

WHAT YOU SHOULD KNOW ABOUT ADDED SUGARS

By Ann Center, Early County



The Balancing Act

Spring / Summer 2017

What are added sugars?

“Added Sugars” are the sugars and/or syrups added to foods during processing.

What foods can added sugars be found in?

Some of the main sources can be desserts, sodas, energy drinks, and sports drinks.

Why is sugar added to so many foods?

Processed foods have added sugars to make them appetizing and sweeter. Added Sugars are added to foods because:

- Gives baked goods flavor, texture & color.
- Serves as a bulking agent in baked goods and ice cream.
- Helps preserve foods like jams and jellies.

- Fuels fermentation, causing bread to rise.

- Balances high acid foods, such as those containing vinegar and tomatoes.

What are the health problems of consuming too many added sugars?

Poor Nutrition: If you fill up on sugar-laden foods, you may eat less nutritious foods and therefore eat less beneficial nutrients, vitamins and minerals.

Weight gain: Added sugar to foods and beverages makes them more calorie dense. It’s easy to consume extra calories when eating consuming foods with extra sweeteners.

Increased Triglycerides: Triglycerides are a kind of fat found in the bloodstream

and fat tissues. Eating an excessive amount of added sugar can increase triglyceride levels, which may increase your risk of heart disease.

Tooth Decay: All forms of sugar encourage tooth decay by allowing bacteria to multiply and grow. Snacking on foods and beverages with sugar often increases your likelihood to develop cavities, especially if you do not practice good oral hygiene.

Is consuming any added sugar okay?

YES! The 2015-2020 Dietary Guidelines for Americans recommended that added sugar make-up no more than 10% of your daily calories. For a 2,000 calorie diet that means no more than 200 calories a day.

MONEY SKILLS FOR CHILDREN

By Rachel Hubbard, Lanier County

How do your children handle money? Do they spend it as soon as they get it? Or do they save it for something special? The way a child handles money is a good indicator of the way he will handle money as an adult. For some parents, this is a scary thought. But don’t worry, there are steps you can take now to help your child develop healthy money skills.

The first step is to talk to your child about money. A child is never too young to learn that money is a limited resource. The second step is to model good money habits. Children learn by what they see and are shown to do. If you pay bills on time and save, your children are likely to do the same as adults.

An allowance is a valuable tool for teaching children important lessons about money. Be clear about how the allowance is to be used. Be specific about how much should be saved (maybe 50%), how much should be shared with others (for example, 10% to church), with the child having control of how to spend the rest.

Every year, increase the allowance and the responsibilities for using the money. Gradually give more responsibility for meeting wants and needs to your child. For example, a raise in allowance could come with the responsibility to use that money to pay for school lunch. Practice and experience managing their own money at home increases the likelihood of successfully managing finances when they leave your home.

Your role as teacher doesn’t end when the child leaves home. At different ages and stages of life, financial decision-making varies. If they like what you taught them as children, they will continue to seek your opinions and advice as adults.





By Mitzi Parker, Sumter County

Whether you tackle the clutter on your own or bring in help, here are some tips to make the job a little easier:

We are all guilty of having at least one “junk” - closet, garage or storage shed. I’m not pointing fingers; I’m probably guiltier than most. I have lots excuses— kids, fur babies, not enough time in the day, etc.—sound familiar? Spring has past and I never “got around to” the “spring cleaning.” The good news is that you can “spring clean” and clear the clutter anytime, you just have to make a plan and do it!

- **Be realistic.** Can you clear the clutter on your own? If the thought of decluttering is overwhelming, recruit a team of friends and family members to help. You may even want to consider hiring a professional organizer—they don’t have an emotional attachment to your “stuff” and can help organize the items you decide to keep.
 - **Break large tasks into small ones.** Instead of tackling your entire house, focus on one room or one closet at a time. This kind of work has a way of expanding, so set clear goals for what you want to accomplish in the time available.
 - **Be brutal.** If you have not unpacked the box the last three times you moved or if you haven’t worn or used the item in the last year, chances are you don’t really need it. Toss, recycle, sell, donate, and keep are your choices. Notices there is no I-would-use-this-if-I-got-it-fixed stack, or keep-in-case-I-lose-thirty-pounds pile. Plan these “spring cleaning” around trash pick-up days. Remember to check with your local trash provider if you have questions about what they will haul away—some will pick up larger items if they have advance notice.
 - **Sell items or donate items you no longer want or need.** Have a yard sale! Think of a great way to earn extra money... one man’s trash is another’s treasure. Other options are online and social media sites specifically for selling used items that are more like collectibles, books, albums, etc. If all this is overwhelming then donate everything to your local charity.
- Getting on top of the clutter is one of those jobs that often seems worse than it actually is. **Make a game plan, stay on task, and get to work.** The end result will be worth all the headache; you will have a cleaner, safer, and organized home.

