

STUDENT ASSOCIATION OF NUTRITION AND DIETETICS (SAND)

Healthy Holiday Newsletter Fall 2013

RECENT SCIENTIFIC FINDINGS

- **Eating candy increases a child's risk of later life cancer¹, ADHD², aggression, emotional and psychiatric diseases, and decreases intelligence.**
- **Eating candy may even increase the likelihood of violent criminal behavior³, and will invariably result in eating patterns that can lead to a troubled and painful later life.**
- **Children who are routinely fed junk food were found to have lower IQ's, reduced attention span and permanent damage to a part of their brain that is involved in learning and performance.⁴**



Vegetable Platter with Greek yogurt dip

References

- ¹ Michels KB, Rosner BA, Chumlea WC, et al. Preschool diet and adult risk of breast cancer. *Int J Cancer* 2006;118(3):749-54.
- ² Wiles NJ, Northstone K, Emmett P, Lewis G. Junk food diet and childhood behavioral problems: results from the ALSPAC cohort.
- ³ Moore SC, Carter LM, van Goozen S. Confectionery consumption in childhood and adult violence. *Br J Psychiatry* 2009.
- ⁴ Yau PL, Castro MG, Tagani A, et al. Obesity and metabolic syndrome and functional and structural brain impairments in adolescence. *Pediatrics* 2010;130:e856-864.
- ⁵ <http://www.usda.gov/factbook/chapter2.pdf>

HEALTHY HOLIDAYS START WITH HEALTHY CHOICES

There are other ways to enjoy this holiday season with children besides allowing them to overindulge in high sugar foods. Children are inherently perceptive and if they learn the dangers of consuming too much candy, they will appreciate the parental concern as an expression of love; watchful for their future. Now is the time to say no to consuming excess candy and start modeling good, healthy behavior.

We hope you all have lots of fun this holiday season. Here are ways to have a happy and healthy fall - be creative, play games, think of tricks and treats that are wholesome. Make a healthy dessert, such as a berry cobbler or homemade mango ice cream from frozen mangos and dried coconut. You can even make our quick and creepy chocolate treats.

"The average American eats 152 pounds of sugar each year, including almost 64 pounds of high fructose corn syrup.⁵"

THE TROUBLE WITH SUGAR

White table sugar (sucrose) is composed of two sugars: glucose and fructose. Glucose is an important nutrient in our bodies and is healthy, as long as it's consumed in moderation.

Fructose is found primarily in fruits and vegetables, and sweeteners like sugar and high-fructose corn syrup (HFCS). Naturally occurring fructose is not an essential nutrient, like glucose, but when consumed in the form of whole foods such as apples, grapes and oranges, it is easily handled by the body.

The problem with sugar occurs when it is eaten in excess. Unfortunately, that has become the norm in the USA. A recent USDA report found that the average American eats 152 pounds of sugar each year, including almost 64 pounds of HFCS.⁵

Healthy Holidays, Healthy Families

The holidays are a time for us to celebrate with our family units, to show our love for each other and spend time having fun together. Laughter, entertainment, sports, art, music, storytelling, jokes, and games are all as healthy as eating kale. Enjoying life in healthy ways is good for our body and soul. All of us at TSU-SAND wish you a happy and healthy Holiday.



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Quick & Creepy Chocolate Treats



Serves: 10

Ingredients

- 1 cup pitted dates
- 1/2 cup raw almond butter (see note)
- 2 tablespoons natural cocoa powder
- 3 tablespoons ground chia/flax/sunflower/sesame or pumpkin seeds.

Preparation

1. Add all ingredients to a food processor and blend until very well combined.
2. Remove mixture from food processor and form into balls or mold into spiders, worms or whatever creepy creature is desired. Can be decorated with nuts, seeds or dried fruit.
3. For a more adult treat, roll balls in cocoa powder, ground raw almonds or unsweetened shredded coconut.

Note: Raw sunflower seed butter may be substituted for almond butter or peanut butter.



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Tangerine Pumpkins & Banana Ghosts



Ingredients

- 4 bananas
- 24 chocolate chips, regular sized and/or mini
- 4 tangerines
- 1 stalk celery

Preparation

1. Peel the bananas and cut them in half. Place the cut side down so the banana halves stand up.
2. Use small chocolate chips to make ghost eyes and large chocolate chips to make ghost mouths.
3. Peel the tangerines.
4. Cut the celery lengthwise into thirds and then across into 1/2 inch pieces. Insert the celery pieces the tops of the peeled tangerines to resemble pumpkins.