



# Wellness Newsletter

## March 2014

March is **National Colorectal Cancer Awareness Month**. Among cancers that affect both men and women, colorectal cancer (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. You should begin screening for colorectal cancer soon after turning 50, then keep getting screened regularly until the age of 75. Some people are at a higher risk than others for developing colorectal cancer. If you think you may be at high risk for colorectal cancer, talk to your doctor about when and how often to get tested. Don't let embarrassment keep you from getting a screening that could save your life.



### Added Sugar Adds Up to Health Risks

"Naturally occurring sugar" is found in milk, fruit, vegetables and some grains. "Added sugar" is processed sugar like high-fructose corn syrup or natural sugar that is added to processed foods. Too much sugar in your diet can contribute to obesity, poorly managed Type 2 diabetes, high triglycerides, low HDL cholesterol, heart disease, and of course, tooth decay.



Here are ingredients to avoid if you want to reduce your sugar intake:

- Brown sugar
- Cane juice and cane syrup
- Confectioners' sugar
- Corn sweetener and corn syrup
- Dextrose
- Fructose
- Fruit juice concentrates
- Glucose
- Granulated white sugar
- High-fructose corn syrup
- Honey
- Invert sugar
- Lactose
- Maltose
- Malt syrup
- Molasses
- Raw sugar
- Sucrose
- Syrup



### How Much Sugar is in Your Food?

The information listed on the Nutrition Facts label can be confusing. When reading the information for sugar in each serving, keep these 2 nutrition tips in mind:

- 1 gram of sugar equals 4 calories
- 4 grams of sugar equals 1 teaspoon of sugar

Using those 2 tips, you can take the information found on the Nutrition Facts label and understand what it really means. A food or beverage that contains 40 grams of sugar per serving is the same as 10 teaspoons of sugar and 160 calories. That's a lot of sweetener!



I'm always looking for fitness activities that give a good metabolism boost in 10 minutes or less, to add to my "toolbox" of exercises. My recent discovery is fitness hula-hooping. As a kid, I never was able to master this art, but somehow as an adult, I figured it out. My goal at first was to hoop for 1 minute. Boy, what a work-out it was. Plus, I felt so silly and exhilarated that I laughed throughout. (Laughing while working out? Always a good thing!) Hula-hooping has a great calorie burn, and increases core strength, balance and flexibility. Fitness hula-hoops come in different sizes and weights, and it took me a few tries to find the right one. So now, there's no excuses. If I have just one minute to spare, I can get a fun, heart healthy workout right in my own basement.



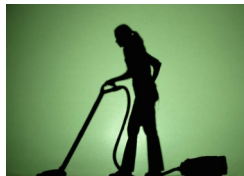
Karen DeBonis  
R&K Wellness Director

## For Heart Health, Hit the ... Vacuum Cleaner?

If hitting the gym is not your thing, your normal daily activities may be a good substitute. New research suggests that activities like housework, gardening, home repairs, and car maintenance count towards your daily exercise requirements and can cut your risk of heart attack and stroke.

In the study, almost 4,000 people age 60 and older were followed for 12 years. The most active people had a nearly 30% reduced risk of cardiovascular problems and death. *And it didn't matter whether their activity was routine or formal.* However, those who engaged in formal exercise and were otherwise active had the lowest risk.

The key is to stay off the couch and get moving. So even when you're stuck indoors due to yet another snow storm, take advantage of those long days to tackle a chore and lengthen your life.



Source: British Journal of Sports Medicine, Oct 2013.

## Winter's Silver Lining

Don't wish away the cold weather yet if you're trying to lose weight. Shivering from being cold may actually help you burn calories. Shivering, like exercise, increases hormone levels that help your body to convert *white fat*, which *stores* calories, to *brown fat*, which *burns* calories. So winter's wrath may have a silver lining after all!



**No matter how slow you go, you are still lapping everyone on the couch.**



## Rapid Weight Loss may lead to Gallstones

Here's yet another reason to lose weight gradually: rapid weight loss may lead to gallstones.



Research is still needed to determine the cause, but it's thought that very low calorie diets (under 800 calories per day) and long periods without eating (skipping breakfast, for example) may cause imbalances in the gallbladder that lead to gallstones.

Here's how to reduce your risk of gallstones when dieting:

- Don't try to lose more than ½ to 2 pounds per week.
- Include lots of fiber-rich foods like whole wheat, brown rice and oats.
- Avoid refined grains like white flour products, and reduce your sugar intake.
- Use healthy fats like olive oil to maintain healthy gallbladder function.
- Aim for about 5 hours of exercise per week.

## Don't Wash or Rinse Poultry

Chicken and other poultry can be part of a healthy diet, but it is **commonly** tainted with harmful bacteria, whether it's organic, store-bought, or locally raised. To kill the bacteria, you need to cook your bird until it reaches an internal temperature of 165 degrees. What you may not know is that you should NOT rinse or wash the poultry first. The US Department of Agriculture and food safety experts have cautioned against this practice for years.

The risk is that rinsing disturbs the bacteria on the poultry and splashes it onto the counter, other food, and you, in tiny particles that you can't see. Then, all your safe food preparation and cooking practices can't keep you safe if you've contaminated other surfaces. So, wash your hands, cutting boards, counters and other surfaces that have touched raw poultry, just don't wash your bird.



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