



Healthy Futures Newsletter



Wassaja Memorial Health Center

Volume 1, Issue 9



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Inside this issue:

Sugar & Sugar Substitutes	2-3
World Heart Day	4-5
Healthy Recipe	6

Men's Health Awareness

Keep your Health On Track
 Thursday September 22nd
 Wassaja Health Center
 10:00-1:00
 (Wear Blue to Enter Raffle)

FOOD & PRIZES

Horseshoe Tournament
 Friday September 23rd @ 10:30a.m.
 Located next to the Elder Center

HEALTHY FUTURES
 For More Information Contact Glenda Mike
 @ 480 789-7876



For diabetes, nutrition and health information visit us at

Wassaja Memorial Health Center

(480) 789-7890

Come join us for our 2 day event, to promote awareness of preventable health problems and early detection and prevention of disease among men and boys.

“Recognizing and preventing men’s health problems is not just a man’s issue.

Because it impacts wives, mothers, daughters, and sisters, men’s health is truly a family issue.” Congressman Bill Richardson



Spotlight Story: Sugar & Sugar Substitutes, Good or Bad

For people with and without diabetes, sugar is a big deal. Sugar is a type of carbohydrate that quickly raises your blood glucose and has calories. So many people have switched to sugar substitutes. These sugar substitutes, also known as artificial sweeteners, have little to no calories or carbohydrate and there for little or no effect on blood glucose. They are used to replace sugar and enhance the flavor in many different foods. Since 1986 the number of American adults consuming sugar substitutes has risen to 187 million, according to the Calorie Control Council. There are many myths about sugar substitutes and sugar in general. For the most part, everyone is effected by sugar intake. Some questions that are often asked about sugar and sugar substitutes are:

Is avoiding sugar more important if you have diabetes?

Sugar does not need to be avoided all together, but it does need to be counted in your eating plan. You may be eating more sugar than you think, because we not only need to count the sugar , but also the other types of carbohydrates in foods. Sugar sweetened beverages contribute a lot of added sugar to our diet. Meaning more calories. The American Diabetes Association recommends that people with diabetes avoid or limit drinking sugar sweetened beverages to reduce their chance of weight gain and reduce their risk of heart disease.

Are sugar substitutes safe?

Yes. The Food and Drug Administration (FDA) has approved 7 artificial sweeteners. In the 1970s, some sugar substitutes had been linked to cancer in rats. Since then there have been more that 30 human studies that showed the results found in rats are not linked to humans. There currently is recommended daily intake for sugar substitutes, and the Academy of Nutrition and Dietetics says that people can safely enjoy a range of artificial sweeteners at the recommended daily amounts.

Will sugar substitutes help me lose or gain weight?

Many people use these products to lower their daily calorie intake. These products may help with weight loss if they are used to replace full calorie foods and if you do not consume more calories. Some researchers believe that consuming artificial sweeteners can increase hunger, appetite and calorie intake. The key to weight and use of sugar substitutes, is not to eat more calories to make up for the calories you saved with sugar free foods.

Just how much sugar is in some common foods:

12oz can of regular soda = 10 teaspoons of sugar

16oz flavored coffee latte = 9 teaspoons of sugar

1/2 cup of ice cream = 4 teaspoons

1/2 cup of pasta sauce = 3 teaspoons of sugar

20oz of sports drink = 9 teaspoons of sugar

REMEMBER:

3 teaspoons = 1 Tablespoon

1 Tablespoon of sugar = 15 grams of carbohydrate

**DAILY SUGAR INTAKE
LIMIT**

MEN = 9 Teaspoons/day

WOMEN = 6 Teaspoons/day



SWEET TIPS

When thinking about blood glucose and weight, remember to read the nutrition label for total carbohydrate and calories

Sugar substitutes are considered to be safe and are not known to cause diabetes or weight gain

Using sugar substitutes lowers total calories, this does not mean those foods are carb free

Eating foods with sugar substitutes is a way to get your sweet fix without having a negative impact on your health from sugar

Common Brands	Acceptable Daily Intake (Number of Packets)
Sweet One, Sunett	23
Equal, NutraSweet, Sugar Twin	75
Monk Fruit in the Raw, Nectresse, PureLo, LoSweet	Not determined
Newtame	23
Necta Sweet, Sweet'N Low, Sweet Twin	45
Sweet Leaf, PureVia, Stevia in the Raw, Truvia	9
Splenda	23

The FDA has set an acceptable daily intake (ADI) level for sugar substitutes approved for the general population. If you are pregnant or breastfeeding speak with your medical provider about using sugar substitutes. The ADI is the maximum amount of sweetener that can be consumed each day over a lifetime without causing health risks. It has been found to be virtually impossible for the average consumer to exceed the ADI based on normal consumption levels for low-calorie foods and beverages.



Your heart powers your whole body. It lets you love, laugh and live your life to the fullest. A few simple daily changes is all it takes to keep it charged and make a lasting difference to your heart health.

So fuel your heart. And power your life.

