



NEWS YOU CAN USE

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Calories in Mini-Candy Bars

Baby Bar Calories (size)	Big Bar Calories (size)
<i>Hershey's Kiss or Chocolate Bar</i> 230 (1.5 oz)	25 (.16 oz)
<i>Reese's Peanut Butter Cup</i> 250 (1.6oz)	40 (.27oz)
<i>York Peppermint Pattie</i> 170 (1.5oz)	50 (.49oz)
<i>3 Musketeers Bar</i> 260 (2.1 oz)	70 (.55oz)
<i>Snickers Bar</i> 280 (2.1oz)	95 (.66oz)

Limit your intake of highly refined foods such as sugar, sweetened cereals, soda, candy, pastries, and sugar-rich desserts.

Food	Teaspoons of sugar per serving
Banana Split	25
Chocolate Cake	15
Fruit Pie	11
Ice Cream	6
Soft Drinks	6-8
Candy Bars	5
Glazed Donuts	4

Good Health Habits

1. Get adequate sleep. For most people that means 7 or 8 hours each night.
2. Maintain the recommended weight for your height, bone structure, and age.
3. DO NOT SMOKE.
4. Limit consumption of alcoholic beverages to moderate or none.
5. Get regular physical activity, moderately vigorous.
6. Eat a healthy breakfast each morning.
7. Eat regular nutritious low fat meals and avoid 'junk food' snacking.



Did you know that saturated fats raise your blood cholesterol more than anything else you eat? It is found in animal foods and some plant foods. Saturated fats include:

- ? fats from dairy products, such as ice cream and butter
- ? coconut and palm kernel oils (used in some baking goods)
- ? fats from meats and poultry

Understanding what nutritional claims mean:

“Fat-Free” or “Nonfat” means there is less than 1/2 gram of fat per serving.

“Low-Fat” means the food has no more than 3 grams of fat per serving.

“Reduced Fat” means there is at least 25% less fat per serving than in the regular, non-reduced fat version of that food. This may not necessarily mean the food is low in fat!

Meat Lovers

Did you know that lean cuts of red meat such as top round, sirloin, and London broil average 240 calories per 3-oz serving compared with their fattier cousins: prime rib, T-bone, and filet mignon, which weighs in at 340 calories for the same-size portion ?

This is general information and is not meant to replace advice of your physician. If you have a specific medical problem, please contact your treating physician for advice.

