



RETENTION
STRATEGIES

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PEOPLE

Health Corner

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SUGAR – HOW MUCH IS IN YOUR DIET?

Sugar is added to many foods and drinks. That's why a lot of people probably consume more sugar than they think.

Added sugar provides calories, but not nutrients. Some evidence links sugars to obesity, diabetes and heart disease.

Why is sugar added to so many foods?

Adding sugar to processed foods makes them more appealing. It adds flavor, texture and color to baked goods. It helps preserve foods, such as jams and jellies, and balances acidity in foods.

Why are added sugars a problem?

Eating too many foods with added sugars sets the stage for potential health problems. The following are just some of them:

- Poor nutrition
- Weight gain
- Cavities

How to reduce added sugars in your diet?

- Drink water or other calorie-free beverages.
- When drinking fruit juice, make sure it is 100% fruit juice, not juice drinks that have added sugars.
- Choose breakfast cereals with less sugar.
- Choose fresh fruit for dessert instead of cakes, cookies, pies, ice cream and other sweets.
- Buy canned fruit packed in water or juice, not syrup.
- Choose nutrient-dense snacks such as vegetables, fruits, cheese, whole-grain crackers, low-calorie yogurt instead of sweets, biscuits and cookies.



Where does sugar hide?

Sugar has many different names, making it easy for manufacturers to hide how much sugar is truly in a given product. While some of these names are more obvious, like brown and cane sugar, others are less obvious.

Following are some of the names to be aware of, when verifying food labels:

- Agave nectar
- Evaporated cane juice
- Malt syrup
- Fructose
- Maple syrup
- Cane crystals
- Fruit juice concentrate
- Molasses
- Glucose
- Corn sweetener
- High-fructose corn syrup
- Sucrose
- Corn syrup
- Honey
- Syrup
- Crystalline fructose
- Invert sugar
- Dextrose
- Maltose

Did you know?

Giving and receiving hugs can boost your immune system and cardiovascular health. It can also help reducing fear, stress, and pain.

So, go ahead and give a hug to your friends, partner or your child whenever you have a chance.



BODY & MIND smart

NAPPING – IS IT FOR YOU?

If you're sleep deprived or just need to relax and recharge, you might consider a nap. Napping at the right time and place can:

- Provide relaxation
- Reduce fatigue
- Increase alertness
- Improve mood
- Improve performance, including quicker reaction time and better memory



Consider a nap, when you ...

- experience fatigue or unexpected sleepiness
- are about to experience sleep loss (i.e., due to a long work shift)
- want to make planned naps part of your daily routine

What's the best way to take a nap?

- Keep naps short. Aim to nap for only 10 to 20 minutes.
- Take naps in the early afternoon. Napping after 3 p.m. can interfere with nighttime sleep.
- Create a restful environment.
- After napping, give yourself time to wake up before resuming activities.

SAFETY smart

OCTOBER 8 – 14 IS NATIONAL FIRE PREVENTION WEEK

The first step in home fire safety is prevention. Following are some tips on how you can adopt good practices around the home that will help you stop fires before they start:

- When cooking:
 - Stay in the kitchen whenever something is frying, grilling, boiling, or broiling.
 - When simmering, baking, or roasting, check on the food regularly and use a timer.
 - Don't use the oven or the stove when you're sleepy or under the influence of alcohol.
 - Keep flammable objects at least 3 feet away from the stovetop.
- Make sure you clean out lint every time you unload the dryer. And clean the dryer exhaust vent regularly.
- Switch to flameless candles. If you must use candles with a flame, never leave them unattended, and be sure to extinguish them before leaving a room.
- Replace all cords that have frayed or bare wires.
- Laptops can overheat, especially when left on a bed, sofa or other soft flammable surface. Use a desk instead.
- Keep matches and lighters away from children. Store them safely and securely, preferably somewhere high up and/or with a lock.
- Keep pets safe by not placing candles within their reach.
- Avoid smoking inside the house.

