



# Health Beat

The Official Wellness Newsletter of Plasterers Local 200

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Serving All of Southern California

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## Holiday Dinner

Everyone knows Holiday dinner is loaded with carbs, calories, and fat. But how much sugar is on your plate? Pumpkin pie and candied yams are obvious culprits, but you'd be surprised where else sugar shows up.



Item	Calories	Sugar
Stuffing	160	2g
Turkey Breast, 4 oz.	142	0g
Gravy	25	1g
Sweet Potato Casserole	320	41g
Dinner Roll	110	4g
1/2 Tbsp Butter	50	0g
Cranberry Sauce (canned)	110	21g
Green Beans	30	2g
Mashed Potatoes	155	3g
Pumpkin Pie		
w/ Whipped Cream	340	31g
<b>Totals</b>	<b>1442</b>	<b>105g</b>

**(Calories from sugar: 420)**

The whole-berry cranberry sauce contains about the same amount of sugar as this popular gelatinous variety.



### Ocean Spray Jellied Cranberry Sauce

**1/4 cup serving (70g)**

Sugars, total: 21g  
 Calories, total: 110  
 Calories from sugar: 84

They're already sweet, but add brown sugar and marshmallows and the sugar content goes way up.



### Sweet Potatoes Candied, with Marshmallow Topping

Sugars, total: 41g  
 Calories, total: 320  
 Calories from sugar: 164

(Serving size is 1/8th of casserole, prepared with 1/4 cup brown sugar, 3 oz. frozen orange juice concentrate, 25 large marshmallows, and 45 oz. canned sweet potatoes in light syrup, drained)

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A boiled sweet potato tastes good and is much more healthy.



**Sweet Potatoes (Plain, Boiled)**

**150g serving**

Sugars, total: 8g

Calories, total: 115

Calories from sugar: 32

About the same amount as a slice or two of white bread.



**Sarah Lee Dinner Roll**

**1 roll (40g)**

Sugars, total: 4g

Calories, total: 110

Calories from sugar: 16

Not much sugar in here.



**Campbell's Turkey Gravy**

**2 oz. serving**

Sugars, total: 1g

Calories, total: 25

Calories from sugar: 4

Even vegetables have small amounts of sugar.



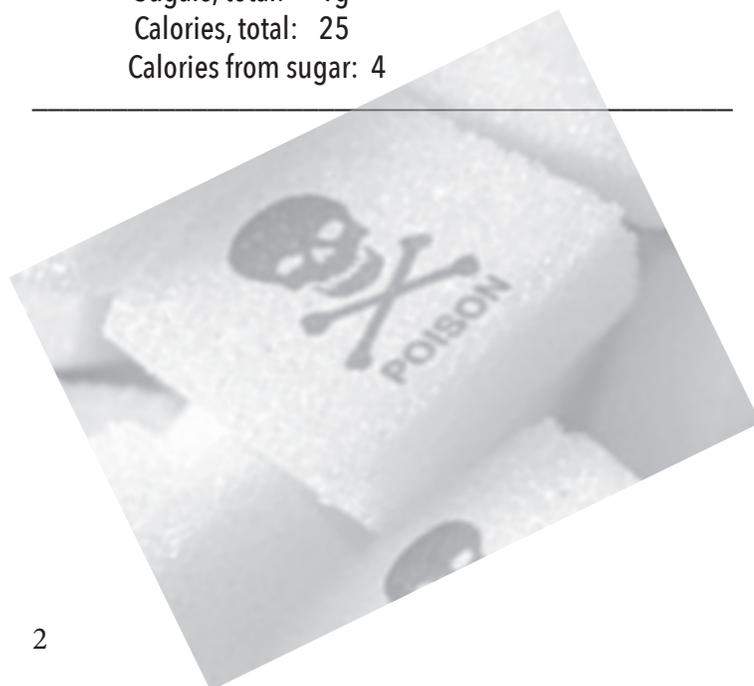
**Green Beans (Frozen)**

**81g serving**

Sugars, total: 2g

Calories, total: 30

Calories from sugar: 8



Not bad at all.

