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# Food and Fitness

## Be Aware of Your Sugar-Sweetened Beverages

Beverages that are sweetened with sugar have started to create more movement in the media and in the nutritional world. These beverages are offered in just about every setting in which we are present. Places like restaurants, events, social gatherings, and even our own homes. In some instances, these beverages might be the only options provided. As a society we have moved from drinking water, milk, and 100% fruit juice options to beverages that are loaded with sugar. Think about it, if you went to a restaurant and saw only water and milk listed on the menu, most people would think it was strange or wouldn't even go there in the first place.



What counts as a sugar-sweetened beverage? Any beverage that is sweetened with one of the different forms or kinds of sugar. The Dietary Guidelines list specific examples of added sugars as: brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, trehalose, and turbinado sugar. Some examples of sugar-sweetened beverages are regular soda, fruit drinks, sports drinks, energy drinks, sweetened waters, and coffee and tea with added sugar.

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## Be Aware of Your Sugar-Sweetened Beverages

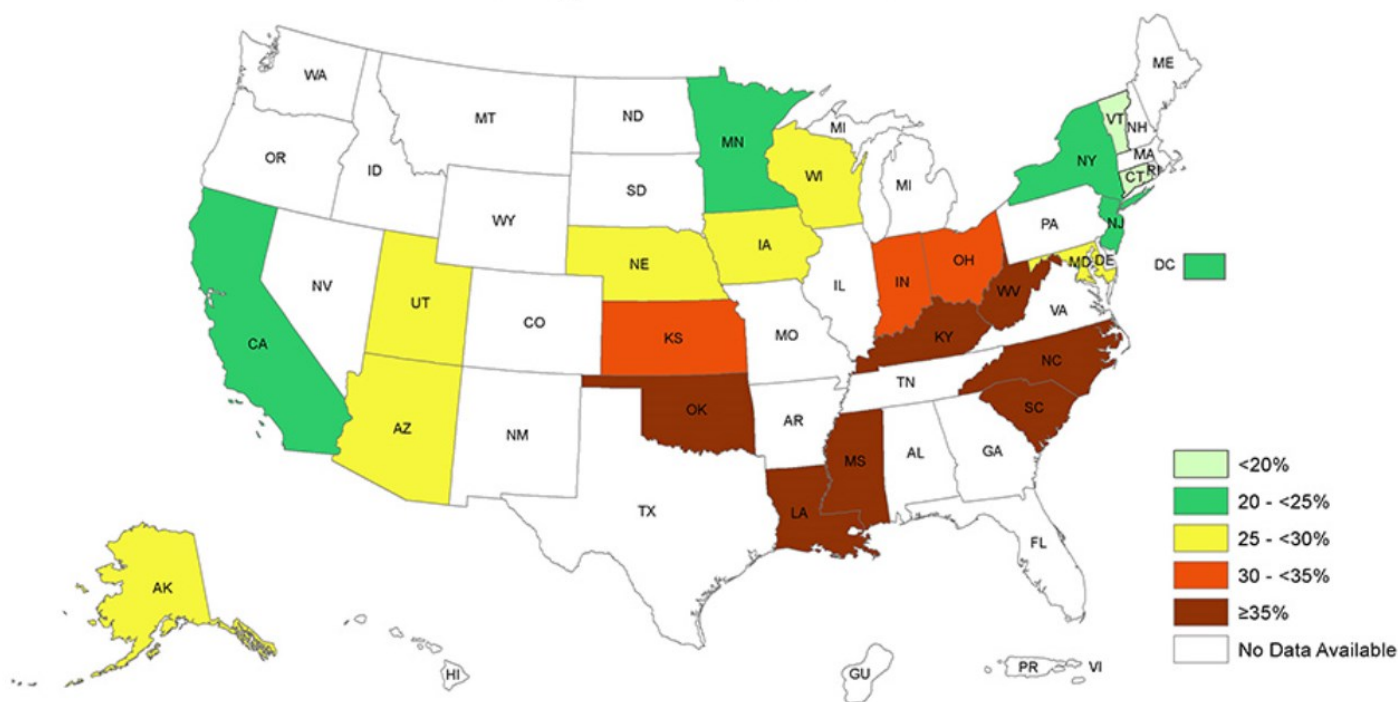
(Continued from Page 1)

When consuming these sugar-sweetened beverages, how is it impacting our health? According to the Center for Disease Control (CDC), frequently drinking sugar-sweetened beverages is associated with weight gain/obesity, type 2 diabetes, heart disease, kidney disease, non-alcoholic liver disease, tooth decay and cavities, gout, a type of arthritis.

