Wellness Newsletter
March 2008

Beware of Empty Calories
*Foods with little nutritional value, but a lot of calories.*

Two types of empty calories are:

**Anything with lots of sugar or other sweeteners.**
Surprisingly most of these calories come from soft drinks which include 9 teaspoons of sugar per 12 oz., and fruit drinks which include 12 teaspoons of sugar per 12 oz. What about candy? 3 teaspoons of sugar in a 1 oz. chocolate bar.

**Anything with lots of fat and oil.**
Foods loaded with trans fats and saturated fats such as deep-fried French fries, and potato chips.

When you compare fat, carbohydrates and protein gram for gram, fat has more than two times the calories of carbohydrates or protein.

**By making good food choices you can make your calories count.**
Choose foods that offer at least 20% of the recommended Daily Value of a few vitamins and minerals. Looking for a 100 calorie snack? To satisfy your hunger look for one that contains a bit of protein, fiber, and fat along with some carbohydrates.

*Empty calorie foods are fine in moderation, the key is not to over do it.*
WebMD Elaine Magee, MPH, RD & Kathleen M. Zeiman, LD, MPH, RD

Caffeine in Soda
*It may surprise you to see the caffeine content in popular sodas.*

Wondering why you are experiencing jittery nerves, nausea and maybe irregular heartbeats? Did you decide to drink less cola and opt for orange soda as a beverage? Check out the popular 12 oz. soft drinks and caffeine content.

<table>
<thead>
<tr>
<th>Soda</th>
<th>Caffeine Content (milligrams)</th>
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<tbody>
<tr>
<td>Vault Citrus</td>
<td>70</td>
</tr>
<tr>
<td>Mountain Dew</td>
<td>55</td>
</tr>
<tr>
<td>Mello Yello</td>
<td>49</td>
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<tr>
<td>Diet Coke</td>
<td>46</td>
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<tr>
<td>Dr. Pepper</td>
<td>42</td>
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<tr>
<td>Sunkist</td>
<td>40</td>
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<tr>
<td>Pepsi</td>
<td>39</td>
</tr>
<tr>
<td>Diet Pepsi</td>
<td>36</td>
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<tr>
<td>Coca-Cola</td>
<td>34</td>
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Keep in mind you should limit yourself to around 250 milligrams per day, which is the equivalent of 2 small cups of coffee. — RealAge

Overdue for a Screening?
Come on now, that’s right, I’m talking to you. What screening have you been putting off? Let me guess, is it for the breast, prostate and/or colon cancer? Did I hear someone say, “bingo?” Well, you are not alone. Most of us are quick to get our blood pressure and cholesterol checked but put off screenings that we know are extremely important, and let’s say it, embarrassing. Call your Provider today to schedule your long overdue screening. You will be glad you did. (March is National Colorectal Cancer Awareness Month—Colorectal Cancer is “Preventable. Treatable. Beatable!” For more information go to [www.preventcancer.org/colorectal](http://www.preventcancer.org/colorectal))

Winter Blahs Got You Down?
Don’t take it out on the snowman, take it outside and exercise in the sunshine for 30 minutes a day. This may be all that you need to do to keep away a mild case of the winter blues, also known as seasonal affective disorder or SAD.

WebMD’s Barry Wolcott, MD

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Bulletin Board
Celebrating National Nutrition Month by going to [www.eatright.org](http://www.eatright.org) for food and nutrition information.