**Stove Top Stuffing  
Turkey Flavor**

**1/2 cup serving**

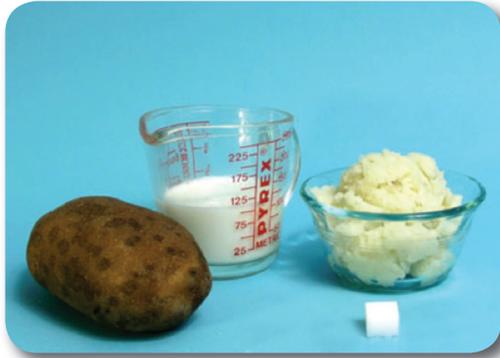
Sugars, total: 2g

Calories, total: 160

Calories from sugar: 8



Adding milk will increase the sugar content slightly.



**Mashed Potatoes (Homemade, prepared with milk and butter)**

**167g serving**

Sugars, total: 3g  
Calories, total: 155  
Calories from sugar: 12

Holy cow! How did they manage to cram all that sugar in there? (And 1300 calories?!)



**Holiday Recipe Bonus**

Many holiday baking recipes call for sweetened condensed milk (not to be confused with evaporated milk). Look at how much sugar that small can contains.

Lots of sugar and calories in a small piece of pie

**Marie Callender's Pumpkin Pie  
1/8 of pie (128g)**

Sugars, total: 30g  
Calories, total: 320  
Calories from sugar: 120



**Borden Eagle Brand Sweetened Condensed Milk  
one 14 oz. can**

Sugars,  
Total: 220g  
Calories, total: 1300  
Calories from sugar: 880

The whipped cream really doesn't add much sugar



**Marie Callender's Pumpkin Pie  
with Whipped Cream  
1/8 of pie (128g) plus 2 Tbsp. Whipped Cream**

Sugars, total: 31g  
Calories, total: 340  
Calories from sugar: 124



## Reducing Sedentary Time In Early Old Age Could Lower Heart Disease Risk



New U.K. research has found engaging in exercise during early old age, a period when we may become more sedentary as we transition from work to retirement, could help reduce the risk of heart disease.

The study, by researchers at the University of Bristol, looked at 1,622 participants aged 60 to 64 years, who were asked to wear heart rate and movement sensors for five days.

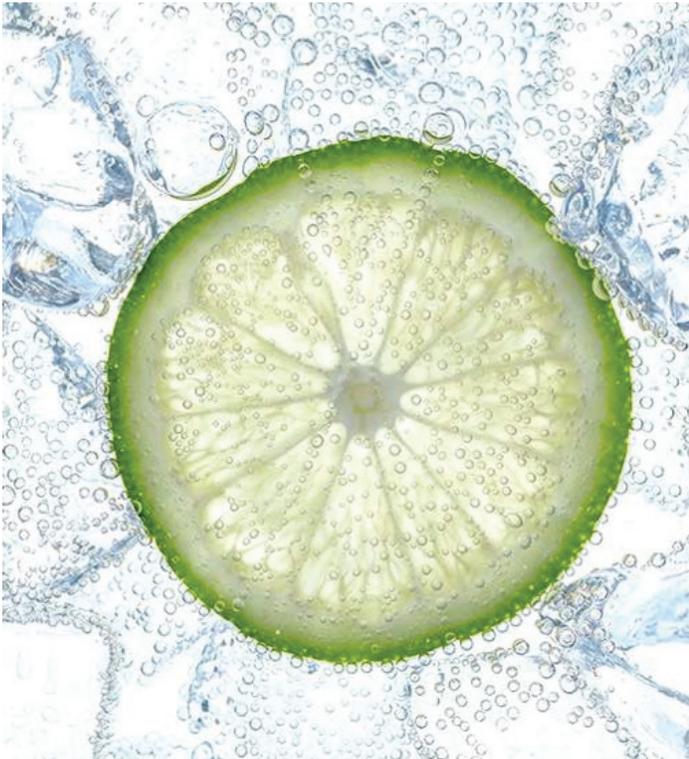
The sensors measured how much physical activity the participants did as well as the intensity, from light physical activity such as slow walking, stretching, golfing or gardening, to moderate-to-vigorous activity such as brisk walking, bicycling, dancing, tennis, or vacuuming.

