

PROCESSED FOODS

INFUSED WATER IDEAS



BLUEBERRY BASIL



GRAPEFRUIT JALAPENO



STRAWBERRY THYME



ROSEMARY RASPBERRY



CUCUMBER LEMON



GRAPEFRUIT, LEMON & LIME

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WELLNESS OBSERVANCES

NATIONAL CANCER CONTROL MONTH

COUNSELING AWARENESS MONTH

STRESS AWARENESS MONTH

APRIL 6: NATIONAL DAY OF HOPE

APRIL 7: WORLD HEALTH DAY

APRIL 14: INTERNATIONAL MOMENT OF LAUGHTER DAY

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Processed Foods

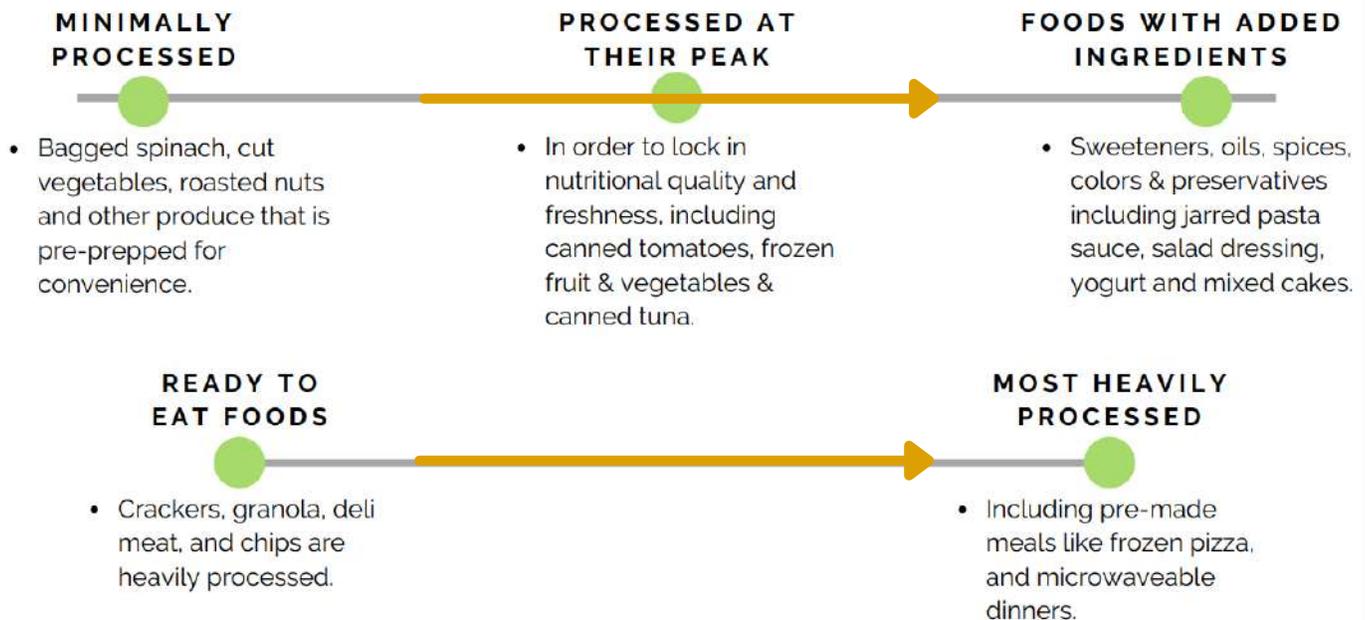
WHAT IS OK & WHAT TO AVOID

Processed food has a bad reputation. It's blamed for obesity rates, high blood pressure, and the rise of Type 2 Diabetes. But processed food is more than boxed macaroni and cheese, potato chips and drive-thru hamburgers. It may be a surprise to learn that whole-wheat bread, homemade soup or a chopped apple also are considered processed food. While some processed foods should be consumed less often, many actually have a place in a balanced diet. Here's how to sort the nutritious from the not-so-nutritious.

WHAT ARE PROCESSED FOODS?

"Processed food" includes food that has been cooked, canned, frozen, packaged or changed in nutritional composition with fortifying, preserving or preparing in different ways. Any time we cook, bake or prepare food, we're processing food.