Education on these types of beverages are important for making the right choices for our individual needs or wants. For instance, one 12 ounce beverage may contain 150 calories. If you were to consume four of these beverages in just one day, it would contribute to 600 calories for that day. Then, if you continued to consume those four beverages every day for an entire year, it would be a total of 219,000 calorie for that year. That is the same amount of calories that are in about 62 pounds of body fat. Now, does that mean you will gain 62 every year? Not necessarily. However, limiting the amount of sugar-sweetened beverages being consumed can help maintain a healthy weight and healthy diet.

Prevalence of adults reported drinking SSBs at least once a day

Prevalence of Daily Sugar-sweetened Beverage Intake ( $\geq 1$  time/day)  
among US Adults, BRFSS 2013



Source: Behavioral Risk Factor Surveillance System, CDC

# How much sugar is in your drink?

Based on the FDA standard of 4 grams of sugar per teaspoon.



Consumption of sugar sweetened beverages may be the single largest driver of the obesity epidemic according to a 2009 study in the New England Journal of Medicine.

Average sugar sweetened beverage consumption by youth	
BOYS	
Ages 2-5:	47 gallons/year
Ages 6-11:	65 gallons/year
Ages 12-19:	108 gallons/year
GIRLS	
Ages 2-5:	41 gallons/year
Ages 6-11:	51 gallons/year
Ages 12-19:	77 gallons/year

According to the 1995-2001 National Health and Nutrition Examination Survey of children who reported having at least one sugar-sweetened beverage on the survey day.

The extra calories from adding just one 20 oz Mountain Dew to your regular diet every day for a year would be enough calories to cause a 30 pound weight gain.



Based on the 250 calories in a 20 oz. Mountain Dew and 3500 calories resulting 1 lb. of weight gain.

Alliance for a  
**Healthier**  
Rhode Island  
  
c/o Rhode Island Medical Society

This artwork was created by our colleagues from the Alliance for a Healthier Vermont. We thank them for sharing!

## June Health Extras

# Hydrate Your Brain

By Lauren Prinzo, WVU Extension Agent, Marion County



Try these fruit-infused water recipes at your events to make drinking water fun!

### Blackberry Mint

- 40 blackberries
- 40 mint leaves

Tear mint leaves in half and smash blackberries to release flavors before adding to water.



### Blueberry Orange Basil

- 30 to 45 blueberries
- 3 oranges
- 9 basil leaves

Squeeze the blueberries, quarter the oranges, and tear the basil leaves in half before adding to the water.



### Citrus

- Slice your choice of oranges, lemons, and grapefruit.
- Use one of each fruit for every gallon of water.
- Chill overnight in the refrigerator.



### Pineapple Orange

- ¼ pineapple
- ½ orange

Slice the pineapple. Leave the peel on the orange slices. You may be able to add water 2 to 3 more times before the flavor is gone.



### Raspberry Lime

- 40 raspberries
- 4 small limes

Smash raspberries and remove rind from limes before adding to water. Let sit overnight for maximum flavor.



### Strawberry Kiwi

- 5 strawberries
- 2 kiwi

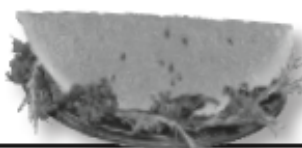
Slice the strawberries and kiwi before adding them to the water to release the flavors.



### Watermelon Rosemary

- ¼ seedless watermelon
- 2 sprigs rosemary

Scoop watermelon directly into container. Add rosemary and fill the rest of the way with water. Let sit overnight.



### Remember these food safety tips:

- Wash hands, containers, fruit, and preparation surfaces.
- Do not mix batches. Use it up, clean the container, and make a new batch.



Joke:

When Oxygen and Potassium went on a date, it went OK.

- Anonymous

## Mineral— Potassium

### Functions

Potassium works closely with sodium and chloride to help maintain the body's fluids. It works with kidney function, converts glucose to glycogen for muscle fuel, maintains nerve and muscle function and can reduce blood pressure.

### Recommendations

Recommended Dietary Allowances (RDA):

Adequate Intake for Men and Women 51 and Older:  
4.7 g/d

### Food Sources :

Sweet potatoes	Lentils
Beet greens	Carrots
Potatoes	Orange/Orange juice
Yogurt	Banana
Cantaloupe	Milk
Halibut (fish)	Meat

### Deficiency

The term hypokalemia means low potassium.

Signs of deficiency can include: tiredness, muscle weakness, electrolyte imbalance, nerve or muscle dysfunction, low blood pressure, continual thirst, poor kidney function and vomiting.

Some factors may increase how fast potassium is excreted like fasting, vomiting, diarrhea, and diuretics.

### Toxicity

The term hyperkalemia means high potassium.

Often may show no signs or symptoms. Some symptoms may include fatigue, muscle weakness, abnormal heart rhythms, or irregular pulse.



