MARCH IS National Nutrition Month

AHA America’s Greatest Heart Run & Walk  3/4/2017

Nutritional tips for medium & long distance walking events:

**Before the event:** Carbs provide energy and are the most important source of fuel for exercise. Your body can store small amounts of carbs in the muscle and liver as glycogen, but these stores are limited so you need to make sure you’re fueled before the event. You should try to eat plenty of starchy carbs the night before the event. Opt for whole grain where possible (e.g., whole wheat pasta, brown rice, whole wheat noodles) as the fiber in whole grains provides a slower release of energy.

**During the event:** Hydrate! Hydrate! Hydrate! The amount of fluid we need depends on things like the weather and how much exercise you do. Make sure to drink plenty the night before and morning of the event. Try to drink small amounts during the walk but don’t wait until you feel really thirsty as that’s a sign you’re already partly dehydrated. Water is your best friend here as sports drinks are best suitable for people participating in endurance sports and when sweat loss is high. Energy drinks are full of sugar and caffeine and while they give you a quick boost, this is short lived.

**Some nutrition rules to help you:**

- **Hide your weakness.** If you see it, you’ll eat it. A study at Google’s NY office dubbed “Project M & M” found that placing the candy in opaque rather than glass containers reduced consumption by 3.1 million calories in seven weeks. **Boost flavor to cut calories.** The sameness of scent will inspire you to eat more. Adding herbs and spices is an easy way to take advantage of the sensory illusion that you’re indulging in something rich. **Chill Pasta.** The drop in temperature changes the nature of noodles to something called “resistant starch”, which is found in legumes. Your body has to work harder to digest it. Once you heat it up, you destroy the resistant starch. **Eat, don’t drink your food.** Juice can do more harm than good. Researchers at the Harvard School of Public Health found that people who consumed one or more servings of juice each day increased their risk of type 2 diabetes by as much as 21%. **Use paper, not plastic.** A series of experiments at Cornell University showed shoppers were less likely to buy junk food when parting with a $100 bill rather than using a credit card to pay for their groceries. **Water.** According to a study in Journal of Clinical Endocrinology and Metabolism, after drinking approximately 17 oz. of water, participants’ metabolic rates increased by 30%. **Remind yourself to lose weight.** A recent study in Health Promotion Practice found people who received motivational texts and reminders about their caloric intake made healthier meal and snack choices.

cattist.com

Adult Grown-Up Soccer Organization was created for the purpose of promoting Adult Co-ed Soccer.

A.G.U.S.O promotes soccer pick-up style games for men and women who love the game of soccer.

A.G.U.S.O encourages those who would like to give it a try while advocating safe, fun, and enjoyable play.

A.G.U.S.O is open to any level of skill or experience. Learning the game, enjoying the game in a safe and fun environment is the ‘goal’.

Come play pick-up style soccer games, enjoy a fun active game in a safe, and relaxing environment.

**Thursday Evenings**  -  Illion Barringer Rd. Elementary School Gymnasium

**Starting Date:** Now  **Ending Date:** Till we can go outside and play

**Times:** 7:30 PM to 9:00 PM  **Contact Doug Tichensky for more information**  datichen@utica.edu  **Office:** 315-223-2482
Eating Right with Less Added Sugars

Sugar is found naturally in some foods and drinks, like fruit and milk, but it is also added to many of them. Added sugars give these items a sweet taste. Most Americans get too many calories from added sugars and over time this may affect their weight and health. Many people think of desserts as the main source of added sugars, but there are many foods and drinks that contain them.

For example, sweetened drinks like regular soft drinks, some fruit drinks, and energy drinks are all sources of added sugars. Snack foods, like crackers, and even ready-to-eat foods, like pizza and pasta sauces, can be made with added sugars. People may also add sugar to what they eat and drink, like sprinkling sugar over cereal or pouring flavored creamer in coffee.

How to Limit Sources of Added Sugars

Soon you'll be able to determine the amount of added sugars by looking at the Nutrition Facts label. For right now, the best place to find this information is in the ingredients list. The ingredients that appear first are in the largest amount. Be sure to look for foods and drinks that don’t have sugar (or some other sweetener) listed as the first ingredient. Other examples of sweeteners and sources of added sugars include: brown sugar, corn syrup, dextrose, fructose, high-fructose corn syrup, honey, maple syrup, molasses, sucrose, white granulated sugar. But there are others, too.