PROCESSED FOOD FALLS ON A SPECTRUM FROM MINIMALLY TO HEAVILY PROCESSED:



THE BOTTOM LINE:

Eating processed food in moderation is fine, but many of these foods, especially the ones that are the most heavily processed, may contain high amounts of added sugar and sodium. Therefore, it's important to continue reading the Nutrition Facts labels to understand what you're consuming. Especially, if you have pre-existing condition where eating high amounts of sugar and sodium could have increased detrimental effects.

The Scoop

ON ADDED SUGARS

The 2015–2020 Dietary Guidelines for Americans recommend limiting added sugars to no more than 10 percent of your total daily calorie intake, which is 200 calories per day for a 2,000 calorie eating plan. Here's the scoop on the different between naturally occurring and added sugars.

WHAT ARE ADDED SUGARS?

The term added sugar does not include sugars that are found naturally in foods. It refers to sugars or other sweeteners that are added to foods and drinks when they are processed or prepared. For instance, in addition to desserts and other sweets, sugar may be added to foods such as breads, cereals, energy bars, ketchup, salad dressings and pasta sauces. Added sugars may include different types of white or brown sugar. Molasses, honey and maple syrup may also be used as added sugars to sweeten foods and beverages.

THE TRICKY PART

There are many different names for added sugars. Fortunately, the new Nutrition Facts Labels include information on the amount of added sugar per serving. Many manufacturers already have started to adapt the new label on their products, and the new Nutrition Facts label will appear on all food items by January 1, 2021.

If you're curious about what ingredients are contributing to the added sugar content, look to the ingredient list to help you know what to limit or avoid:

- Anhydrous dextrose
- Brown sugar
- Cane juice
- Confectioner's powdered sugar
- Corn sweetener
- Corn syrup
- Crystal dextrose
- Dextrose
- Evaporated corn sweetener
- Fructose
- Fruit nectar
- Glucose
- High-fructose corn syrup (HFCS)
- Honey
- Invert sugar
- Lactose
- Liquid fructose
- Malt syrup
- Maltose
- Molasses
- Nectars (e.g., peach or pear nectar)
- Pancake syrup
- Raw sugar
- Sucrose
- Sugar cane juice
- Trehalose
- Turbinado sugar
- White granulated sugar



NOT ALL SUGAR IS BAD... SUGAR CAN BE FOUND IN HEALTHFUL FOODS:

Some naturally occurring sugars are found in healthful foods. For example:

- Dairy products contain a natural form of sugar called lactose, but they also provide protein, calcium and vitamin D.
- Fruits and vegetables may contain a variety of natural sugars, but they also provide dietary fiber, vitamins, minerals and antioxidants.
- Grains provide some naturally occurring sugars, as well as vitamins and minerals. And many whole grains are good sources of dietary fiber and may provide additional nutrients, too.

The Deal With SODIUM

Though you need some sodium, when it comes to this mineral, too much may be bad for your health. Eating high-sodium foods regularly can cause your body to retain excess water. And, because of this extra body water, your organs have to work harder. This increases your risk for high blood pressure, which can harm your heart and kidney function.

WHAT FOODS ARE HIGHEST IN SODIUM

Some foods naturally contain sodium. Others have added salt — and foods with added salt usually contain higher amounts of sodium, so check the Nutrition Facts label and look for options that are lowest in sodium.

Only a small number of foods account for the majority of sodium consumed in the United States, and examples include:

- Mixed dishes including pizza, sandwiches, burgers, burritos and tacos.
- Processed meats such as bacon, sausage, lunch meats and hotdogs.
- Breads and rolls or grains that include sauces or seasonings that include salt.
- Canned vegetables and soups or frozen dinners.
- Snacks including chips, pretzels and crackers.
- Condiments including salad dressings.

HOW TO KNOW HOW MUCH SODIUM IS IN FOODS

The best way to learn how much sodium is in particular foods is by reading the Nutrition Facts label:

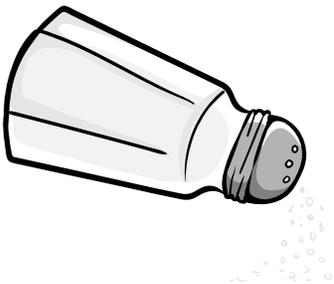
- On the label, look for foods that are lower in sodium. **Choose foods with less than 120 milligrams of sodium per serving.**
- Look for the words salt-free, sodium-free, very low sodium and low sodium on the label.
- Double-check sodium content of foods with labels that read unsalted, no salt added, reduced sodium or lower sodium. These items may still be high in sodium.

DID YOU KNOW?

