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Free information for you and your family

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Sugar Shakedown—Information provided by Kashi, 2009

The average American consumes 22 teaspoons of added sugar every day—nearly a half a cup of solid sugar, accounting for 355 calories! According to the American Heart Association in 2009.

The Association recommends that women get no more than 6 teaspoons (100 calories) and men 9 teaspoons (150 calories) daily. There are many sources of sweeteners, listed in order of naturalness are as follows:

- Honey
- Maple Syrup
- Brown Rice Syrup
- Evaporated Cane Juice
- Beet/Cane Sugar
- Corn Syrup
- Stevia
- High Fructose Corn Syrup
- Sucralose (Splenda)
- Aspartame (Equal & Nutrasweet)

Are you aware of your sugar consumption? Here are five ways to be more aware of where sugar can hide.

Take a closer look at nutrition labels. Reduce consumption of processed foods. Learn the sweetener lingo—see below. Remember that ingredients are listed in descending order by weight, so if any of the below are near the top of the list, there is a lot of sugar present. Lastly, keep in mind that many products contain multiple sweeteners, so read all ingredients, and consider the total amount listed on the label.

Sweetener Aliases:

Common—table sugar, brown sugar, powdered sugar, cane sugar, corn syrups, caramel, honey, molasses, maple syrup.

Less Familiar—glucose, lactose, maltose and fructose, evaporated cane juice, carob powder, agave, and brown rice syrup.

Sugar Alcohols—mannitol, sorbitol, xylitol, maltitol.

Many everyday foods have high sweetener content, so limit these foods in your diet from day to day, or try to find a less sweet version next time you shop.

Soft drinks (regular and diet), canned fruits (if not in own juice), ketchup and BBQ sauces, pancake syrups, popsicles, fruit-flavored yogurts, frozen yogurts, jarred and canned pasta sauces, canned soups and salad dressings.

These recommendations can help you create more of an awareness about the amount of sugar you consume. By changing just some of the products you consume everyday, you can start to cut your sugar intake and save the calories for other foods you enjoy or lose those extra pounds you have been carrying around!



Select Services provided at the Stevens Point Area YMCA

Call or e-mail today for help with meal planning, weight management, lifestyle coaching, seminars or presentations!

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Guidelines for the Casual Exerciser—Information provided by Today's Dietitian Nov 2009

Many clients often report that they do not eat before or after exercise because they do not want to negate the benefits of exercise. Others have liberal diets and treat themselves after exercise despite how much exercise has been performed.

However, research has shown that eating before exercise does increase energy and number of calories burned. While post exercise eating

replaces glycogen stores and repairs muscle fibers, especially when meals or snacks are consumed within 2 hours prior to exercise and 30 minutes after exercise.

Those that engage in endurance exercise (longer than 45-60 min per session) may require supplemental fluids and calories. These can be sports drinks and sport bars or gels for increased carbohydrate

consumption.

To prevent dehydration consume up to 20 oz of fluids 2 hours prior to exercise, and consume during exercise as well. Use sport drinks if you will be exercising for longer than 1 hour to replace sodium and carbohydrates lost during strenuous activity. Also drink post activity to ensure proper rehydration. Especially when in hot weather.



WIC Introduces Program Changes—Source, Women, Infants and Children



Please share this information with families you know who could use the program!

As of October, there have been some changes to the WIC supplemental food program. For the first time, participants are able to get fresh, frozen or canned fruits and vegetables.

The federal government made the changes to reflect the updated dietary guidelines to allow for more flexibility in food choices. And the changes are the first in over 30 years.

The additional fruits and vegetables are available for mothers and children aged 1-5 and baby food fruit and vegetables for infants aged 6-12 months.

Besides the addition of fruits and vegetables WIC families can now also add whole grains, whole breads and tortillas, and canned beans. In the past they were limited to milk, cheese, eggs, juice, cereals, and dried beans or peanut butter.

The program did reduce the amount of milk, cheese and eggs, and also stipulates

that only 1% milk be allowed for women and children aged 2 and older. These are also more consistent with the guidelines of limiting the consumption of saturated fats.

This is sure to be an improvement for those that participate and can also improve their eating habits while getting all 5 food groups at each meal.

Encourage those that may qualify to take part in the program. It's your tax dollars hard at work, so if you need the assistance please do so. It will keep you and your children healthy!

Overcome Barriers to Healthy Eating—Information from Today's Dietitian, Nov 2009

Nutrition experts agree that we know which nutrition foods positively impact well-being and communicate wellness to clients. But even we can encounter obstacles to healthy eating. Many of them are the same as our clients. The most common hindrance is time management issues, busy schedules aside, we also have a love of food, cravings, and our loved ones' preferences that can throw us off track.

Minding our time is first. We all have the same number of hours in the day, it's how we use them that is up to us. Rank your efforts and focus on those that will pay off after time is invested. Would you rather have a clean bathroom or cleaner arteries? So living a healthier lifestyle and having nutritious foods on hand is important and must be including on your list.

Other ideas include making a meal plan for each week and shopping according to the menu. Remove all temptations from the house. If the foods are not there that you crave and know will hinder your efforts, get them out of the house and don't buy them anymore. Out of sight, out of

mind. Also plan your day the night before. Have a plan and stick to it. Lastly, slow down! Not only when preparing foods but also when eating. Savor the foods, enjoy the time with family or yourself at the table.

Next, planning is essential. I have advised many clients to make weekly menus to keep shopping on track and keep the family organized as well as the budget. It really works! Organize your recipes, keep in mind leftovers, and that some days are busier than others, so plan your menu accordingly.

Keep it simple. If you have had a busy day, have a less busy meal. Even a veggie burger from the freezer can be an excellent meal with a side salad or a PB&J with carrots on the side. Your meals do not have to suffer just because you are short on time. If your days are still busy and you want a hot meal, drag out the slow cooker and find some recipes to try, and let the cooker do the work!

There are also children, convenience, and cravings. Be sure to include the

children when you can. Whether it's shopping or creating the menu, they can help. Simplify meals and allow for pizza nights or a rotisserie chicken when you just have seem to run out of time. Keep 'stashed' treats to a minimum. I have recommended Tootsie Rolls in the freezer, a great chocolate craving fix or even dark chocolates because a little goes a long way.

Are YOU part of the problem? If you let yourself become overly hungry or do not listen to your body you can set yourself up for failure. Some people continue to buy lunch at their workplace, even though they know it is not always nutritious. Plan to pack lunch a few times a week. If your workplace menu is listed online, check to see which days you may want to BYO-lunch, just like in school! Pack snacks for when those afternoons turn long and you need an energy pick up. Listen to your body, if you are hungry- eat, thirsty- drink.

If you love food, enjoy being creative, have fun and try gourmet once in awhile. It can be a good thing! Enjoy the foods you eat while

having a balance with great taste and good health!



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Healthy Lifestyle,
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