Fuel your heart

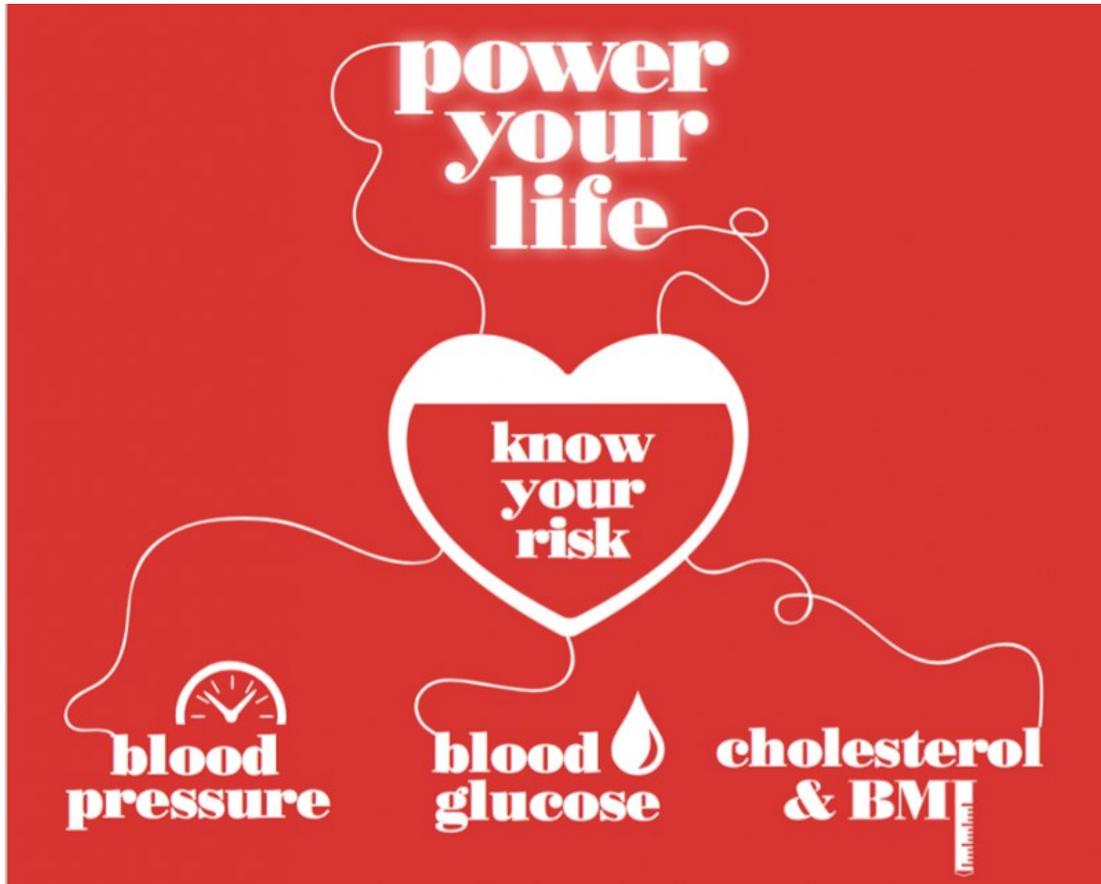
Eating and drinking well gives your heart the fuel it needs for you to live your life

Move your heart

Staying active can help you reduce risk of heart disease and feel great

Love your heart

Stopping smoking is the single best thing you can do to improve your heart health



Know your blood glucose levels: High blood glucose (blood sugar) can be indicative of diabetes. CVD accounts for 60% of all deaths in people with diabetes so if it's left undiagnosed and untreated it can put you at increased risk of heart disease and stroke.

Know your blood pressure: High blood pressure is the number one risk factor for CVD. It's called the "silent killer" because it usually has no warning signs or symptoms, and many people don't realize they have it.

Know your cholesterol and BMI: Cholesterol is associated with around 4 million deaths per year, so visit your doctor and ask them to measure your levels as well as your weight and body mass index (BMI). They'll then be able to advise you on your CVD risk so you can plan to improve your heart health.

**World Heart Day
29 September 2016**

BOW TIE PASTA BOWL



Ingredients

- 3 cups reduced-sodium fat-free chicken broth
- 6 ounces uncooked bow tie pasta
- 1/8 teaspoon dried red pepper flakes
- 1 1/2 cups diced cooked chicken
- 1 medium tomato, seeded and diced
- 1 cup packed spring greens or spinach, coarsely chopped
- 3 tablespoons chopped fresh basil
- 1/8 teaspoon salt
- 1 cup (4 ounces) shredded mozzarella cheese
- 4 teaspoons grated Parmesan cheese

Directions

Bring broth to boil over high heat in large saucepan; add pasta and pepper flakes. Return to a boil; reduce heat, cover, and simmer 10 minutes or until pasta is al dente.

Add chicken and cook 1 minute. Remove from heat; stir in tomato, greens, basil, and salt.

Spoon evenly into four shallow soup bowls; top evenly with mozzarella and Parmesan.

Yield: 4 servings. **Serving size:** 1 1/4 cups plus 1/4 cup mozzarella per serving.

Nutrition Facts Per Serving:

Calories: 346, Carbohydrates: 35 g, Protein: 31 g, Fat: 9 g, Saturated Fat: 4 g, Cholesterol: 57 mg, Sodium: 743 mg, Fiber: 2 g

