



GUTHRIE

HealthWorks WellLetter

HealthWorks Wellness and Fitness Center

Fall 2015

Sugar-Sweetened Beverages: Too Much Liquid Sugar Can Lead to Serious Diseases

www.sugarscience.org

Liquid sugar, such as in sodas, energy drinks and sports drinks, is the leading single source of added sugar in the American diet, representing 36% of the added sugar we consume. And there's growing scientific evidence that it's the most dangerous way to consume added sugar.

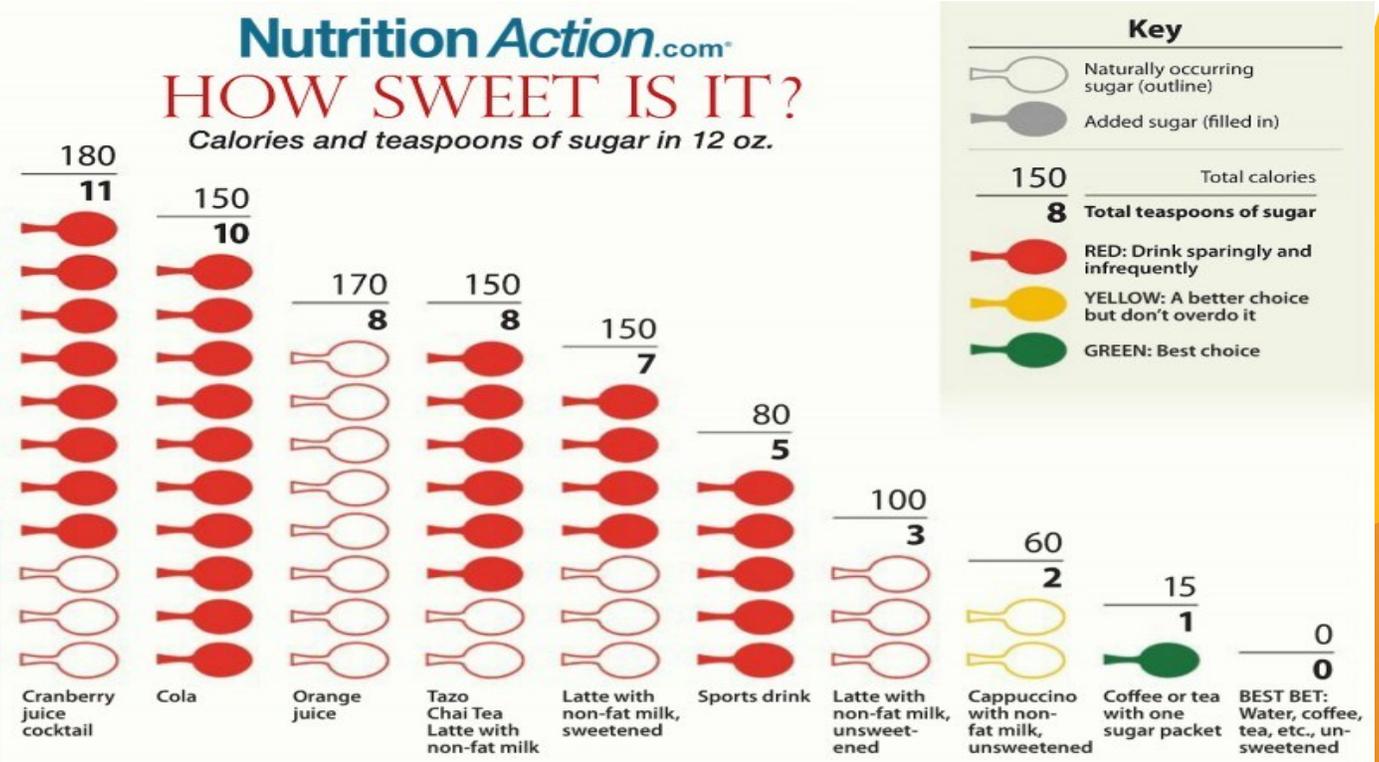
In fact, drinking just one 12-oz can of soda per day can increase your risk of dying from heart disease by nearly one-third. Other studies show that people who drink one to two sugar-sweetened beverages per day have a 26 percent higher risk of developing Type 2 diabetes, compared to people who drink less than one per month.

