



Topic of the Month – Think Before You Drink

What is so bad about sugary drinks?

Children in America often consume sugary drinks. Drinks like coke, sprite, and fruit punch are some of people’s favorites. These drinks are tasty, accessible, and cheap but they are also one of the main sources of calories that contribute to quick weight gain. The average can of sugar-sweetened soda or fruit punch provides about 150 calories, almost all from sugar, usually high-fructose corn syrup. The high-fructose corn syrup in sugary drinks can play a part that leads to the development of obesity, type II diabetes, heart disease and many more chronic conditions in people who drink these sugary drinks.



Additionally, many people think that diet soda or other diet sugary drinks are healthier and it is okay to drink those. As a matter of fact, this is not the case as diet soda may have less sugar but still poses many potential health risks. According to a 2008 study from the University of Minnesota, just one diet soda a day is linked to a 34% higher risk of metabolic syndrome, the group of symptoms including belly fat and high cholesterol that puts one at risk for heart disease.



Moreover, a University of Texas Health Science Center study found that the more diet sodas a person drank, the greater their risk of becoming overweight. The best alternative for all of these sugary drinks would probably be water and children should start drinking water instead of soda, or fruit punch.

<http://www.m.webmd.com/diet/features/sodas-and-your-health-risks-debated>

Fruit Drinks vs. Fruit Juices

When choosing a juice, look for 100% fruit juice, which counts towards servings from the Fruit Group. “Fruit drinks” or “Fruit beverages” are flavored sugary drinks with little to no fruit juice. These beverages do not count towards servings from the Fruit Group.



•Some fruit drinks have vitamins, such as vitamin C, or other nutrients added to them. But, even with added vitamins, they lack other important nutrients found only in 100% fruit juice. These nutrients include potassium, phosphorus, zinc, folate, B-vitamins, and other important phytonutrients.

• One serving of 100% fruit juice is only 1/2 a cup. Ideally, no more than 1 cup of your fruit servings (a total of 2 cups on a 2,000 calorie daily diet) should come from juice because it doesn’t have the fiber found in whole fruit.

• Calcium-fortified orange juice is an excellent choice

<http://www.fcs.uqa.edu/ext/>

How to identify high sugar drinks

The best way to figure out if a drink is too sugary is to look at the ingredient label. A good general rule of thumb is if a 12 oz drink has more than 12 g of sugar, it should be avoided if possible. These include most sodas or drinks with added sugar. However, some fruit juices also have a lot of sugar. Since these drinks have natural sugar and also have nutrients (such as vitamins and minerals) they can be consumed in moderate quantities.



<http://fatsmack.org/drinking-sugar/>

"Food" Goal this Month

Try replacing at least one sugary drink with water everyday

Health Quiz of the Month

Calculate the sugars

Using the equation below, calculate the number of teaspoons of sugar in a 32 oz cup of sweet tea:

4 grams of sugar =
1 teaspoon of sugar

$$\frac{\quad}{\quad} \div 4 = \frac{\quad}{\quad}$$

Grams of Sugar	Divide by 4	Teaspoons of Sugar
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4-H Healthy Living Curriculum

32 oz (Large) Cup of Sweet Tea

Nutrition Facts

Serving Size 32 FL OZ (960g)
Servings Per Container 1

Amount Per Serving

Calories 272 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 68g 23%

Dietary Fiber 0g 0%

Sugars 68g

Protein 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

NutritionData.com

"Move" of the Month

Exergames

Exergames refer to video games that encourage physical activity. The ever-expanding variety of exergames now range from baseball and bowling to mixed martial arts and yoga.

Exergames provide ways for kids to be active when going outside is not an option (such as severe weather or hot summer).

The University of California 4-H
<http://4h.ucanr.edu/files/131436.pdf>

Upcoming Oct/Nov 2013

Next newsletter will focus on

Rainbow of Fruits & Veggies

Next Healthy Living Session

October 12th 2pm at West Windsor Library

Fun Facts

Sugar's Disguises

Barley malt	High fructose corn syrup
Brown sugar	Honey
Cane juice	Maltodextrin
Corn syrup	Maple syrup
Dextrose	Molasses
Fructose	Powdered sugar
Glucose	Raw Sugar
Sucrose	

Body Facts

- 55-75% of our body is made up of water
- Drinking fluids provides us with water to maintain our blood, muscles, body fat, and even our bones!
- The average adult needs 9-13 cups of fluids every day.
- 20% of the fluid we consume comes from food.
- To stay hydrated it is important to drink extra water on warm days and before, during, and after exercise.

<http://www.sfgov3.org/ftp/uploadedfiles/shapeupsf/projects/UpdatedSugarSavvy.pdf>

Sugar Facts

- For each sugary drink consumed per day, a child's risk of becoming overweight increases by 60%.
- It takes over an hour of walking to burn off the 240 calories in a 20-ounce bottle of cola.
- By drinking just one 20-ounce cola per day, you could gain 25 pounds in one year.

<http://blogs.ext.vt.edu/arl-lexvce/2013/05/21/how-much-sugar-is-hiding-in-your-drink/>