



NOVEMBER
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Well NEWS

A Monthly Insight into Health and Wellness



Sugar Addiction



We all crave sweets at some point, and some of us crave them more than others. But, the impact of the extra sugar intake leads to extra pounds, heart disease, diabetes, and high blood pressure. Sugar intake also pushes energy levels and hunger hormones out of whack. The “I’m full” hormones are not properly triggered when too much sugar is consumed. This leads to eating more food than necessary.

Because of all of the negative effects that sugar has on our bodies, it is no wonder that nutrition experts recommend limiting sugar intake. Women should limit their sugar intake to 25 grams per day (equal to 6 teaspoons or 100 calories). Men should limit their sugar intake to 38 grams per day (equal to 9 teaspoons or 150 calories).

The problem is that many of us are already addicted to sugar to some degree, so it may be hard to scale our intake back to the recommended amount. Here are some ways to help start to reduce your sugar intake:

- **Know what foods it is in.** There are a lot of foods that you might not suspect, that have added sugar. Check the ingredient list and look for words that end in “ose,” such as lactose or sucrose. Sugar also goes by:

Brown sugar, cane sugar, corn syrup, fruit juice concentrate, high fructose corn syrup, honey, molasses, sucrose

- **Look at the list.** If sugar (or any type of sweetener) is one of the first three ingredients, think twice about eating it. The ingredients are listed by weight, so this means sugar makes up a large percent of that food.
- **Aim low.** Choose products with the least amount of added sugar. Aim for no more than 2.5 grams of added sugar per 100 calories.
- **Go natural.** Use fruits to satisfy your sugar craving. Although they still have a high amount of sugar, they also provide vitamins, minerals, and fiber in addition to some hydration.
- **Time it.** If you MUST have a sweet, consume it 20 to 30 minutes after a hard workout. Your body is very efficient at digesting sugar during this time frame.



Newsletter Quiz

1. What step do you plan to take to start to limit your sugar intake?
2. What should you do with your list of concerns when you take them to the doctor?

To earn your Wellness Incentive Points, e-mail your response to Katie@wellworksinc.com by November 30, 2013.



Dr. Stein's Corner

With all the dramatic changes in medicine today, it becomes even more imperative to get the very most out of each Doctor visit. Keep in mind that many physician offices unfortunately are under pressure to see greater amounts of patients. There are some things you can do to squeeze the most out of your 15, 10 or even 8 minute visit!

- First, know your priorities. It is good to have a list of questions and concerns you want addressed, and rank them in order of importance. Before you leave make sure the physician has seen your list to ensure an important item you deem low, may not indeed be a high priority work up.
- Also, bring all your medicine bottles to avoid wasted time guessing the blue pill or the yellow pill's name and dose.
- If you need a part of your body evaluated, wear appropriate clothing (shorts/sweats for knee exams vs tight jeans).
- If this is an old medical problem, make sure any notes from prior work ups are at the ready.
- With every new med prescribed, ask for any interactions with current meds.
- Take notes on answers or bring a family member as an extra set of ears.
- Most important is to know when the prescribed treatment should be having its effect, and if not, what is the next step in your plan.



Thanksgiving Meal Swaps



Instead of the dark meat skin on turkey...eat turkey breast without the skin and save over 150 calories for every 4 ounces.

Instead of candied sweet potatoes with marshmallow topping...Eat mashed sweet potatoes and save 100 calories for a half cup serving.

Instead of jarred cranberry sauce...eat applesauce and save more than half of the calories.

Instead of green bean casserole...make homemade green beans sauteed with some onions and save 100 calories.

Instead of pecan pie...eat pumpkin pie and save 115 calories with one medium slice.

Exercise

OF THE MONTH

Split Stance Squat

Stand facing away from the bench. Extend one leg back and place the top of one foot on the bench. Squat down by flexing your knee and hip of the front leg. Return to the original standing position by extending the hip and knee of the forward leg and repeat. Continue with the opposite leg. Remember, keep your torso upright. Make sure that your front knee points in the same direction as the foot throughout the movement. Be sure to have a long enough stance so that when you bend your front leg, your knee stays behind your toe.