Research suggests that our bodies process liquid sugar differently than sugar in foods, especially those containing

fiber. When we eat an apple, for example, we may be getting as many as 18 grams of sugar, but the sugar is "packaged" with about one-fifth of our daily requirement of fiber.

Because it takes our bodies a long time to digest that fiber, the apple's sugar is slowly released into our blood stream, giving us a sustained source of energy.

But when we drink the same amount of sugar in sugary drinks, it doesn't include that fiber. As a result, the journey from liquid sugar to blood sugar happens quickly, delivering more sugar to the body's vital organs than they can handle. Over time, that can overload the pancreas and liver, leading to serious diseases like diabetes, heart disease and liver disease.





**HealthWorks Wellness &
Fitness Center**

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When reading a food label,
four grams of sugar equals
one teaspoon.

Nutrition Services at HealthWorks

Our experienced Registered Dietitian Nutritionists will identify the best food choices for you, and assist you in finding simple ways to incorporate healthy eating habits into your lifestyle.

Individual nutrition counseling is effective in helping the following:

- ◇ High cholesterol
- ◇ Overweight and obesity
- ◇ High blood pressure
- ◇ Food allergies
- ◇ Kidney disease
- ◇ Sports performance
- ◇ Pre-diabetes & Diabetes
- ◇ Polycystic ovarian syndrome (PCOS)
- ◇ Crohn's disease/ulcerative colitis and irritable bowel syndrome (IBS)
- ◇ Underweight
- ◇ Eating disorders (anorexia, bulimia, binge eating disorder)

Please call 607-937-5555 to schedule an appointment.

How to Make Cucumber Water

Ingredients:

1 medium-sized cucumber
Two quarts of water
(Optional) Mint, citrus like lemons, oranges or limes, strawberries, pineapple, seltzer water

Directions:

Wash, and if desired, peel and/or seed the cucumber. Peeling and seeding are not required, however—more a matter of personal taste.

Slice the cucumber into 1/4-1/2-inch thick slices.

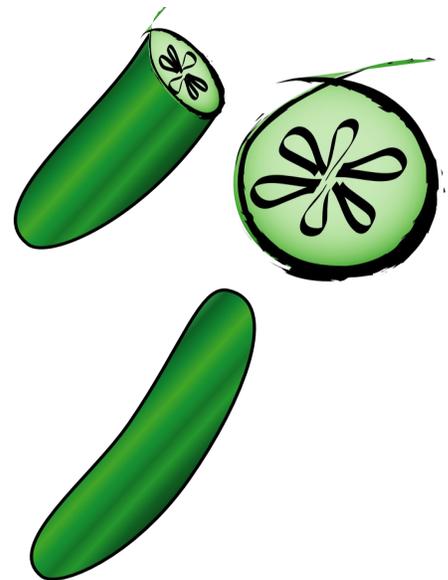
Put the cucumber slices in the pitcher. Cucumber slices will float, so if you desire a stronger infusion

put a layer of ice on top of the cucumbers to keep them below the surface of the water.

Pour water (or seltzer water) into the pitcher—about 2 quarts per medium cucumber. For best results, allow the beverage to steep for at least an hour before drinking. The longer the cucumber steeps, the stronger the beverage.

Stir gently before serving. Serve chilled.

The same cucumber can be used for multiple batches of cucumber water. Simply refill the pitcher and when the water seems less flavorful, discard or eat the remaining cucumber slices!



Nutrition Information (per 8 oz.):
Less than 5 calories!