Participants also provided blood samples which the researchers analyzed for biomarkers of cardiovascular disease, including inflammatory markers C-reactive protein and interleukin 6 (IL-6); endothelial markers tissue-plasminogen activator (t-PA), the molecule E-Selectin (a molecule that plays an important part in inflammation); and cholesterol markers leptin and adiponectin. The results showed that less sedentary time and more time spent doing low-intensity activity were associated with reduced levels of IL-6 and t-PA, regardless of how much time was spent doing higher-intensity activity. For every additional 10 minutes spent sedentary, there was a 0.6 percent increase in IL-6 levels in men and 1.4 percent increase in IL-6 levels in women, and for every

additional 10 minutes spent in light-intensity activity, a 0.8 percent decrease in t-PA levels in both men and women. In addition, for each additional 10 minutes spent in moderate-to-vigorous intensity activity, leptin levels were 3.7 percent lower in men and 6.6 percent lower in women. E-selectin was the only biomarker which showed no significant associations with physical activity and sedentary time. The team noted that the study is one of the first to investigate associations between physical activity and sedentary time and a wide range of cardiovascular biomarkers in older age. The findings were consistent with other studies that have also looked at some of these biomarkers. "We focused on these atherosclerosis biomarkers as they are less studied and have been shown to predict risk of cardiovascular events and death," said study author Ahmed Elhakeem, Ph.D. Based on the findings, the team suggested that physical activity may lower cardiovascular disease risk by improving blood vessel function. "The 60 to 64 age range represents an important transition between work and retirement, when lifestyle behaviors tend to change," said Elhakeem. "It may, therefore, be an opportunity to promote increased physical activity. We found it's important to replace time spent sedentary with any intensity level of activity."

The findings were published in the *Journal of the American Heart Association*, the Open Access Journal of the American Heart Association/American Stroke Association.

## This Sparkling Water May Be Worse For You Than Diet Soda



First the news drops that sipping seltzer destroys your teeth and now this? The Wall Street Journal reported that despite Sparkling Ice branding itself as a good-for-you soda alternative, it isn't actually healthy at all.

The problem? Sucralose is one of the primary ingredients. Just like Splenda—which health experts like Frank Lipman, MD, says is worse for you than sugar—sucralose has been linked to increasing appetite by interfering with hormones in the brain that tell you you're full. It also can kill the good bacteria in your gut.

What's really unfortunate is that many people are turning to Sparkling Ice to quit diet soda, not knowing that their new substitute drink is unhealthy. The Wall Street Journal reports that as sales for Diet Coke and Diet Pepsi have dropped, sales for Sparkling Ice surged to \$636 million in 2015.

The good news: Not every sparkling water is laced with sucralose. La Croix is sweetened with all-natural essential oils and Spindrift uses real fruit. There are several great options out there. Your sparkling water habit can live on—you just might want to do a little research first.

## 11 Common Cooking Habits That Can Be Dangerous



### Your leftovers need to be finished sooner than you think.

According to the government's food safety protocol, your leftovers may have a much shorter shelf life than you

thought. Food poisoning sends more than 100,000 Americans to the hospital each year and can lead to long-term health issues, so, if something seems funky, err on the side of caution.

Most meats should stay in the fridge for only a couple days, and even unopened packages should be tossed after two weeks. Meat-free items like pizza should only be kept for three to four days.



### Washing raw chicken can spread germs.

USDA spokesperson Marianna Gravely told BuzzFeed that washing your raw chicken or any other meat can actually

spread potential bacteria in the meat juices to other foods and surfaces via water splatter.

"Some of the bacteria are so tightly attached that you could not remove them no matter how many times you washed it," Gravely told BuzzFeed Food. Thankfully, cooking meat is enough to kill any bacteria if the internal temperature reaches 165°F.

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### Leaving the kitchen is the best recipe for disaster.

According to the National Fire Protection Association, the No. 1 cause of home fires and injuries is unattended cooking. Set timers so you

don't forget about the rice on the stove and be on alert if you're extra sleepy or you've consumed alcohol.



### Olive oil shouldn't always be your go-to.

Although it's delicious, this oil is not always the best choice. Jesse Szewczyk, a food writer for Buzz-Feed's Tasty, warned

that because extra-virgin olive oil has a relatively low smoke point, "it can burn and start smoking if heated too high."

This can result in a cooking disaster or just bad-tasting food. Szewczyk recommended using canola oil if frying at a high temperature.



