# Beyond January: Mocktails for Healthy Habits That Last

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# HOW GOOD FOOD WORKS

We teach people how to grow, prepare, and share food that encourages lifelong health and well-being through hands-on evidenced-based classes taught across our garden, kitchen, clinic, and community.

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Dietetic Internship

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## STRATEGIC PLAN GOALS

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- This webinar awards **1.0 Entry-Level CHES/MCHES® credit.**

The Michael & Susan Dell Center for Healthy Living is a Designated Provider of continuing education contact hours (CECH) for Certified Health Education Specialists (CHES®) and Master Certified Health Education Specialists (MCHES®) through The National Commission for Health Education Credentialing, Inc. (NCHEC®).

- This activity is **pending CDR review and approval for 1 CPEU**.

The Academy of Nutrition and Dietetics (Academy) and Commission on Dietetic Registration (CDR) are not responsible for the provider's interpretation of the Academy/CDR Code of Ethics for the Nutrition and Dietetics Profession or its enforcement as it relates to the scenarios and content presented in this activity.

**Requirements for Completion:**

- **Attend the session in its entirely**

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# Learning Objectives

- Explain the importance of hydration and the health risks associated with sugar-sweetened beverages and alcohol consumption.
- Describe the potential role of alcohol-free beverages in supporting hydration and overall wellness.
- Identify patient-centered counseling strategies to support reflection on wellness routines and sustain healthy behaviors over time.

# Why Mocktails?

THEY ARE FESTIVE, FUN & FANCY

CONSEQUENCE-FREE

INSPIRE IDEAS TO SHAKE UP YOUR HYDRATION ROUTINE

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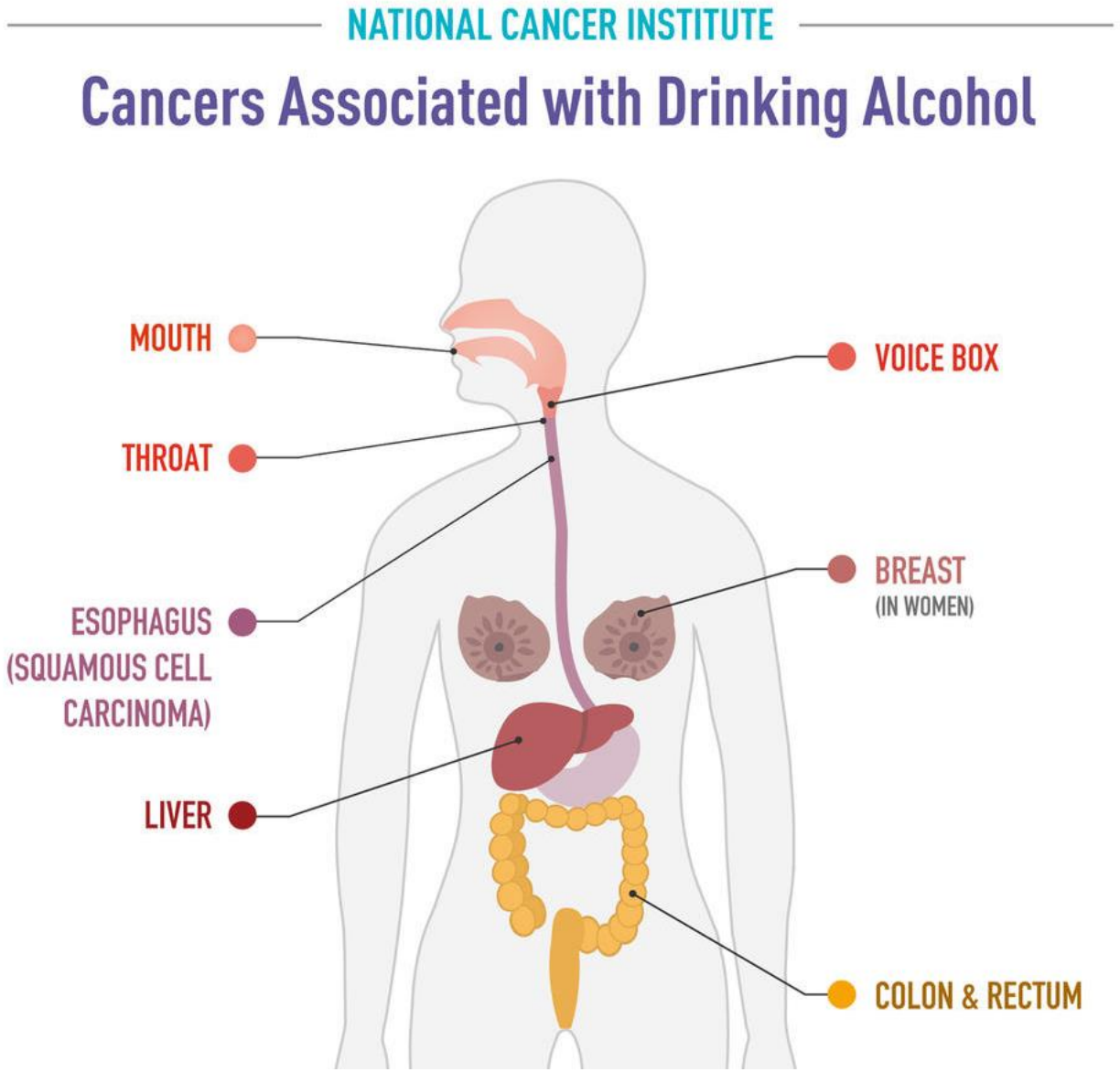
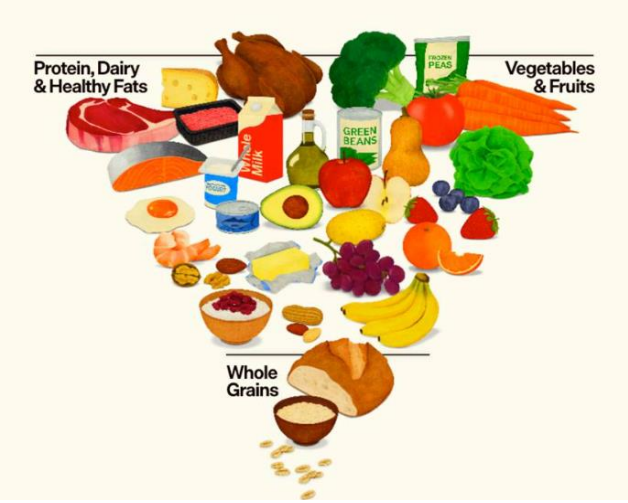
# Effects of Alcohol