## Applesauce Cake Recipe

Serves 12

### Ingredients

- 1/2 cup butter
- 1 cup sugar
- 1 cup chilled apple sauce
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/2 cup raisins
- 1/2 cup chopped walnuts

### Directions

- Cream butter with sugar.
- Add applesauce; beat well.
- Stir in flour, baking soda, and spices.
- Add nuts and raisins.
- Pour the batter into a greased and floured 8 inch square pan.
- Bake at 350 degrees F for 40 minutes, or until done.
- Serve warm.



Recipe received from:

<http://allrecipes.com/recipe/7380/applesauce-cake-i/>

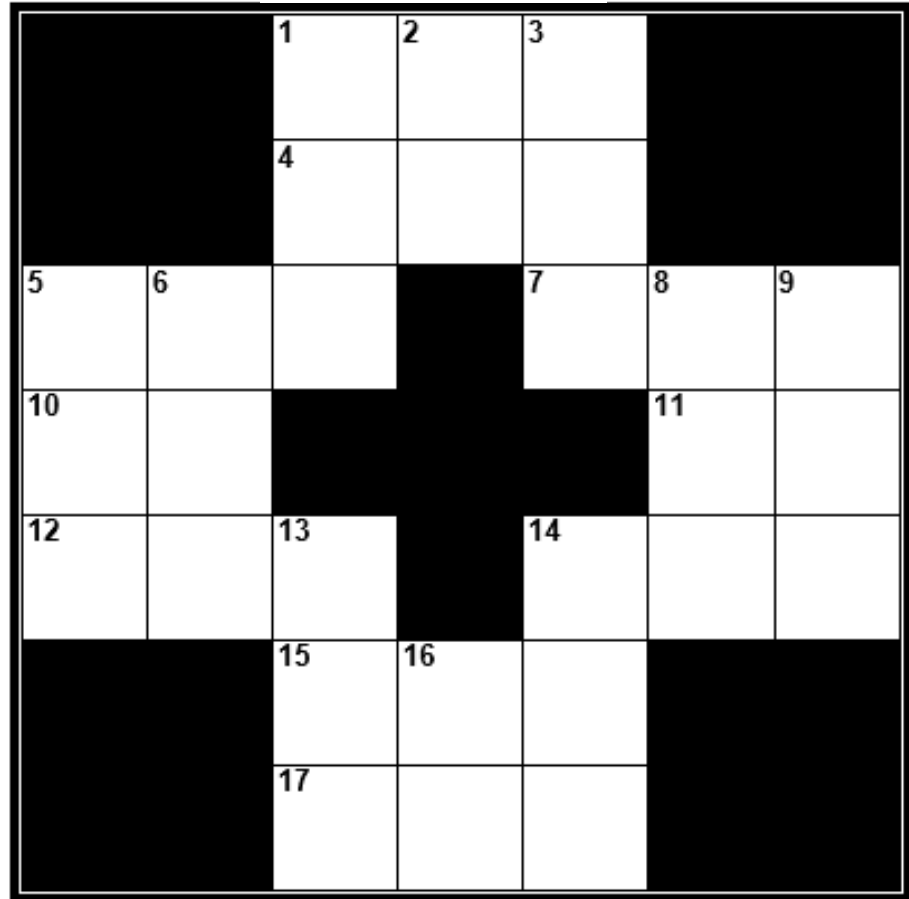


## Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!

### Cross Figure #78

Y. Dvir



### Quote:

I like nonsense; it  
wakes up the brain  
cells.

~Dr. Seuss

### ACROSS

1. Consecutive digits in reverse
4. Five times 11 across
5. 1 across minus 4 across
7. Half of 5 across
10. 5 down minus 6 down
11. Its digits total eleven
12. 5 across plus two
14. 1 across minus 2 down
15. Consecutive digits in order
17. See 13 down

### DOWN

1. 14 across plus 16 down
2. Its digits total ten
3. Consecutive odd digits in reverse
5. 4 across plus 7 across
6. First and last digits are the same
8. Its digits total nine
9. Its digits total eleven
13. 1 across minus 17 across
14. Same as 1 down
16. See 1 down