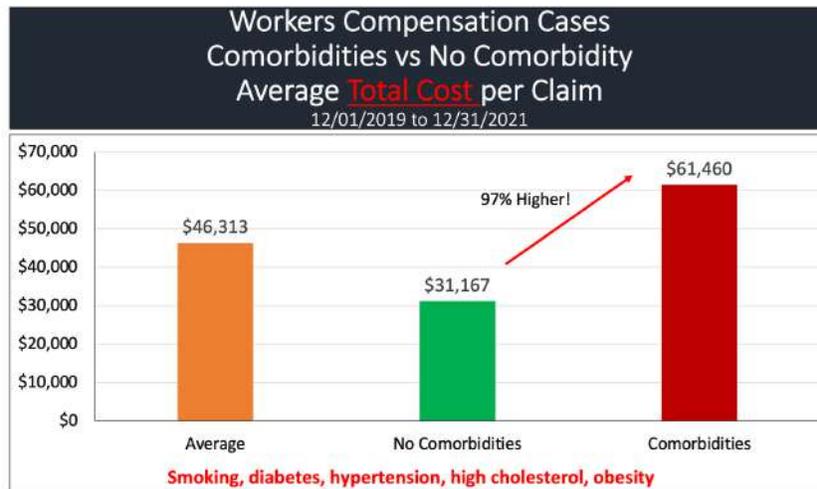
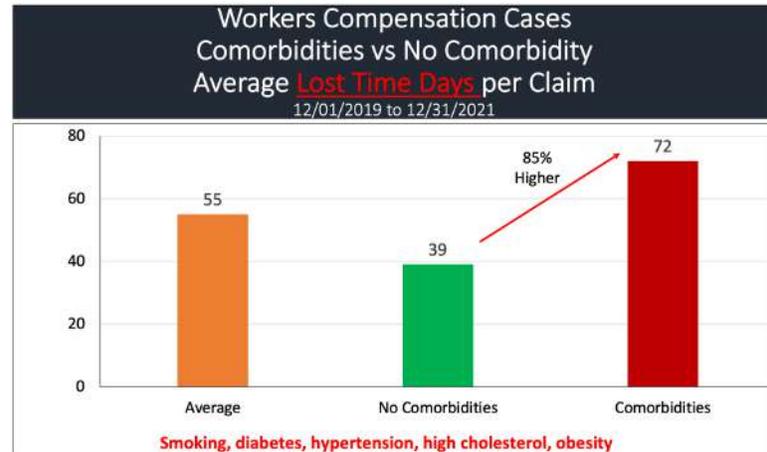
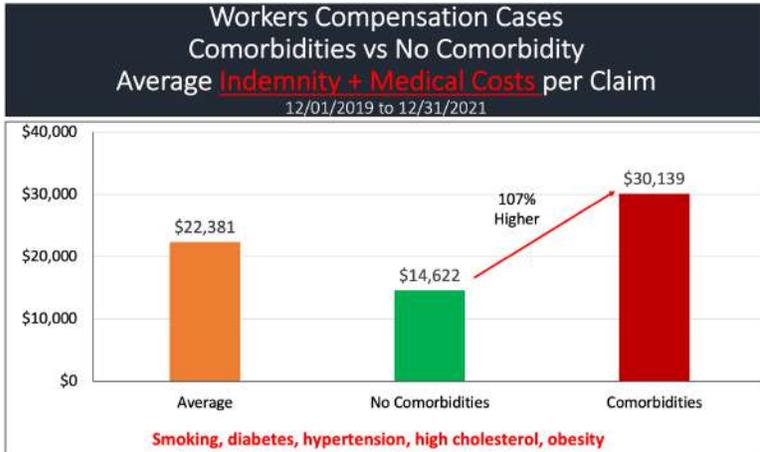
An adequate intake of 1,500 milligrams of sodium per day has been established for adults, but most people consume more than that amount.

The typical American diet contains over 3,400 milligrams of sodium per day.

Most of that sodium comes from a combination of eating out and packaged convenience foods. Adding more salt at the table also adds to high intakes of sodium — one teaspoon of salt has 2,300 milligrams of sodium. If you are 14 years of age or older and eat more than 2,300 milligrams of sodium per day, the current health recommendation is to cut back on your daily intake of sodium.



ACM JIF COMORBIDITY INFORMATION



COMORBIDITIES COST US OUR HEALTH

Not only do comorbidities like smoking, diabetes, hypertension, high-cholesterol, and obesity increase the risk of workplace injuries, but they also cost us our freedom and personal well-being!

