



The Healthy Hydration Company™



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Healthy Hydration Station Talking Points

After people have completed the sugar guessing-game challenge and have seen the correct answers, use these prompts to start a conversation:

- Are you surprised by the results?
 - Was there a lot of sugar in a beverage that you didn't think had as much?
 - Did a beverage have fewer grams of sugar than expected?
 - Do you plan to make changes to the types of beverages you buy after this game?
- The amount of sugar in the sports drink may be shocking to you.
 - Before you get rid of all the sports drinks in your house, keep in mind that these types of beverages were created to help athletes completing rigorous and prolonged activity.
 - So, if your kid plays a competitive sport, having one occasionally to rebuild electrolytes isn't necessarily a bad thing. But if your child is just outside running around in the backyard, stick to water to refuel and hydrate.
- While energy drinks are low sugar—probably containing even less sugar than you may have thought—it's important to remember that they are still full of caffeine, which dehydrates the body.
- The high amount of sugar in fruit juice often throws people off.
 - However, fruit squeezed for juice is typically stored up to a year before being packaged for sale. This tends to rid the fruit juice of its flavor, so companies must add flavor back in the form of sugar.
 - Fruit juice, even if the packaging claims to be 100% juice, is far from being freshly squeezed.
 - Remember that drinking fruit juice not the same as eating a piece of fruit. It's better to eat the orange, coupled with a glass of water!
- Drinking just one sugar-sweetened beverage per day often meets or exceeds the daily recommended added sugar limit.
 - Sugar-sweetened beverages provide few or no key nutrients.
- As you can see, water is the only beverage on this table with zero sugar, so it is a great alternative to sugar-sweetened beverages.
 - Make it easy to access at home. Put water bottles on the lowest shelf in your fridge so your children can grab and go about playing!
 - Putting fruit, vegetables and fresh herbs in your water is a healthy, tasty, refreshing and fun way to add flavor to your drink.
 - Don't forget to recycle your empty water bottles!



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