



Holiday Sugar Intake and Diabetes Prevention

The holidays are a wonderful time for families to get together. Often time's food is a major focus. In planning for this year's festivities let the focus be one of less stress, less sugar/fat content and more focus on making it a healthy time for all. Here are some things you might consider:

Involve family members and guests in food preparation. This may include shopping, table set-up, and preparing food. This is good time to emphasize the importance of good hand washing when preparing food and before eating food. Don't forget to share the joy of clean-up! Sharing can provide everyone time for interaction, learning new skills and ownership in the event.

In considering **less sugar** try focusing of the amount of sugar in drinks. Take a look at the types of drinks that are consumed in your house hold. Alcoholic drinks are loaded with empty calories but what about non-alcoholic drinks.

Here are some examples:

- 8 ounce coffee with cream30 calories
- 16 ounce McDonald's Small Sprite.....150 calories
- 20 ounces Starbucks Venti Cappuccino..... 200 calories
- 32 ounce Burger King Large Coca-Cola.....600 calories

According to the National Soft Drink Association, consumption of soft drinks is now over 600 12oz servings per person/year. Since 1978, soda consumption in the US has tripled for boys and doubled for girls. Young males age 12-29 are the biggest consumers at over 160 gallons per year.

With the average person in the US drinking over 50 gallons of soda each year, according to the Beverage Marketing Corporation - more than their water and vegetable juice intake - it's no wonder that 1/3 of Americans are clinically obese.

Speaking about drinking.....remember to drink eight glasses of water a day, even during cooler months. Whether jogging or skiing, your body is losing water in many ways, including perspiration and breathing. The average person loses approximately two liters of water a day. Make sure you are hydrated. Our bodies should be about 2/3 water. Do you have bad breath, got a headache or in a bad mood? You are probably dehydrated. Coffee and beer, although they are liquids going in, they also result in more fluids going out of the body; resulting in dehydration.

Portion Control: How Much Food is Enough?

Since 1990, obesity has increased by over 60 percent in the United States, and Type 2 Diabetes—which is closely linked to obesity—has increased by nearly 50 percent. In an era of super-sized food, we are indeed becoming supersized ourselves. Whether your goal is to lose weight or to maintain it, calories count. The good news is that, when you limit the number of calories you consume each day, you don't need to cut out your favorite foods, you just need to know how much to cut back on the serving size. This is known as "portion control."

Many people find portion control an important part of the solution to losing weight. By monitoring the serving size of the foods you enjoy, and by combining it with regular exercise, you can enjoy a wider variety of meals—including your favorite foods and ethnic dishes—and still lose weight! Another bonus is that you'll find your meals more interesting and satisfying. Portion control can also help you overcome the biggest challenge: maintaining your new healthy weight. If you have diabetes and are overweight, shedding those extra pounds by trimming serving sizes and calories can help lower your blood glucose levels.

Learn to "eyeball" standard portion sizes and stick to them when dining out or dishing up meals:

- 3 oz. of meat is the size of a deck of cards or an audio tape;

- 1 oz. of meat is the size of a matchbook;
- 1 cup of potatoes, rice or pasta looks like a tennis ball.

In considering reducing fat for children make sure that the milk they are drinking (which is a very good source of calcium and Vitamin. D necessary for strong bones and teeth) is not whole milk. School age children should be drinking at least 2% if not nonfat mild. This contains all the necessary vitamins and minerals needed without the unnecessary fat.

In reduction of fat, try this for your gravy recipe:

Turkey Gravy

1 cup clear
turkey broth or
defatted turkey
essence from the
roasting pan. (To
remove fat from

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<http://health.yahoo.com/experts/eatthis/>