep drinks with low or no sugar handy



- Keep the fridge stocked with a pitcher of cold water and milk.
- Keep sugary drinks out of the home most of the time

- Be a role model for healthy habits. When we make healthy drink choices, our friends and family are more likely to make those choices too.

Choose Most



Water

Satisfy thirst with water.
Try these ideas:

- sparkling water with a splash of 100% unsweetened fruit juice
- slices of fruits or vegetables, such as cucumber, lemon, lime and orange
- fresh herbs, like mint



Plain Milk or Soy Beverages

Low-fat milk and unsweetened fortified soy beverages contain lots of nutrients our bodies need, including calcium and vitamin D.



Homemade Decaffeinated Iced Tea with No or Less Added Sugar

Add ginger, cinnamon sticks, cloves, fresh mint or lemon for more flavour.



Choose Least



Water with Powdered Drink Mixes

These can be high in calories and added sugar and can take the place of healthier choices.



Chocolate, Strawberry & Other Flavoured Milks

Chocolate, Strawberry & other Flavoured milk contains added sugar and calories. Check the Nutrition Facts table and choose those with less added sugar. Or make them at home using only a little syrup or powder. Less is best.



Store-Bought Iced Tea or Iced Tea Made with Powdered Drink Mixes

These can be high in added sugar and calories.



FIND OUT MORE Call 8-1-1 and ask to speak with a registered dietitian at HealthLinkBC or email www.HealthLinkBC.ca/dietitian/eat/disclaimer.stm
Contact a certified exercise physiologist at: www.physicalactivityline.com

For more information, visit:

Healthy Families BC www.healthyfamiliesbc.ca
Dietitians of Canada www.dietitians.ca
Health Canada www.healthycanadians.ca/eatwell



HealthLinkBC



PEN APPROVED

This resource is PEN approved until January 2015.



Sugar Sense Display Check List

Please review the contents of the display and check off each item before lending/returning and note the date. Indicate if anything is missing.

Handouts can be photocopied, please **KEEP** originals with the display.

Display Panels	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Cap Sugary Drinks										
Do you have Sugar Sense										
Quench Your Thirst										

Handouts	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Presentation Key Messages										
Sugary Drink Sense										
Sugar Sense Matching Game & Answers										
Sugar Sense Matching Game										

Beverage Cards	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Apple Juice										
Chocolate Milk										
Cola										
Energy Drink										
Specialty Coffee										
Slush/Slurpee										
Sports Drink										
Water										
White Milk										