

# CCE empowers adults to choose healthier drinks



Nutrition Educator Jon Sterlace reviewed a variety of drink choices with a group of three Steuben County Department of Social Services nutrition program attendees. Jon has worked with these folks before and was concerned that they were still not choosing lower sugar drinks. Using the *ReThink Your Drink* lesson, they looked closely at a variety of beverage choices, with emphasis on the nutrition facts labels and ingredient lists.

Robert talked about his preference for large size energy drinks, so they took a closer look at the label on his drink. They counted out how many teaspoons of sugar were in a serving, then multiplied it by the number of servings that was in his can, times the number of cans he drank each day. This exercise was a real eye-opener for him,

as he commented, **“I had never realized there was so much sugar in there. I just drank it without thinking about it. I’ll choose low-fat milk instead.”**

**CCE  
HELPED  
ME..**

*...choose milk  
instead of  
sugary drinks.*

*Robert*

Fellow class attendees Terence and Ashley also agreed they would change their drink choices. Terence commented, “I like 100% juice, but now I know one cup a day is enough.” Ashley added, “I will choose water and eat healthier food, too.”