

Pretty Please without Sugar on Top

Hydration becomes the key to maintaining your health during the hot, summer months, but when you reach for a cool soda *you're actually doing more bad than good.*

The first question you may have is "why?!"

Well, did you know that the average 20 oz soda has **16** teaspoons of sugar? And, that it's almost **3x the recommended daily serving?!**

Now, if there's that much sugar hiding in just a regular old soda, what's recommended for staying healthy and how do you manage your intake?

The American Heart Association has some of the most specific guidelines in the health community when it comes to sugar, and here's what they have to say:

"No more than 100 calories a day from added sugar, which is equivalent to 25 grams or 6 teaspoons"

So, what does that look like?

One 12 oz. can of soda One six oz. non-fat fruit yogurt One 1.5 oz. bar of milk chocolate

Let's do an example:

This banana nut muffin is from Kwik Trip, and by looking at the nutritional content, we can see that not only is there HALF of your total fat value for the day, but it has almost TWICE the amount of sugar you need!

The ingredients are listed by their weight, the heaviest first and the lightest last. What does this say about sugar being the second ingredient?

It's a meal, but in no way is it nutritionally dense.

Remember, while there are lots of types of sugars, it's as easy as looking at a label. Anything with the ending "-ose," such as "maltose", is going to be a sugar. Just practice looking at labels, it's a healthy habit!

As always, if you have any questions, comments, or concerns please feel free to ask! If you have an idea for the newsletter, let me know!

- Ann Keidatz, R.N. B.S.N.



PRODUCT			
Product:	Banana Nut Muffin		
Item Type:	Muffin		
Serving Size:	1 muffin		
Serving Size	Details:		
Details:	4.7oz		
Servings Per	Container:		
Container:	1		
Amount per Serving			
Calories:	530	Calories From Fat:	270
Total Fat:	31g	Total Fat Daily Value:	48%
Saturated Fat:	5g	Saturated Fat Daily Value:	25%
TransFats:	2g		
Cholesterol:	90mg	Cholesterol Daily Value:	30%
Sodium:	470mg	Sodium Daily Value:	20%
Total			
Carbohydrates:	60g	Total Carbohydrates Daily Value:	20%
Dietary			
Fiber:	2g	Dietary Fiber Daily Value:	8%
Sugars:	35g		
Protein:	7g		
Vitamin A:	2%	Vitamin C:	2%
Calcium:	4%	Iron:	10%
Ingredients:	Water, Sugar, Soybean Oil, Enriched Bleached Flour (Wheat Flour, Malt Barley Flour, Niacin, Ferrus Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Banana, Walnuts, Eggs, Modified Food Starch, Contains 2% Or Less Of: Artificial Flavor, Ascorbic Acid, Citric Acid, Cornstarch, Dextrose, Ethyl Alcohol, Leavening (Sodium Aluminum Phosphate, Baking Soda), Mono- & Diglycerides, Natural & Artificial Flavors.		

Memorial Day is a holiday that honors the men and women that have served in the military. It was originally known as Decoration Day and started shortly after the Civil War. Recognized as a federal holiday in 1971, we now take the day to visit cemeteries, memorials, and hold parades in honor of those who have served our country.

Save Your Skin from the Sun: Understanding Skin Cancer and How to Spot It

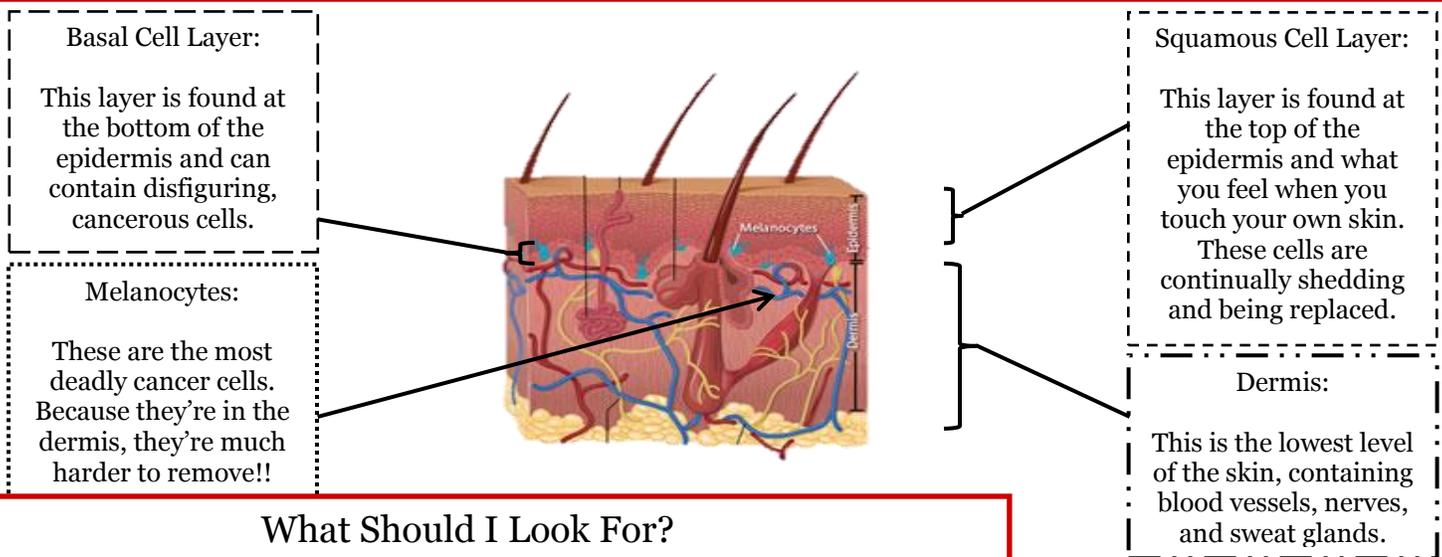
NEW Veteran's
Treatment Court
June 2015

With the start of summer unofficially cued by Memorial Day, we all can expect to start seeing more sun and blue sky. But, more sun means more UV rays (ultraviolet light) and an increased risk of skin cancer.

So what does this mean for you? A lesson in preventative practices, of course!

Skin cancer is the most common form of cancer in the United States; and the two most common types of skin cancer are **basal cell** and **squamous cell carcinomas**. Both of these carcinomas (cells that are cancerous) are highly curable, *but can be disfiguring and costly*. **Melanoma**, the third most common skin cancer, is *more dangerous and causes the most deaths*.

The majority of these three types of skin cancer are caused by exposure to UV light.



What Should I Look For?

Spotting skin cancer can be as easy as using your ABC's!
Using the Alphabet Method, remember this simple acronym when considering whether a spot could be cancerous or not.

Asymmetry – one half of the mole doesn't appear to match the other.

Border – the edges seem irregular, ragged, notched, or blurred.

Color – the color doesn't look even all over, including shades of brown or black, or contains patches of pink, red, white, or blue.

Diameter – the spot measure larger than 1/4 an inch across (about the size of a pencil eraser), although melanomas can be smaller than this.

Evolving – consider whether or not the mole has changed in size, shape, or color over time.

Not all melanomas fit the rules described above, which makes it even more important to talk to your doctor about any changes or new spots that you notice or growth that look different from the rest of your moles.

Prevention is Important!

The CDC recommends the following options:

Stay in the shade (especially during the midday hours!)

Wear clothing that covers your arms and legs (consider a cap or visor too!)

Wear sunglasses that block UVA and UVB rays

Use sunscreen with SPF 15 (or higher!) **and UVA and UVB protection**

Avoid indoor tanning