- 7 kcal/g (100 – 150 kcal per standard drink)
- About 90% of alcohol consumed is metabolized by the liver
- Alcohol is prioritized over metabolizing other nutrients (e.g., fat)
- Stored glucose not released, no gluconeogenesis – hypoglycemia possible
- Can't effectively break down medications (e.g., ibuprofen, acetaminophen)
- The liver creates blood clotting proteins
  - The AHA does **not** recommend drinking alcohol for any health benefits
  - Heavy drinking assoc. w/hypertension, CAD, stroke, ALD, cirrhosis, cancers, etc.



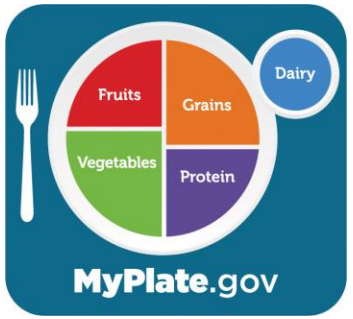
# DGA & Alcohol

## New guidelines




- Consume less alcohol for better overall health.
- People who should completely avoid alcohol include pregnant women, people who are recovering from alcohol use disorder and people taking medications or with medical conditions that can interact with alcohol.

## 2020 – 2025 Guidelines




- The Dietary Guidelines does not recommend that individuals who do not drink alcohol start drinking for any reason.
- Adults of legal drinking age can choose not to drink, or to drink in moderation by limiting intake to 2 drinks or less in a day for men and 1 drink or less in a day for women, when alcohol is consumed. Drinking less is better for health than drinking more.
- There are some adults who should not drink alcoholic beverages at all, such as if they are pregnant or might be pregnant; younger than age 21; or recovering from an alcohol use disorder or if they are unable to control the amount they drink.

# Fluid State

- Functions of water
  - Carries nutrients into cells
  - Maintains blood pressure
  - Eliminates waste
- Water and...
  - Herbal teas and unsweetened drinks
  - Soups and broths (reduced sodium)
  - Fruits (melons, berries, grapes, peaches)
  - Veggies (tomatoes, lettuce, cucumber, zucchini)
- Drinks – Watch out for
  - Sugar-sweetened beverages
  - Sources of caffeine (coffee, espresso, energy drinks & powders)
  - Juices "naturally" high in sugar
- How will I know?
  - Straw, not gold

Photo by Anthony on Unsplash

# Life cycle guidelines

- Kids
  - 5- to 8-year-olds: 16 to 40 fluid oz (2 – 5 cups)
  - 9- to 13-year-olds: 22 to 61 fluid oz (3 – 7 cups)
  - 14- to 18-year-olds: 29 to 88 fluid oz (4 – 11 cups)
- Adults
  - 8 – 15 cups (includes fluid from foods)
  - Prevent recurring UTIs with more water intake
  - Can reduce medical costs
- Older adults
  - Get less thirsty
  - Often don't meet fluid intake guidelines
- Other factors
  - Climate
  - Physical Activity
  - Fluid & Fiber go together!

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# What about electrolytes?

