

FITNESS BEAT



Issue 5: FOCUS ON HEALTHY EATING

Get a Good Start

A good breakfast can help you perform better all day long. It doesn't matter where you eat it or what you have, as long as you provide your body with some food in the morning.

It doesn't have to be cereal and toast. It could be a hamburger, a sandwich, leftovers or even a salad. Milk and juice are excellent drinks.

You'll be more alert, more focused and have more energy if you start the day with breakfast.



Fruit Juice vs. Fruit Drinks

Which is better for you — fruit juice or fruit drink? Most fruit drinks contain only 10 percent fruit juice. Fruit juice is 100 percent juice.



Let's compare orange juice with vitamin C-added orange drink. True, both contain vitamin C. However, orange juice naturally contains it but it's added to orange drink. Orange drink (Sunny Delite, Hi-C, etc.*) also contains more sugar than orange juice. Because orange juice "naturally" comes from an orange, it also has all of the extra added benefits of a natural food (such as other vitamins and minerals) — things not found in orange drink. Nutritionally, juice is the natural-born winner.

**Use of brand names does not imply endorsement.*

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Sugar and Your Health

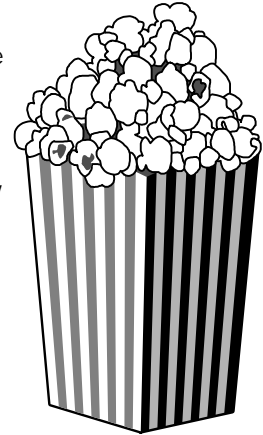
Sugar supplies energy (calories) but few nutrients. This is why sugar calories are often called "empty" calories. Eating sugar may cause you to avoid more nutritious foods in your diet. Everyone needs to limit sugar calories.

The major health problem that comes from eating too much sugar is tooth decay. People have often feared that there was a connection between sugar and diabetes, heart disease, hyperactivity and obesity. However, scientific studies have not yet shown a direct link between sugar and any of these conditions. Obesity results from too many calories, regardless of their source.

Popcorn Anyone?

Everyone knows that some snack foods are "junk foods" while others are good choices. One good choice is popcorn.

Plain, air-popped popcorn is a carbohydrate, something our bodies need for energy. It satisfies the appetite without spoiling it. Calorie for calorie, it provides as much protein and iron as bread. In addition, plain, air-popped popcorn has fewer calories than most snack foods. One cup of plain popcorn has 23 calories. Even those who are watching their weight can indulge. Plain popcorn is easy to make and is a good snack any time. The problem with popcorn is all the oil or butter that is added to it. Doing so increases the total calories, most of which are fat calories.



Healthy Eating

Did you know that presweetened cereal gets more than half of its calories from sugar? To reduce your sugar intake, read the label and choose carefully. Most cereal labels have a special section that lists carbohydrate information and looks something like this:

| CEREAL A (presweetened) | 1 oz | with 1/2 cup fat-free milk | |
|------------------------------------|-------------|---------------------------------------|------------|
| Dietary Fiber | 1 g | 3% | 3% |
| Sugars | 12 g | | |
| Other Carbohydrates | 15 g | | |
| TOTAL CARBOHYDRATES | 29 g | 9% | 11% |

| CEREAL B (unsweetened) | 1 oz | with 1/2 cup fat-free milk | |
|-----------------------------------|-------------|---------------------------------------|-----------|
| Dietary Fiber | 3 g | 11 % | 11% |
| Sugars | 1 g | | |
| Other Carbohydrates | 18 g | | |
| TOTAL CARBOHYDRATES | 22 g | 7% | 9% |

Compare the amount of "sucrose & other sugars" to the total carbohydrates. On Cereal A's label, nearly half of the carbohydrates are from sugar. Cereal B's label shows only 1 out of 22 grams as sugar.

Most cereals are good for you, but many concerned consumers, including athletes, are cutting down on sugar wherever they can.