

Words on Wellness

Your extension connection to nutrition and fitness

“Added Sugars” Add Up in Our Diets!

The 2010 Dietary Guidelines for Americans recommend that Americans reduce their intake of “added sugars.” About 16 percent of the total calories in the American diet comes from added sugars. The leading sources of these added sugars include soda/energy/sports drinks, grain-based desserts, sugar-sweetened fruit drinks, dairy-based desserts, and candy. A study by the Centers for Disease Control and Prevention found that men consume more calories per day from added sugars (335 calorie average) than women (239 calorie average). Also, this study reported that young adults ages 20 to 39 consumed the most calories from added sugars compared to other age groups.

Added sugars are sugars added to foods during processing, preparation, and when eating. Natural sugars, on the other hand, are those found in fruit or white milk. Both are digested and used by the body in the same way. The difference is foods containing natural sugars typically have other health-promoting nutrients whereas foods with added sugars provide extra calories with few to no health-promoting nutrients. By limiting your intake of foods with added sugars you will also decrease the amount of calories in your diet.



Examples of added sugars on food labels include:

- anhydrous dextrose
- brown sugar
- confectioner’s powdered sugar
- corn syrup
- corn syrup solids
- dextrose
- fructose
- fructose sweetener
- high-fructose corn syrup (HFCS)
- honey
- invert sugar
- lactose
- liquid fructose
- malt syrup
- maltose
- maple syrup
- molasses
- nectars (e.g., peach nectar, pear nectar)
- pancake syrup
- raw sugar
- sucrose
- sugar
- white granulated sugar



Yogurt Parfaits

Serves: 4 (Serving size: 1 cup)

Ingredients

2 cups fresh fruit or unsweetened frozen fruit
2 cups low fat vanilla yogurt
Optional: 4 tablespoons raisins, dried fruit, chopped nuts, sunflower seeds, or crunchy cereal

Directions

1. Wash fruit and cut into bite-sized chunks or thaw and drain frozen fruit.
2. Put ¼ cup fruit in bottom of four glasses. Top with ¼ cup vanilla yogurt. Add another ¼ cup fruit and top with ¼ cup yogurt.
3. Top with optional ingredients if desired.
4. Chill until ready to serve.

Nutrient information per serving

100 calories, 1 g total fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 85 mg sodium, 19 g total carbohydrate, 2 g fiber, 6 g protein

Source: <http://www.extension.iastate.edu/foodsavings/recipes/yogurt-parfaits>



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Eat Fresh Produce, But Handle It Safely

The recent cyclospora outbreak has some people wondering whether prepackaged produce should be rewashed. In July it was determined that a pre-packaged salad mixture was the source of Iowa's cyclospora outbreak. Cyclospora is a parasite that is transferred to food through water, soil, or humans who are infected by the parasite.

With any packaged produce, make sure the label says, "ready to eat." Not all bagged salads are washed sufficiently to earn this label.

It is not recommended that consumers wash ready-to-eat prewashed bagged greens again. Rewashing washed product labeled, "ready to eat," may pose more risks due to the possibility of recontamination. However, it still is a good practice to wash fresh produce under running water and drain it, rather than washing it in a container of water. A running water wash increases the likelihood of removing potential contaminants. Also, make sure that food contact surfaces such as cutting boards, colanders, or countertops are clean and sanitary so that contaminants will not be introduced into the produce.

Other action steps consumers can take include making good produce selection decisions. If buying at a farmers' market or from local sources, ask the growers if they have taken an on-farm food safety workshop; look for a certificate posted at their stand documenting that they have completed this type of training. National certification programs do not guarantee safe produce, but food safety education indicates the person has knowledge about safe food handling. At the grocery store, look for good quality produce — no mold, bruises, or shriveling.



Fresh Vegetable Guide, PM 2034, identifies quality factors and handling practices. The publication is available for free download from the Extension Online Store, <https://store.extension.iastate.edu>.

Reduce Screen Time

Being physically active is important for maintaining and improving your health. One way to be more active is to reduce your screen time. Screen time includes TV and DVD watching, playing video games, and using the computer for something other than school or work. You can use the Screen Time Chart (<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/screen-time-log.pdf>) to see how much time you're spending in front of a screen. The goal is two hours or less daily. Here are some tips to help you and your family spend more time being active.

Set screen time limits.

Create a house rule that limits screen time to two hours every day. More importantly, enforce the rule.

Set a good example.

You need to be a good role model and limit your screen time to no more than two hours per day, too. If your kids see you following your own rules, they will be more likely to do the same.

Be active during your screen time.

When you do spend time in front of the screen, do something active. Stretch, do yoga, or lift weights. Or challenge the family to see who can do the most push-ups, jumping jacks, or leg lifts during commercial breaks.



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