

Newsletter Mission

- Provide factual, informative, & interesting information.
- Promote healthful lifestyles through ideas & contributions.

What Do You Drink?

Below is a list of beverages with the number of calories contained in them. How many calories are you consuming in sweetened beverages every day?

Check them out:

- Sports drink— 99 cal
- Regular cola— 150 cal
- Fruit punch—192 cal
- Lemonade—168 cal
- 100% OJ—168 cal
- Regular lemon/lime soda— 148 cal
- Chocolate milk— 208 cal
- Starbucks tall café mocha—310 cal
- Sweetened ice tea— 135 cal
- Regular ginger ale— 124 cal

*Calories based on 12 ounces



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What's in Your Beverage?

The average American consumes 450 calories a day from drinks (soda, coffee, tea, juices). This amounts to 23 pounds a year that must be offset by exercise or else it becomes weight gain!! Select healthier beverages for your body (and your waistline) by watching the calorie count and sugars in your drinks, Substitute water (from the tap) and 100% juices for acidic or carbonated beverages. Over time, these small steps add up to create a healthier you!



Preventing Alcohol Problems in the Workplace

Due to the amount of time spent in the workplace, an employee's supervisors and coworkers are often aware of alcohol related problems. In turn, worksite alcohol prevention programs have proven to be successful and can help an employee address alcohol related problems. For additional information on ways your worksite can implement alcohol prevention and reduction programs, visit the following website:

<http://pubs.niaaa.nih.gov/publications/arh26-1/49-57.pdf>

Featured Resource

The Step by Step: Walking Your Way to Wellness Campaign

The goal of this program is to get your employees more physically active. Specifically, the goal is to have each of the participants walking about 10,000 steps a day — approximately five miles. The coordinator's guide includes all of the essential steps needed to carry out the entire campaign. Please see the following link for campaign materials:

http://www.welcoa.org/freeresources/pdf/stepbystep_ic.pdf

Distracted Driving

According to Forbes magazine's list of the top 10 most dangerous jobs, sales professionals are listed as the ninth most dangerous career (behind logging workers and electrical power line workers).



In 2008 alone, there were 815 fatalities among sales professionals. Technological advances, including dialing or texting on cell phones, and laptops or simply eating on the go are all distractions to driving safely. Even if you aren't a sales professional who travels daily, chances are you commute to your workplace. The following safe driving tips can reduce your risk of being in an accident.

- Buckle your seat belt
- Follow the speed limit
- Avoid ALL distractions while driving
- Maintain a safe following distance
 - Do not drink and drive
 - Plan your route
- Pull over when using technology
 - Drive defensively



DID YOU KNOW?

Tobacco use remains the leading cause of preventable death in South Dakota. More deaths are caused each year by tobacco use than by human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.

To learn more about how you can implement a tobacco-free policy and promote tobacco cessation at your worksite contact your local worksite worksite wellness consultant or visit BeFreeSD.com

The SD Cancer Registry has updated the colorectal cancer monograph and released a breast cancer monograph. To view, please see doh.sd.gov/SDCR under the Data & Publications link.

Featured Fruit



Avocados are a fruit?!?! Indeed they are!! Avocados were first cultivated in South America and then in Mexico. European sailors traveling to the New World used avocados as their form of butter. Avocados were first seen in the United States in the early 1800's.

Though avocados are high in fat, most of the fat is heart-healthy monounsaturated fat. According to the Centers for Disease Control and Prevention (CDC), "Avocados are loaded with nutrients such as dietary fiber, vitamin B6, vitamin C, vitamin E, potassium, magnesium, and folate. They're also cholesterol and sodium free. Avocados contain 60 percent more potassium per ounce than bananas."

Follow these simple tips for selecting and storing this delicious food!

Select: Choose avocados with firm skin and no soft spots, firm but yielding to gentle pressure when ripe.

Store: Store unripe avocados in paper bag at room temperature. Refrigerate when ripe for 2-3 days.

Nutrition Benefits: Sodium and cholesterol-free; Only five grams of fat per serving, most of it the monounsaturated kind, which is the "good fat." The avocado is loaded with antioxidants such as Vitamin B6, potassium, Vitamins C & E, and beta-carotene. They are also a source of fiber.