Sources of added sugars often lack nutrients we need for good health. Whereas foods and drinks that contain natural sources of sugar provide nutrients, like vitamins and minerals. For example, fruits like strawberries are a great source of vitamin C, and milk provides vitamins A and D and calcium.

It's not necessary to avoid all sources of added sugars. The problem is that many of us include too many sources of added sugars or eat and drink larger amounts than is recommended. When this happens there is less room for more nutritious foods and drinks. So in the future, if you have a taste for something sweet try eating some fruit first. When you’re thirsty reach for milk or water.

Other ways to reduce sources of added sugars include: making or buying healthier versions of baked goods, including foods and drinks with added sugars less often, and eating or drinking smaller amounts.

Tips on how to reduce sources of added sugars

• Sweeten low-fat plain yogurt with fresh, frozen, or canned (in its own juice) fruit in place of fruit-flavored yogurt.
• Add cinnamon and dried fruit to plain cooked oats instead of using instant flavored oatmeal.
• Substitute 100% fruit juice for fruit punch and other fruit-flavored drinks.
• Switch from sweetened to unsweetened applesauce.
• Drink plain low-fat milk instead of chocolate milk.
• Use jams and jellies with no sugar added.
• Enjoy a homemade smoothie with frozen fruit, low-fat milk, and yogurt in place of ice cream.
• Quench your thirst with water, low-fat milk, or 100% fruit or vegetable juice instead of sweetened beverages, like energy, soft and sports drinks.

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Shop Smart—Get the Facts on the New Food Labels

Become a smart shopper by reading food labels to find out more about the foods you eat. The Nutrition Facts panel found on most food labels will be changing in the near future, and the updates will help you:

- Find out which foods are good sources of dietary fiber, vitamin D, calcium, iron and potassium
- Compare similar foods to find out which one is lower in calories
- Look for foods that are lower in saturated fat, trans fat, sodium and added sugars

Remember to check your portion size to the serving size listed on the label. If the label serving size is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

Daily Values are average levels of nutrients for a person eating 2,000 calories a day. Remember: percent DV are for the entire day—not just for one meal or snack.

You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100% DV.

5% or less is low—try to aim low in saturated fat, trans fat, cholesterol, and sodium.
20% or more is high—try to aim high in vitamins, minerals and dietary fiber.

Some of the 20 Most Weight Loss Friendly Foods on the Planet

**Whole Eggs**: New studies show that they don’t adversely affect blood cholesterol. They’re high in protein, healthy fats, and can make you feel full with very few calories.

**Leafy Greens**: Low in calories and carbs, yet loaded with fiber so they’re filling. High in all sorts of vitamins, minerals and antioxidants.

**Salmon (Mackerel, trout, sardines and herring, too)**: Oily fish is incredibly healthy. Supplies a significant amount of iodine, needed to keep your thyroid functioning well. Loaded with omega-3 fatty acids, which have been shown to reduce inflammation.

**Cruciferous Veggies**: High in fiber and protein.

**Lean Beef and Chicken Breast**: Protein.

**Boiled Potatoes**: High in potassium, very high on the satiety scale (makes you feel full).

**Tuna**: Lean, low calorie, high protein.

**Beans and Legumes**: High in protein and fiber, cost effective.

**Avocados**: Loaded with healthy fats, fiber and potassium, also contain a lot of water.

**Vinegar**: Reduces blood sugar spikes after meals.

**Chili Pepper**: Contains capsaicin, which has been shown to reduce appetite and increase fat burning.

**Coconut Oil**: High in Medium Chain Triglycerides, fatty acids shown to boost satiety.
Do you take supplements? Have a look at this.

Upcoming Chair Massages will be held at Clark City Center on Friday, March 24th. Reserve your spot by clicking here.

Common Thread Farm Shares are Available
It is time to think about signing up for a CSA share for 2017. Utica College drop-offs begin in June and run through October. Please click here for the Member Share Agreement and to make your arrangements with Common Thread Farm. The farm is located in Madison, NY and your membership includes “pick your own” for certain crops and flowers in addition to the delivered box.

Please remember we need 20 participants to be a drop-off location for the farm.