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## WHAT DO WE LOSE IN SWEAT?

| Element | Sweat (mmol/L) | Blood (mmol/L) |
|---|---|---|
| **Sodium (Na)** | 10 - 90 | 135 - 145 |
| **Chloride (Cl)** | 10 - 90 | 98 - 107 |
| **Potassium (K)** | 2 - 8 | 3.6 - 5.2 |
| **Calcium (Ca)** | 0.2 - 2 | 2.2 - 2.7 |
| **Magnesium (Mg)** | 0.02 - 0.40 | 0.7 - 0.95 |
| **Iron (Fe)** | $0.1 - 30 \times 10^{-3}$ | $6 - 27 \times 10^{-3}$ |
| **Copper (Cu)** | $0.5 - 20 \times 10^{-3}$ | $12 - 23 \times 10^{-3}$ |
| **Zinc (Zn)** | $0.1 - 20 \times 10^{-3}$ | $10 - 17 \times 10^{-3}$ |

*Note: Sweat loss is dependent on exercise duration, intensity, climate, weight, and heat acclimation status of the athlete. Figures based on published literature.*[3]

- Sweat is mostly water
- The range of Na lost varies widely
- As intensity of physical activity and volume of sweat increases, rates of electrolyte losses increase
- These can be replaced by drinking water and having a salty snack

# Replacing losses

| Nutrient lost in sweat | Food sources to help replace it (examples) |
|---|---|
| Sodium (Na) & Chloride (Cl) | Milk, salty snacks, pickle slices, pickled vegetables, tomato juice, olives, cheese, or salt. |
| Potassium (K) | Milk, bananas, oranges, cantaloupe, watermelon, potatoes (baked) and sweet potatoes, tomatoes/tomato juice; beans and lentils; yogurt; coconut water (unsweetened). |
| Calcium (Ca) | Milk, leafy greens (e.g., kale, bok choy), yogurt or kefir, cheese, tofu, fortified nut and plant milks. |
| Magnesium (Mg) | Milk, pumpkin seeds, almonds, cashews, peanuts/peanut butter; black beans, edamame, whole grains (oats, brown rice); dark chocolate (≥70%). |

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# Beyond Dry January...

- Natural time to check-in with goals
- Cannot rely on willpower alone
  - Make a plan
  - Make adjustments as needed
- Sober-curious?

# Sustaining behavior change

- Behavior substitution
  - Meet at a park or coffee shop instead of a bar
  - Substituting drinks
  - Habit formation
    - Start small
    - Make it routine (visual cues)
    - Habit stacking (pair w/existing habits)
- Goal setting & Action planning
  - Protective Behavioral Strategies
    - Deciding how many drinks beforehand
    - Alternating alcoholic w/nonalcoholic drinks
    - Adding extra ice to alcoholic beverages

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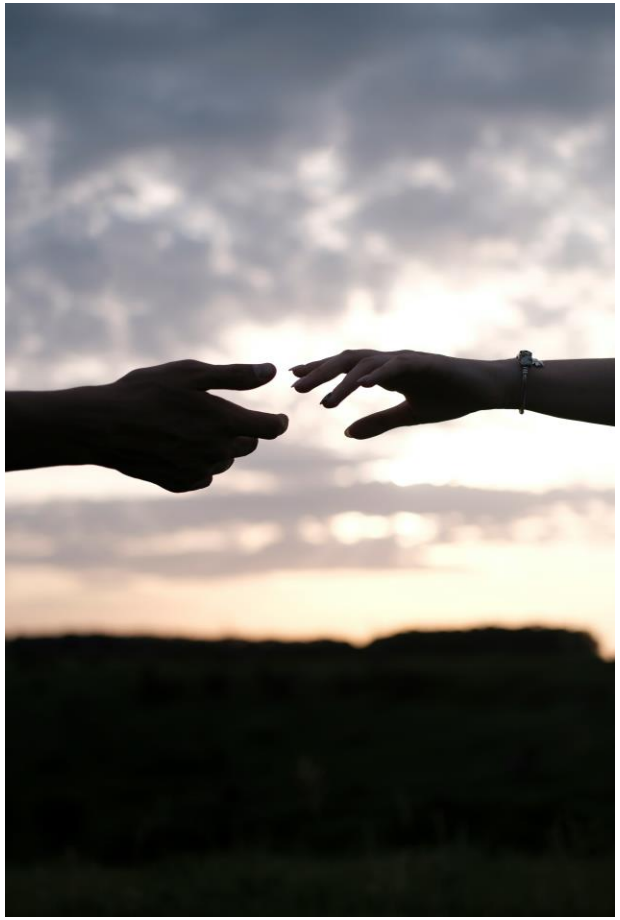
# Supporting behavior change

- Self-efficacy
  - Specifically surrounding drink refusal
  - Activities that support feeling good without alcohol
  - Many useful behavior change options
    - CBT, Motivational Enhancement Therapy, Twelve Step Facilitation, etc.
- Peer support
  - Peer norms
  - Key component, especially when combined with other behavior change techniques, e.g., motivational enhancement therapy



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# Let’s mix it up!

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# Questions?

## Please post your Questions in the Q&A !

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## CHES/MCHES® credit

- You will receive an evaluation within one week following the webinar if you indicated upon registering that you would like to request CHES/MCHES® credit

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# Thank you for attending!

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