GREEN BEAN CASSEROLE

Description

Try this lighter version of a holiday favorite to cut back on calories and sodium without cutting back on flavor.

Ingredients

- 1 can reduced-fat, reduced-sodium condensed cream of mushroom soup (10.5 ounces)
- 1/4 cup low-fat milk
- 1 teaspoon onion powder
- 1/8 teaspoon black pepper
- 1 teaspoon reduced-sodium soy sauce
- 3 cups green beans, cooked
- 2 tablespoons fried onions, crushed



Instructions

- Preheat oven to 350°F.
- In a 1 1/2-quart casserole dish, stir together the cream of mushroom soup, milk, onion powder, black pepper, soy sauce, and green beans.
- Bake for 25 minutes or until the mixture is hot and bubbling. Stir.
- Top with crushed onions. Bake for 5 minutes or until onions are golden brown.

HAPPY PRODUCE!

By
Roxie Price,
Tift County

We are blessed to have wonderful farmers markets in many Georgia counties! A trip to the Market can send you home with many colorful fruits and vegetables that may help prevent certain chronic diseases. But, if you do not handle the produce properly, you may be welcoming bacteria into your home.

Here are some food safety tips that can help prevent bacteria from being a guest in your home after a trip to the market.

Wash your hands properly after you get home from the market and before handling produce. Make sure you **wash the produce** under running water that is approximately the same temperature as your produce. You may want to use a vegetable brush for produce with a hard to clean surface, like a cantaloupe. Even if you are going to peel the produce you still need to wash it.

Even watermelons need to be washed before they are cut. Bacteria from the outside of the produce can be transferred to the inside when it is cut or peeled. Place your purchases in the refrigerator if they are perishable or once they are cut. Check the refrigerator temperature periodically to make sure it is at 40° or below.

Remember these steps to keep your **market produce** and your home **bacteria free**.



FAMILY TIME IN MODERN TIME

By Suzanne Williams, Dougherty County

Do you sometimes feel like there is not enough time in the day to get everything done? We all feel that at times. We look at someone thinking wow they really have it together and make it look so easy!

Lets talk about their secret. First, they are most likely juggling life's tasks.

Second, they just don't show the struggles they face.

My advice is to prioritize. Sit down and decide as a family what matters the most. All family members need to buy in to the plan for it to flow smoothly. **One priority** for a happy marriage and family life is time together. It seems these days that there is always a PTA meeting, a business trip, a ball game, gymnastics, etc. that eats up our time and stress us out. By having a sit down with the family you may discover that your spouse and kids value things you have not thought of yet. Let family members decide how the family will spend time together.

We think being good parents' means having our children busy all their free time with dance lessons, sports, etc.. I can guarantee that at times they would much rather spend quality time with you and the family. Take the money you save on those dance classes and buy a fishing pole and take the family on a fishing trip. Children may act like they don't need their parent's attention or opinion, but the truth is they are young and still struggling with the pressures kids face today. They need to run stuff by you and get your opinion. They need your guidance on how to be conscientious and empathetic adults. They look to us as a moral compass on how to handle life's difficulty. So many youths today are looking to friends for the support they might not get at home, and sometimes that support from friends can lead them to make unwise decisions. Be there for your child on the good days and bad, make a conscious effort to spend a few minutes every day in discussing their day and your day, have a safe zone or time when they can talk to you and not be censured, they need to feel that any topic is safe. In short, make time to spend time with your family, after all, family is what is important.

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LEARNING FOR A LIFETIME

The Balancing Act: Your Current Issue Enclosed

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Dear Friends,

The Balancing Act is a publication sent to you by Family and Consumer Sciences Agents serving all Southwest Georgia. All information in this newsletter is written by Specialists at the University of Georgia and FACS agents, and is backed by research from the University of Georgia and the U.S. Department of Agriculture.

This newsletter brings you the latest information, please contact the agent in your county.

Thank you,

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