Taking small healthy steps that create a larger change in our health can help to prevent the risk of developing comorbidities and can help to reverse their effects. These changes include adding more colorful fruits and veggies into your diet, making exercise a priority, quitting smoking, and monitoring stress levels.

Mindful Moments

THE LINE OF CHOICE

You have more opportunities to own your experience of every day than you may know. And the Line Of Choice is a tool that can help you be in ownership of how your days can go.

There are moments where you can get swept up in emotions that cause you to act, well, not like the person you want to be. We call that a reaction. And a reaction is what takes you below the line; where you're reacting to your surroundings and not acting under your own power and self-control.

Fear not - you're not alone. We ALL do it.

And, the thing is: letting the world dictate how you feel and what's possible is simply not that helpful in the pursuit of a life you're excited about. Which is why we work to bring ourselves above the line - especially when goal setting, and really, in our day to day lives.

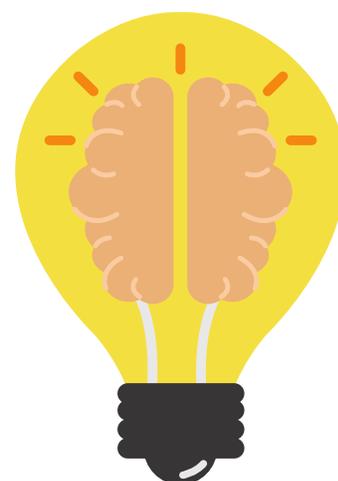
Here's how to start to put The Line Of Choice to work in your world:

Picture the last time you snapped at someone, lost your temper, or said something you didn't mean. Perhaps you immediately regretted your actions, or felt as if you were no longer in control of your emotions.

Maybe you were afraid, judgemental, resentful, doubtful, or even sarcastic. Whatever the situation, isolate the feeling, and tune in to see if you can sense what was happening in your body when you were in the reaction.

Understanding your reactions is so incredibly helpful to give yourself the upper hand in knowing what sets you off - and what you need to restore yourself back to your fully-you self.

If you need a hand bringing language to your experience, this chart offers more ways to articulate what your reactions may be (all the words below the line):



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Mindful Moments

THE LINE OF CHOICE

Remember the distinction: When above the line of choice—or in choice—you're loving and curious, forgiving, and faithful. In these states you are in charge; self-possessed and in control of your thoughts and feelings. You're able to thoughtfully participate in interactions and respond intelligently to your emotions.

In the inverse, when below the line of choice—or in reaction—you're fearful and negative, worried and resentful, judgemental or guilt-ridden. These states can seem to take control of you; you may say or do things that you aren't proud of later. In reaction, that is all you are doing; physically and instinctually reacting to the world around you without making clear, cognizant choices about how to act or move forward.

LINE OF CHOICE EXERCISE:

Think back to the last 24 hours. When was the most recent time you can think of where you went below the line of choice? It could be a very small moment, or something big. Write it down below.

Think about the last time you reacted in a situation, felt guilty, worried, fearful, doubted yourself, didn't speak up, or simply snapped without thinking. What happened? Is this common? Can you envision yourself in that situation again and stay above the line of choice and respond again with humor, love or forgiveness? What happens? How does your body feel?

Nourish

SRIRACHA LIME SHRIMP TACOS

<https://www.jaroflemons.com/sriracha-lime-shrimp-tacos/>



ingredients

Shrimp Tacos

- 16 oz. medium cooked shrimp (fully thawed, drained)
- 1/2 Tbsp coconut oil
- 1 tsp chili powder
- 1 tsp crushed red pepper
- 2 tsp soy sauce (or tamari)
- salt/pepper (to taste)
- 1 cup shredded red cabbage
- 1/2 cup shredded carrots
- 6 corn tortillas
- 1/4 cup fresh cilantro
- 1 lime

Sriracha Sauce

- 2 Tbsp sriracha
- 1/4 cup plain greek yogurt
- salt/pepper (to taste)

recipe preparation

- Heat up the shrimp and coconut oil over medium heat.
- Add in the chili powder, red pepper, soy sauce, salt, and pepper.
- Cook until the sauce reduces, then remove from heat.
- Mix the sriracha and yogurt together in a bowl.
- Add in salt and pepper to taste and set aside.
- Top each tortilla with the cabbage, carrots, shrimp, and the sriracha yogurt sauce.
- Garnish with cilantro and drizzle each taco with fresh lime juice.
- Serve and enjoy!