

NEWSLETTER

San Andreas Movers & Shakers...it's not *OUR* fault!

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S.A. M & S..



COMMITTEE MEMBERS

Barbara Pollard, President, Secretary, Publicity

Joe Fleischman, Vice President, Newsletter, Library

Judy Axtman, Treasurer, Hospitality Membership Roster

Mona Harris, Hospitality

Gary Davidson, Refreshment Coordinator Program Coordinator



MEETING, August 4, 2015

Gina Fox, Area 23 Agency on aging, was our guest speaker. Gina informed us about the services that were offered by the agency such as, Family Caregiver Support programs, Health Insurance Counseling, Nutrition Education, Medication Management and Residential Repair to name a few. They serve Alpine, Amador, Calaveras, and Tuolumne counties. They can be reached at 209-532-6272 or at www.area12.org.

I could not remember the name of the Speaker from the Veterans affairs office at the last meeting but I have it for you now. It was Chele Beretz, Calaveras County Veterans Affairs Officer. Chele can be reached at 209-754-6624.

MEETING, SEPTEMBER 1, 2015

We will be splitting up into our groups of patients and caregivers this month. Barbara has secured another room for us to use at the library so we will be meeting there.

September Birthdays

Ray Behrbaum

Michael Gerell

Mona Harris

Ted Allured

Louise Jarvis

Lupe Ochoa

Don Payne

Bill Hasford

Mistral Cumberlege



We wish you a very Happy Birthday and many more.

July Anniversaries

Ray & Kathy Azevedo

Roland & Juanita Camfield

John Wade

Happy Anniversary to you and we wish you continued happiness in your partnership.



MEMBERS NEWS:

We would like to welcome new members Inge Speno and Rex Whisnand to our group. We hope you found your first meeting interesting and enjoyable.



It is with sadness that we announce the passing of Harold Pollard on August 17, 2015. Harold was a regular member of our group for many years along with his wife Barbara. Harold was well known around the Mountain Ranch Community Club as the go to fix it man. We will all miss Harold. Our sincere condolences go out to Barbara and to her Family. May you rest in Peace Harold.

The Nutrition Corner: **What Are Added Sugars?**

Answer: When diet and nutrition experts talk about sugary foods, we usually mean foods that contain lots of added sugar. Regular soft drinks sweetened with sugar or high-fructose corn syrup are sugary beverages.

Soda, lemonade, sweetened iced tea, fruit drinks, and many sports drinks and energy drinks contain added sugars.

Frosted or pre-sweetened breakfast cereals, candies, sweetened-yogurt, cookies, cakes and pies have added sugars. Ice cream and frozen yogurt are usually sugary, although you can find some made with non-caloric sweeteners.

Diet soft drinks are not sugary. They're sweetened with non-caloric sweeteners -- usually aspartame, but you can sometimes find soft drinks sweetened with sucralose.

The Problem with Added Sugars

Sugar provides energy (i.e. calories) but no additional nutritional value. So, a little bit might be okay, but a lot of sugar leads to weight gain.

I know there are people who believe high fructose corn syrup is worse for your health than regular sugar, but there isn't enough credible scientific evidence to back that claim. They're both made up of a similar combination of glucose and fructose, and both have the same effect on the body.

The problem with sugary foods is eating or drinking too much of it. When you eat too much sugar, there's a good chance you're going to gain weight because they're high in calories. Plus, sugary foods aren't usually nutritious, or at least they don't have enough vitamins and minerals to make up for all the extra sugar.

Finding Added Sugars

Sugary soft drinks, pastries, cookies, candy bars, syrups, jams, jellies, and pre-sweetened [breakfast cereals](#) are all obvious sources of added sugars. But other foods such as salad dressings, flavored yogurts, instant oatmeal and fruit smoothies can also contain added sugars.

Since there are several forms and types of sugars, it helps to know what you're looking for. Grab your packaged food and look for the ingredients list. If you see any of these, you've got added sugars:

- sugar
- brown sugar
- high fructose corn syrup
- corn sugar
- syrup
- corn syrup
- fructose
- glucose
- sucrose
- raw sugar
- turbinado sugar
- honey

If any words appear on the ingredients list, be sure to look at the [Nutrition Facts Label](#) to determine how much added sugar is lurking in each serving. It may be just a small amount, or it could be contributing lots of extra calories.

Reduce Your Added Sugar Intake

Start by reading labels and choosing the products that have the least added sugar. You don't have to give up sweet foods altogether, just make healthier choices.

- Fruits and berries are sweet and contain no added sugars.
- Buy plain yogurt and add sliced fresh fruits or maybe just a little honey.
- Skip the pre-sweetened breakfast cereals and add a little sprinkling of sugar, or use a zero-calorie sweetener like [stevia](#) or [sucralose](#).

What About Natural Sugars?

Fruits and fruit juice are naturally sweet -- they don't need any added sugar in most cases. They may be sweet, but they're not considered sugar foods. Unless they're turned into a fruit drink like most cranberry juice beverages that are a combination of fruit juices with sugar and water.

Here's the thing with natural sugars. Fruits and 100-percent fruit juice are not sugary foods, but you may need to watch the calorie count. A glass of fruit juice may have as many calories as the same size glass of sugary soft drink. But, that fruit juice also has vitamins and minerals that the soft drink doesn't have.

Is Honey Any Better?

Honey is a natural sugar because bees make it, whereas regular sugar is made from beets, corn or sugar cane. But honey is often used as an ingredient, so it's a lot like an added sugar. Nutritionally, honey is about the same as sugar or high fructose corn syrup -- foods made with honey are still considered sugary. Technically, honey does contain some nutrients, but it's just a tiny amount -- not enough to improve your diet.

But I Love Sugar -- What Do I Do?

Eat less of it.

Some foods don't need the extra sugar -- they can be sweetened naturally. Yogurt is one example. You can buy sweetened yogurt that's full of sugar, or you can buy plain yogurt and add fruits or berries. If that's not sweet enough for you, you can add a little honey or sugar -- but be careful. A tablespoon of honey has about 60 calories, and a tablespoon of sugar has about 50. It can add up quickly.

Same with breakfast cereals. The pre-sweetened varieties usually have lots of sugar. [Look for brands that have less than 5 grams sugar per serving](#), and choose the brands with the most

fiber. Or make your own oatmeal or plain unsweetened cereal and add fruits and berries, or just a little sugar on top.

[Zero-calorie sweeteners](#) can take the place of sugar in some foods and beverages, but they'll alter the flavor -- some types more than others.

If you can't do without your favorite sweets, just be sure to watch your intake. About 100 to 200 calories per day are about all you should consume.

Sources:

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