# June 2017

## June Monthly and Weekly Observations

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1 Dare Day</i>	<i>2 National Dough- nut day</i>	<i>3 National Trails Day</i>
<i>4 Apple- sauce Cake Day</i>	<i>5 World Environ- ment Day</i>	<i>6 National Garden- ing Ex- ercise Day</i>	<i>7 National Choco- late Ice Cream Day</i>	<i>8 Best Friends Day</i>	<i>9 National Straw- berry Rhubarb Pie Day</i>	<i>10 Iced Tea Day</i>
<i>11 National Corn on the Cob Day</i>	<i>12 Red Rose Day</i>	<i>13 Sewing Machine Day</i>	<i>14 Flag Day</i>	<i>15 Global Wind Day</i>	<i>16 Fresh Veggies Day</i>	<i>17 Eat Your Vegeta- bles Day</i>
<i>18 Father's Day</i>	<i>19 National Kissing Day</i>	<i>20 Ice Cream Soda Day</i>	<i>21 Interna- tional Yoga Day</i>	<i>22 National Choco- late Éclair Day</i>	<i>23 National Pink Day</i>	<i>24 Swim a Lap Day</i>
<i>25 National Catfish Day</i>	<i>26 For- giveness Day</i>	<i>27 Sun Glasses Day</i>	<i>28 Insur- ance Aware- ness Day</i>	<i>29 Camera Day</i>	<i>30 Meteor Day</i>	

- Aquarium Month
- Candy Month
- Dairy Month
- Fight the Filthy Month
- National Accordion Awareness Month
- National Adopt a Cat Month
- National Fresh Fruit and Vegetables Month
- Rose Month
- Turkey Lovers Month

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- Week 1 Fishing Week
  - Week 2 Email Week
  - National Gardening Week (First Full Week of the Month)

June 2017

# Hydrate Your Brain

By Lauren Prinzo, WVU Extension Agent, Marion County



## Health Motivator Talking Points

Did you know . . . ?

- Water makes up 75% of your brain. It is important to every body system.
- Dehydration can impair short-term memory and recall of long-term memory.
- Dehydration can physically shrink the gray matter in your brain, which makes your brain work harder to process information.
- Drinking a glass of water can sharpen your mind, and improve your reaction time and ability to process information. Water is a natural remedy for headaches, too.
- Sugar-sweetened beverages do not hydrate as well as water.

Try these tips to stay hydrated and brain healthy:

- Drink at least eight glasses of water every day. Remember, the amount of water you need depends on your body weight, activity level, illnesses/health conditions and weather.
- Eat plenty of fruits and vegetables, because they contain a lot of water.
- Check you urine. If you drink enough water, your urine should be colorless or light yellow. Darker? Drink more water.
- Keep a glass/bottle of water handy. Have water with each meal and between meals.

## Quick Club Activity: “Drink, Drink, Drink Your Water”

Sing to the tune of “Row, Row, Row Your Boat”:

Drink, drink, drink your water  
Drink it every day  
Morning, noon, all day long  
Your brain will say, “HURRAY!”

Try singing it in rounds to really get your brain working!

## Learn More!

Nutrition and Healthy Eating. (2016). <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256?pg=2>.

Ritz, P., & Berrut, G. (2005). The Importance of Good Hydration for Day-to-Day Health. *Nutrition Reviews*, 63. doi:10.1111/j.1753-4887.2005.tb00155.x.

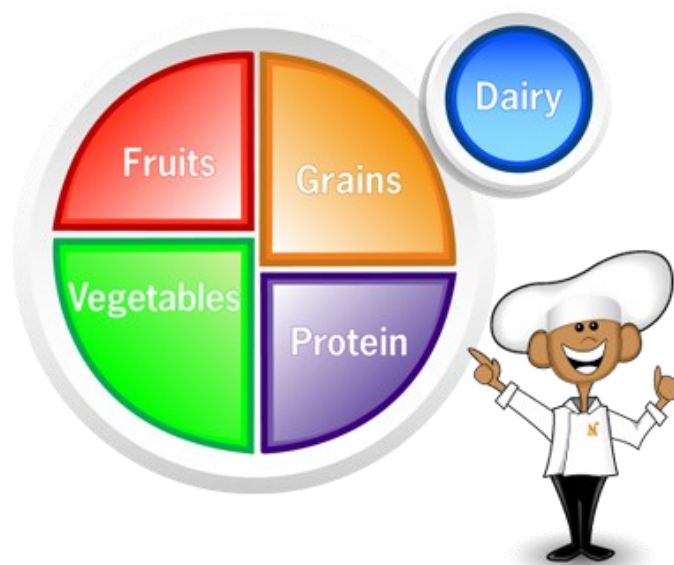
The Water in You. (2016, May 2). <http://water.usgs.gov/edu/propertyyou.html>.

## West Virginia Bureau of Senior Services

Kathrine J. Clark, MS, RD, LD

Nutrition Consultant

1 John Marshall Drive  
Huntington, WV 25575



*This newsletter is created by Kathrine J. Clark,*

*MS, RD, LD,*

*Nutrition Consultant to the West Virginia*

*Bureau of Senior Services.*



## Brain Exercise Answers

#78

		9	8	7		
		3	2	5		
6	6	2		3	3	1
5	0				6	5
6	6	4		9	0	5
		1	2	3		
		5	7	2		