



Enterprise Senior Center Newsletter May 2018 Issue

165 S 100 E Enterprise UT 84725 - 435-878-2557

Center Hours: Tuesday, Wednesday, Friday
9am—3pm

Lunch served 12:00 pm—1:00 pm

Visit our website: coa.washco.utah.gov/enterprise/



Why is added sugar a problem?



Foods with a lot of added sugars contribute extra calories to your diet, but provide little nutritional value. In addition, added sugars are often found in foods that also contain solid fats, such as butter or margarine, or shortening in baked goods.


Eating too many foods with added sugars and solid fats sets the stage for potential health problems, such as:

- **Poor nutrition.** If you fill up on sugar-laden foods, you may skimp on nutritious foods and miss out on important nutrients, vitamins and minerals. Regular soda plays an especially big role. It's easy to fill up on sweetened soft drinks and skip low-fat milk and even water — giving you lots of extra sugar and calories and no other nutritional value.
- **Weight gain.** There's usually no single cause for being overweight or obese. But added sugar might contribute to the problem. Adding sugar to foods and beverages makes them more calorie dense. It's easy to consume extra calories when eating foods that are sugar sweetened.
- **Increased triglycerides.** Triglycerides are a type of fat in the bloodstream and fat tissue. 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 promote tooth decay by allowing bacteria to multiply and grow. The more often and longer you snack on foods and beverages with either natural sugar or added sugar, the more likely you are to develop cavities, especially if you don't practice good oral hygiene.

Identifying added sugars can be confusing. Most people look at the Nutrition Facts part of the label for the total number of grams of sugar in a serving of the product. It's important to realize, however, that the amount shown includes natural sugars found in certain ingredients, such as grain, fruit and milk. The only reliable way to identify added sugars is to look at the ingredient list.

Ingredients are listed in descending order by weight. If you see sugar listed among the first few ingredients, the product is likely to be high in added sugars.

Currently the Food and Drug Administration is considering updating the Nutrition Facts label to help clarify how much sugar is added to foods.

 By limiting the amount of added sugars in your diet, you can cut calories without compromising nutrition. In fact, cutting back on foods with added sugars and solid fats may make it easier to get the nutrients you need without exceeding your calorie goal.



May 2018 Calendar

Tue	Wed	Thu	Fri
1 Wii/Bingo <i>Cinco de Mayo Meal</i>	2 Wii/Pinochle Brain Games	3 St George Bus Trip 	4 Wii/Bingo <i>Joke Share</i>
8 Wii/Bingo	9 Wii/Pinochle Brain Games	10	11 Wii/Bingo <i>Joke Share</i> <i>Mother's Day Meal</i>
15 Wii/Bingo 11:30 <i>Blood Pressure Checks</i>	16 Wii/Pinochle Brain Games 11:30 <i>Zion's Way Massages</i>	17 St George Bus Trip 	18 Wii/Bingo <i>Share Memories</i>
22 Wii/Bingo 10:30 <i>Advisory Board Meeting</i>	23 Wii/Pinochle Brain Games <i>Natl' Taffy Day</i>	24 6:00 Potluck and Movie 	25 Wii/Bingo <i>Joke Share</i>
29 Wii/Bingo Turn in Outreach Sheets <i>Speaker</i>	30 Wii/Pinochle Brain Games <i>Birthday Brownies</i> 	31	

May 2018 Menu

Tuesday	Wednesday	Friday
1 <u>Cinco de Mayo Holiday Meal</u> Beef Enchilada Pie Spanish Rice Fiesta Vegetable Blend Mixed Green Salad Apple Crisp Diet Dessert: Apple Slices	2 Hawaiian Chicken Haystack Buttered Rice Broccoli Cuts and Florets Pineapple Tidbits	4 Pork Loin with Sweet Thai Chili Sauce Roasted Red Potatoes Brussels Sprouts Mixed Green Salad Cornbread Seasonal Fruit
8 BBQ Pork on Bun Baked Beans Coleslaw Hot Spiced Fruit	9 Crispy Baked Chicken Au Gratin Potatoes Green Beans Mixed Green Salad Seasonal Fruit Pineapple Lime Whip Diet Dessert: Diet Fruited Gelatin	11 <u>Mother's Day Holiday Meal</u> Cranberry Dijon Chicken Rice Pilaf Capri Vegetable Blend Carrot Raisin Pineapple Salad Seasonal Fruit Brownie Diet Dessert: Crème Cookies
15 Parmesan Chicken Penne Pasta Zucchini Mixed Green Salad Breadstick Seasonal Fruit	16 Teriyaki Meatballs Fried Rice Seasoned Cabbage Sugar Snap Peas Mandarin Oranges	18 Tater Tot Casserole Green Beans Mixed Green Salad Peach Crisp Diet Dessert: Warm Peaches
22 Country Fried Steak with Country Gravy Mashed Potatoes Stewed Tomatoes Mixed Green Salad Tropical Fruit	23 Glazed Ham Sweet Potato Hash Garden Vegetable Blend Mixed Green Salad Seasonal Fruit French Silk Pudding Diet Dessert: Diet Chocolate Pudding	25 <u>Memorial Holiday Meal</u> Chili Dog on Bun Baked Beans Potato Salad Apple Blueberry Crisp Diet Dessert: Apple Slices
29 Baked Chicken with Apricot Mustard Sauce Scalloped Potatoes Parslied Carrots Mixed Green Salad Seasonal Fruit Chocolate Chip Cookie Diet Dessert: Crème Cookies	30 Baked Tilapia with Lemon Caper Sauce Confetti Rice Sugar Snap Peas Cucumber Tomato Salad Cornbread Apricot Halves	A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00. Milk and bread served with all meals.

Mother's Dictionary of Meanings

Dumbwaiter: One who asks if the kids would care to order dessert.

Feedback: The inevitable result when the baby doesn't appreciate the strained carrots.

Full Name: What you call your child when you're mad at him.

Grandparents: The people who think your children are wonderful even though they're sure you're not raising them right.

Hearsay: What toddlers do when anyone mutters a dirty word.

Independent: How we want our children to be, for as long as they do everything we say.

Puddle: A small body of water that draws other small bodies wearing dry shoes into it.

Show Off: A child who is more talented than yours.

Sterilize: What you do to your first baby's pacifier by boiling it, and to your last baby's pacifier by blowing on it and wiping it with saliva.

Top Bunk: Where you should never put a child wearing Superman jammies.

Two-Minute Warning: When the baby's face turns red and she begins to make those familiar-grunting noises.

Whodunit: None of the kids that live in your house.



Come and join us for these special events in May:

Friday, 11th: We will celebrate Mother's Day with a special meal, entertainment and a gift for all the ladies.

Wednesday, 23rd: Come celebrate National Taffy Day with us.

Thursday, 24th 6:00: For our Potluck and Movie Night we will be showing the movie 'The Stray'. Bring a dish to share and invite your friends. We always have a great time.

Tuesday, 29th: Our local pharmacist 'Aaron' is planning on stopping by to speak to us at lunch time.

Come and celebrate May birthdays with us on Wednesday the 30th:



Sam Gardner	7 May	Norita Sorenson	16 May
Jim Sanders	7 May	Barbara Hunt	24 May
Renee Eldredge	13 May	Wes Hunt	28 May
Michelle Schell	16 May	Gayle Rohde	29 May