



# YOUR HEALTH MATTERS

Wayne County Community Health & Wellness News



This newsletter is now 2 years old! Thank you for your readership and for sharing! How are we doing? **Please help us** by completing this short survey: <https://forms.gle/cvuEo7Pvkxwmh3fu5>



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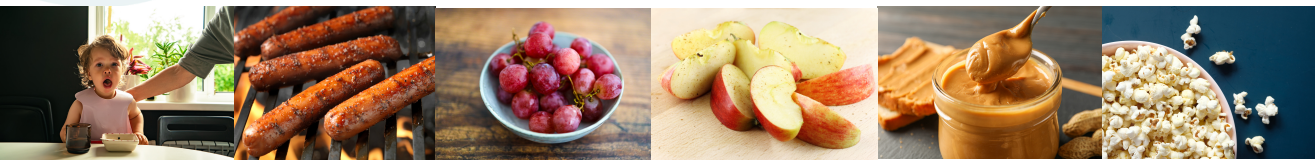
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## Food & Nutrition Issue

### A Note from the Nurse's Office:

What do Hot dogs, Grapes, Apples, Peanut Butter, Popcorn have in common?

**They are all HIGH RISK foods for choking.**



### Choking can be prevented.

*Food accounts for over 50% of choking episodes.*

Be alert for small objects that can cause choking, such as coins, buttons, and small toys. Check under furniture and between cushions for small items that children could find and put in their mouths.

Toys are designed to be used by children within a certain age range. Age guidelines include safety of a toy based on possible choking hazards. **Don't let young children play with toys designed for older children.**

### Child Choking Rescue and Prevention:

<https://jtslawfoundation.org/instructional-videos>

**Please take 3 minutes to learn how to help an infant or child that is choking.**



**Public Health**  
Prevent. Promote. Protect.  
Wayne County, NY



## Knowing what ingredients to limit will inform you to set goals and build patterns of healthy eating.

**Saturated (unhealthy) fats, added sugars, and sodium (salt) are ingredients that we can limit to eat healthy.** Saturated fats are found in dairy products like milk, yogurt, cheese, butter, and pastries as well as in meat products. One donut may contain enough saturated fat to fill your daily recommended intake. Soda (soft drinks), sports drinks and other flavored beverages are high in added sugars. Cookies, cakes, desserts and many breakfast pastries are also high in added sugars. One can of soda may supply you with 100% of your daily intake of sugar. Canned produce, soups and other packaged food are high in sodium. Sodium is found in salt and helps to increase the shelf life of packaged foods. One can of soup contains nearly your maximum daily intake of sodium. Consuming any of these 3 ingredients in excess can lead to cardiovascular disease and other diseases.

**Consuming: Low-fat (or non-fat) dairy products and lean meats, 100% fruit juice, and water AND Fruits, vegetables, and herbs may reduce your risk for cardiovascular disease, diabetes, and cancer.** Plan to eat more seafood and plant proteins like beans as substitutes for meat. Consider eating more fruit and veggies, particularly dark green veggies. Also eat whole grains such as whole grain bread, whole wheat or corn tortillas, and brown pasta. The less processed the food or drink is, generally the healthier it is for you. To learn more about healthy foods visit:

[MyPlate.gov](https://myplate.gov).

To learn more about your daily recommended amount of these 3 nutrients and how to manage them contact Cornell Cooperative Extension Wayne County, SNAP-Ed Program at 315-331-8415.

## Do you know CCE? Cornell Cooperative Extension of Wayne County

is your one-stop educational resource for agriculture, energy, environment, nutrition, gardening, and 4-H youth development.



Find trusted nutrition education videos for children at

<https://snapedny.org/kids-corner/>

Select the "Videos" icon.

The list of videos makes for great additions to Health class, or for home-school students where time is dedicated to food and nutrition.

Check them out here.



 **SNAP-Ed**  
**New York**  
SAVE TIME. SAVE MONEY. EAT HEALTHY.



Other artificial sweeteners which get added to drinks and products because it doesn't raise the calorie count. These should be limited or eliminated due to the research done showing a correlation of increased risk of heart attack, stroke, and cancer.

These names are include:

- Acesulfame potassium (Sweet One, Sunett). **Eliminate**
- Advantame. **Eliminate**
- Aspartame (NutraSweet, Equal). **Eliminate**
- Neotame (Newtame). **Eliminate**
- Saccharin (Sweet'N Low). **Eliminate**
- Sucralose (Splenda). **Eliminate/ Limit**
- Luo han guo (Monk Fruit in the Raw). **Limit**
- Purified stevia leaf extracts (Truvia, PureVia, others). **Limit**

## Hidden SUGAR

Common names of added sugar end in the suffix "ose". They are listed as:

- Dextrose – wheat or corn sugar
- Fructose-sugar from fruits
- Maltose- sweet potatoes, honey, or pears and may be in breads
- Sucrose- table sugar
- Glucose – natural sugar when consumed from foods like dates. But when consumed in processed boxed products- it's considered an added sugar
- Lactose- Milk sugar
- Sucralose-chemically made sugar aka splenda which is 600 times sweeter than regular sugar



Trans fats increase LDL cholesterol ( bad) and decrease HDL cholesterol ( good) , which can increase the risk of heart attack or stroke.

