



May: Is Your Diet Too Sweet?

Chances are it is!

Sugar is found naturally in many whole foods such as fruits, vegetables, grains, cereals, and milk products. This is not the sugar to be worried about, because it comes packaged in foods containing a lot of other very important nutrients and fiber that your body needs.



Added sugar is the problem. This is sugar put into foods during processing.

- o Most Americans eat way too much added sugar.
- o How much? The typical American consumes between 22 and 28 teaspoons **per day!**
- o To burn the calories from this added sugar, you would have to walk for 1 ½ hours, ride a bicycle or jog for ¾ of an hour, or play basketball for an hour.

How much added sugar should you consume? The *American Heart Association* recommends:

- o Women - no more than 6 teaspoons per day.
- o Men - no more than 9 teaspoons per day.

Fact: A single 20 oz. bottle of regular soda has a whopping 15 teaspoons of sugar!

Why the concern?

- o Added sugar gives you extra calories with no nutritional benefit.
- o Calories you don't burn stick with you as fat.
- o Health issues directly tied to too much sugar include: obesity, heart disease, diabetes, tooth decay, metabolic syndrome, and gout.

How much added sugar is in my food?

- o Look at the ingredient list for names like: high fructose corn syrup, cane or beet sugar, corn sweeteners, fruit juice concentrates, honey, nectars, molasses, brown sugar, raw sugar, and syrup (rice or brown rice, malt, barley malt, agave, maple etc.).
 - ♦ These are all sources of added sugar. If these sugars are listed in the first few ingredients, you know the product is probably high in added sugar.
- o Nearly 50 percent of the added sugar in the American diet comes from soda, energy drinks, teas, fruit drinks, and sports drinks.
 - ♦ For the average person, that is almost 39 pounds of sugar a year!
 - ♦ So cut back on these liquid sources of added sugar. It is one of the biggest steps you can take to lower your sugar intake and reduce the risk to your health!



SUGAR SWEETENED BEVERAGES

Tech Corner

That Sugar App



A lot of everyday foods and drinks that are commonly thought to be 'healthy' are actually high in sugar. Use "**That Sugar App**" to track the amount of sugar you and your family are consuming.

<https://play.google.com/store/apps/details?id=com.mpc.that-sugar-app&hl=en>

<https://itunes.apple.com/au/app/that-sugar-app/id1016777022?mt=8>

Colorectal Cancer

Cancer of the large intestine and rectum (colorectal cancer) is the third most common cancer in the U.S. (not counting skin cancer) for both men and women. What can you do to reduce your risk of developing it?

- o Get screened – prevention is a key part of reducing your risk.
- o If your diet is low in fruits, vegetables, whole grains, nuts and/or beans, add more of them.
- o Is red and processed meats a big part of your diet? If yes, try to cut back.
- o Exercise regularly; if you are overweight, work to lose those extra pounds.
- o Still smoking? Consider quitting. Colon cancer is yet another health risk that smoking may contribute to.
- o Stick with the recommendations for appropriate alcohol intake.
- o Talk about your calcium intake with your doctor. There is evidence that it may help with colon health.

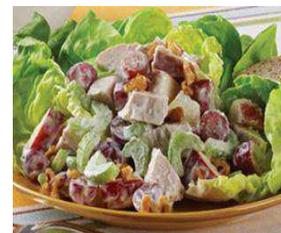


Recipe of the Month — Chicken Waldorf Salad

Serves 4 | Calories 365 | Saturated Fat 2 g | Protein 31 g | Sodium 408 mg

Ingredients:

- ♦ 1/3 cup low-fat mayonnaise
- ♦ 1/3 cup nonfat or low-fat plain yogurt
- ♦ 2 tsp. lemon juice
- ♦ ¼ tsp. salt
- ♦ 3 cups chopped cooked chicken breast
- ♦ 1 medium red apple, diced
- ♦ 1 cup halved red or green grapes
- ♦ 1 cup sliced celery
- ♦ ½ cup chopped walnuts, divided (toasted if desired)



Directions:

1. Whisk mayonnaise, yogurt, lemon juice and salt in a large bowl.
2. Add chicken, apple, grapes, celery and half of walnuts. Stir to coat well.
3. Serve with remaining walnuts.

Fit Tip - Sports Drinks

Are your exercise workouts (activities like jogging, hiking, bicycling, or playing soccer) more intense and last from 60 minutes to several hours? If so, sports drinks are an appropriate source of carbohydrates (fuel) and they keep you hydrated too. The result is a boost in both your endurance and performance levels compared to just drinking water. Here are some tips:

- o Choose sports drinks that contain several different types of sugar. Multiple types of sugar improves the amount of fuel actually getting to your working muscles.
- o These drinks also have electrolytes like sodium (salt). Sodium is the one you lose the most through sweating. Replacing it helps your body take in more fluids to stay hydrated.
- o Drink 1.5 to 4 cups per hour – more if you sweat a lot.
- o Pick a flavor that you like – if it tastes good, you will drink it!
- o Fitness waters do not provide enough fuel to improve endurance, but do keep you hydrated.
- o Drink before and after exercise too. This helps you stay hydrated.



Sports gels, energy bars, and fruit are also good options. For more information, check out this article from the American College of Sports Medicine:

<https://www.acsm.org/docs/brochures/selecting-and-effectively-using-sports-drinks-carbohydrate-gels-and-energy-bars.pdf>