



January Wellness Facts

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Hidden Sugar

Americans' average consumption of sugar is more than a third of a pound daily. In 3 days, we have eaten more than a pound of sugar, and in 2 weeks, we are eating almost 5 pounds of sugar. The problem with sugar is that it is often hidden in foods that do not offer any other nutritional benefit.

When looking for sugar on food labels, look for: corn syrup, high fructose corn syrup, glucose, fructose, honey, molasses, fruit juice concentrate.

Cut down your sugar consumption by:

- Avoiding heavily sweetened breakfast cereals.
- Finding energy bars and drinks with less than 12-15 grams of sugar.
- Watching out for reduced-fat and fat-free products.

- Limiting milkshakes which are high in sugar and total calories.
- Buying juices that are 100% fruit juice.
- Buying canned fruit that is water-packed or packed in its own juice.
- Using home prepared items more than prepackaged items.
- Limiting the number of high sugar beverages.

Strawberry Yogurt Shake

(Makes 2 servings) Shh!
Don't tell anyone this
shake is "good-for-you!"
And, all for under 150 calories!



1/2 cup un-sweetened pineapple juice
3/4 cup plain low-fat yogurt
1-1/2 cups frozen, un-sweetened
strawberries
1 teaspoon granulated sugar

Add ingredients, in order listed, to blender container. Puree at medium speed, until thick and smooth.

Nutritional Analysis Per Serving: Calories, 136; Fiber, 2.6 g; Cholesterol, 4 mg; Sodium, 63 mg.

Staying Active

On cold winter days, people are more likely to stay inside and watch television or play video games. Motivate children to stay active and healthy in winter by participating in activities with them and teaching activities they can enjoy throughout life. Active children build the foundation for a healthy life.



Source: OSU Extension, Weighing Family Fitness, Volume IV/Issue 1. University of Nebraska Cooperative Extension (lancaster.unl.edu/food).

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