



April 2018 Health Tips

The food we eat affects more than the size of our waistbands. There's a direct link between poor nutrition and many of the leading causes of death in America such as heart disease, cancer, and diabetes. Healthy eating is important at any age, but the food on a young person's plate can change their health and growth for life. Yet, data from the Centers for Disease Control and Prevention shows most U.S. youth don't eat enough fruits, vegetables or whole grains, with many exceeding the recommended maximum daily intake of sodium and sugar. Today, nearly one in three kids in America are either overweight or obese and at risk of developing a chronic illness.³ Obesity presents a health equity challenge, as well, as it negatively affects some populations more than others.⁴ There are a few no-brainer fixes to get our families eating healthier:

How can you help:

Tip #1 – Help kids eat well at school – Help them to be part of the process of making informed choices about what they eat.

TIP #2 - Watch sugary drinks! Look at the most common fruit drinks that children consume and the amount of sugar each contains: Capri Sun (4 teaspoons sugar), Cranberry Juice (No sugar added - 8 teaspoons sugar), Minute Maid Orange Juice (7.5 teaspoons sugar), Sunny Delight (only 5% juice- – 2.75 teaspoons sugar)

100% fruit juice is good for you, but what would be healthier – an apple

TIP #3 - Be wary of the hidden sugars in what some feel are healthy snacks such as yogurts. Yogurts can have anywhere between 2.5 teaspoons of sugar (gogurt) to 4.5 teaspoons of sugar (Oreo yogurt) to 6 teaspoons of sugar (Greek yogurts with added toppings).

It's best to eat plain yogurt and cut up fruit instead.

TIP #4 - Be mindful of the sugar content contained in the pre-packaged snacks targeted for children. Fruit roll-ups contain 2 teaspoons of sugar, pre-packaged Oreo cookies (3) contain 7 teaspoons, and one Twinkie roll contains 9 grams of sugar.

It's best to have a half cup of carrots with ranch dressing which only contains ½ teaspoon of sugar.

TIP #5 - Popular sport drinks are designed to replenish what is burned, but the amount of sugar in each drink may surprise you. PowerAde (20 oz.) has over seven teaspoons of sugar. A 32 ounce Gatorade has a whopping 14 teaspoons of sugar. A 20 ounce Vitamin Water also contains just over seven teaspoons of sugar.

The healthiest choice – WATER

TIP #6 - Wipe out food deserts. Many urban neighborhoods and rural towns have plenty of fast food chains and convenience stores but not enough grocery stores selling fresh, healthy and affordable food. The U.S. Department of Agriculture estimates that more than 29 million people in the U.S. live in a food desert.⁶ What's more, a recent multistate study found that low-income census tracts had half as many supermarkets as wealthier tracts.⁷ Work with your city and county planners to change local policies that increase access to healthy food options.

http://thefoodtrust.org/uploads/media_items/grocerygap.original.pdf