### Eating raw cookie dough can give you more than a stomachache.

Consuming raw eggs and untreated flour in cookie dough may leave you unharmed, as long as you

only eat a little. But it's like Russian roulette, Soohyoun Ahn, an assistant professor of food safety at the University of Florida, said.

She told Prevention that "you could get lucky, but there's always the risk of getting seriously sick with a food-borne illness, as multiple ingredients within the dough could be contaminated by pathogens such as salmonella and E. coli."

Always bake dough to completion and thoroughly wash surfaces afterward. If you can't bear to live without it, try other cookie dough options.



### Letting steak and bacon rest after cooking is part of the process.

Meat products such as beef, veal, lamb, and pork need to rest for about three minutes to

complete their cooking. According to the US government's food safety guidelines, the rest time is important because the "temperature remains constant or continues to rise, which destroys harmful germs."



### Never place cold food into hot water.

Heat travels from a warm to cool medium, which means if you drop an ice cube into hot water, the water tries to get in so fast that it will

splash everywhere. This is a common cause for burns.



### Your cloth tote bags might bring in contaminated food.

By reusing the same cloth shopping totes, you're breeding bacteria.

"Juices can drip from packages of raw meat and contaminate the outside of the packaging and the bag," Sana Mujahid, manager of food safety research at Consumer Reports, said. Frequently toss your bags in the washing machine if you're using them to carry meat, poultry, or seafood.

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### **Wash your hands, especially if you're using your phone.**

A 2016 Food Safety Survey conducted by the FDA and the USDA determined that nearly half of their 4,000-plus participants used a mobile

device while cooking, but only a third of those people washed their hands afterward.

The bacteria on cell phones, tablets, and other devices could pass into your food and contaminate your food. If using your phone for a recipe, try to unlock the screen with your elbows, pinkies, or knuckles and wash your hands repeatedly - and make sure you're washing your hands correctly.



### **You shouldn't be lazy with your microwave.**

If you're cooking doesn't go past the microwave, that's just fine, but make sure you're cooking your food thoroughly.

It's extremely common to reheat food using this method and still find it cold in the middle, so, if you're trying to cook food, it will definitely still be raw in the middle. Dr. Mary Galvin wrote on Kids Health that you should move the food around inside the dish so that it cooks evenly and heat up everything until it's hot to the touch.



### **Don't cross-contaminate with your cutting boards.**

The Centers for Disease Control and Prevention recommends using separate cutting boards and plates for raw meat, poultry, and seafood. It also suggests placing them in different parts of the freezer or refrigerator from other foods. If bacteria-laden foods leak, they can endanger every other item in your fridge.

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**Prep: 35m**

**Cook: 1h**

**Ready in: 1h 35m**

### **Directions**

1. Remove any fat and gristle from the roast and cut into strips 1/2-inch thick by 2-inches long. Season with 1/2 teaspoon salt and 1/2 teaspoon pepper.
2. Melt 1 tablespoon butter in a large skillet over medium heat. Add mushrooms and green onions and cook, stirring occasionally, until mushrooms are browned, about 6 minutes. Remove to a bowl and add 1 tablespoon butter to the skillet. Cook and stir one half the beef strips until browned, about 5 minutes, then remove to a bowl. Repeat with the remaining butter and beef strips. Pour wine into the hot skillet and deglaze the pan, scraping up any browned bits.
3. Combine flour and 1/4 cup beef broth in a jar with a tightly fitting lid and shake until combined. Stir into the skillet, whisking until smooth. Stir in the remaining broth and mustard, then return the beef to the pan. Bring to a simmer. Cover and simmer until the meat is tender, about 1 hour.
4. Stir in the prepared mushrooms and the sour cream five minutes before serving. Heat briefly and season with salt and pepper.



**PLASTERERS' LOCAL NO. 200**

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## ***What's for Dinner?!***

# **Healthier Beef Stroganoff**

***Ingredients:***

2 pounds beef chuck roast  
½ teaspoon salt  
½ teaspoon ground black pepper  
1 tablespoon butter  
½ pound white mushrooms, sliced  
4 green onions, sliced (white & green parts)

2 tablespoons butter, divided  
1/3 cup white wine  
¼ cup all-purpose flour  
1 ¼ cups reduced-sodium beef stock, divided  
1 teaspoon prepared mustard  
1/3 cup light sour cream  
Salt and ground black pepper to taste

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