In the United States if a food has less than 0.5 grams of trans fats in a serving, the food label can read 0 grams trans fats. Products made before the FDA ban of artificial trans fats might still be for sale, so check to see if a food's ingredient list says partially hydrogenated vegetable oil. If it does, that means the food contains some trans fats, even if the amount is below 0.5 grams.

## Hidden TRANS FATS

**Trans fats** be found in a variety of food products, including:

- Commercial baked goods, such as cakes, cookies and pies
- Shortening
- Microwave popcorn
- Frozen pizza
- Refrigerated dough, such as biscuits and rolls
- Fried foods, including french fries, doughnuts and fried chicken
- Nondairy coffee creamer
- Stick margarine

**These hidden trans fats can add up quickly, especially by eating several servings of different foods containing less than 0.5 grams a serving. Even having 2 g of trans fat per day can put you at a huge risk for heart attack or stroke.**



# Meal vs. Snack



A snack is categorized as anything between 150-250 calories. Typically, you'd want a snack to be made of two different food groups such as a breakfast bar and 2 eggs or a pepper and hummus.

**Pairing foods improves digestion and satiety.**

A meal is categorized as roughly 500-700 calories. Ideally involving multiple food groups. For example, 2 tacos with a side salad ( or some peppers/onions) will yield just over 700 calories and you will be satiated.

A burger from a fast food chain with fries and a soda will yield over 1,080 calories and you may find yourself still hungry only a short time after.

## Here's a healthy snack idea from SNAP-Ed

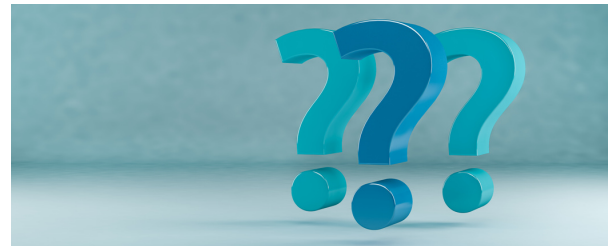


### INGREDIENTS

- 2 very ripe bananas
- 1 cup quick oats
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla
- 1/2 cup raisins

### DIRECTIONS

- Preheat the oven to 350 degrees.
- In a medium bowl, mash bananas with a fork until mostly smooth.
- Add oats, cinnamon, vanilla, and raisins. Mix well.
- Drop rounded teaspoonfuls of dough onto a lightly sprayed or oiled baking sheet. Flatten with the back of a spoon or the bottom of a drinking glass.
- Bake 10 to 15 minutes. Remove from oven and let cool before serving.
- Store in an airtight container.



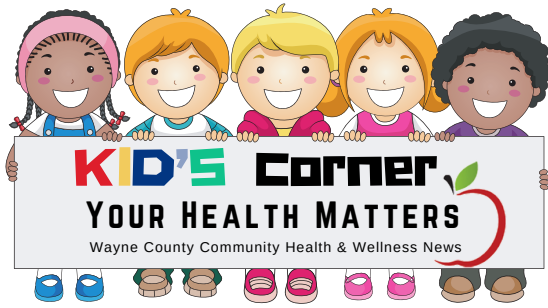
## What are Empty Calories?

Empty calories refer to food or beverages that contain added sugars and none-to-minimum nutrients like vitamins, minerals, fiber and/or protein. These foods and beverages lack nutrition and should be consumed rarely.

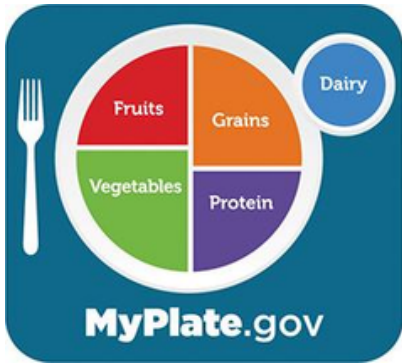
## Where can I get food for my family?



[www.waynepartnership.org/food](http://www.waynepartnership.org/food)



# Draw Your Plate Activity



Step 1: Draw a Big Circle on a piece of paper

Step 2: Choose one type of protein food, such as grilled chicken or black beans. Draw it on the bottom right section of your plate.

Step 3: Pick one type of vegetable, such as roasted carrots or broccoli. Draw it on the bottom left section of your plate.

Step 4: Think about one type of fruit that you like, such as blueberries or sliced apples. Draw it on the top left section of your plate.

Step 6: What is the last food group to add? If you guessed dairy, you are correct! Make a small circle next to your plate, and draw a dairy food or dairy alternative, such as yogurt, milk, or fortified soy milk, to include in your meal.

Step 7: Congratulations on building your MyPlate meal! Ask an adult to display it on your fridge as a reminder to choose healthy foods whenever you are in the kitchen.



# NUTRITION FOR STUDENT ATHLETES



## Hydrate

Proper hydration is necessary to replace fluids lost during sports. Drink water throughout the day to keep hydrated before activity. During intense activities a sports drink might be beneficial for electrolyte replacement.

## Balance

Diet should be well balanced between carbohydrates, proteins and fats. Depending on the athlete, 45-65% of total calories should come from carbohydrates for energy and muscle fuel, 10-35% should come from proteins for muscle growth, maintenance, and repair. 20-35% should come from fats for vitamin absorption and hormone support.



## Supplement Smart

Most students can get the nutrients they need from a well balanced diet. Supplemental bars and shakes can be helpful after a sport event, but cannot replace a good diet. Sometimes a supplement is needed for vitamins and minerals. Talk to your athlete's doctor before incorporating.

