

# Health & WELLNESS



June 2023



## General Assembly 2023

If you've already registered and wish to sign up for one of BRI's Networking Lunches then you can log in with your registration number and click on Modify Registration.

**Tuesday and Thursday - "Building Retirement Savings and Tax-Exempt Housing Expense Withdrawals"**

**Wednesday - "Your EPC Health Benefits and Improving Your Personal Wellbeing"**

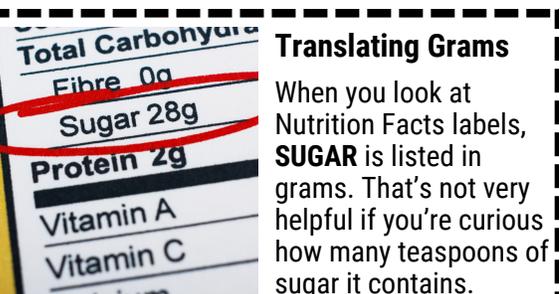
<https://epc.org/ga/ga2023/>



**Nearly 8 out of 10 adults are trying to reduce sugar in their diets.**

The American Heart Association recommends limiting added sugar to **9 teaspoons (36 grams) per day for most men** and **6 teaspoons (25 grams) per day for most women and children over 2.**

The average adult gets about 17 teaspoons of sugar each day — *almost double the limit for men and triple the limit for women!*



### Translating Grams

When you look at Nutrition Facts labels, **SUGAR** is listed in grams. That's not very helpful if you're curious how many teaspoons of sugar it contains.

**Tip: Every teaspoon of sugar is 4 grams.**

So, if you want to know how much added sugar is in your packaged food, simply divide the added sugars amount on the Nutrition Facts panel by 4. *For example*, if your cookie has 12 grams of added sugar, you divide  $12/4 = 3$ . That cookie contains 3 teaspoons of sugar.



## Try These Easy SUGAR SWAPS

*Cut back on added sugars and calories with these tasty tips and tricks.*



### Baking and Cooking

Unsweetened applesauce can substitute for some of the sugar in a recipe. You may need less oil, too—adjust the recipe as needed to get the taste and texture you like. Or try using a no-calorie sweetener suitable for cooking and baking.



### Dressings and Sauces

Swap store-bought bottled salad dressings, ketchup, tomato sauce and barbeque sauce (which can have a lot of added sugars) for homemade versions so you can control the amount of sugar added to them.



### Soda and Soft Drinks

Swap sugar-sweetened beverages for plain or sparkling water flavored with mint, citrus, cucumber, or a splash of 100% fruit juice.



### Desserts and Sweets

Instead of indulging in a traditional sugar-based dessert, enjoy the natural sweetness of fruit. Fresh, frozen, and canned (in its own juice or water) are all good choices.



### Snack Mix and Granola

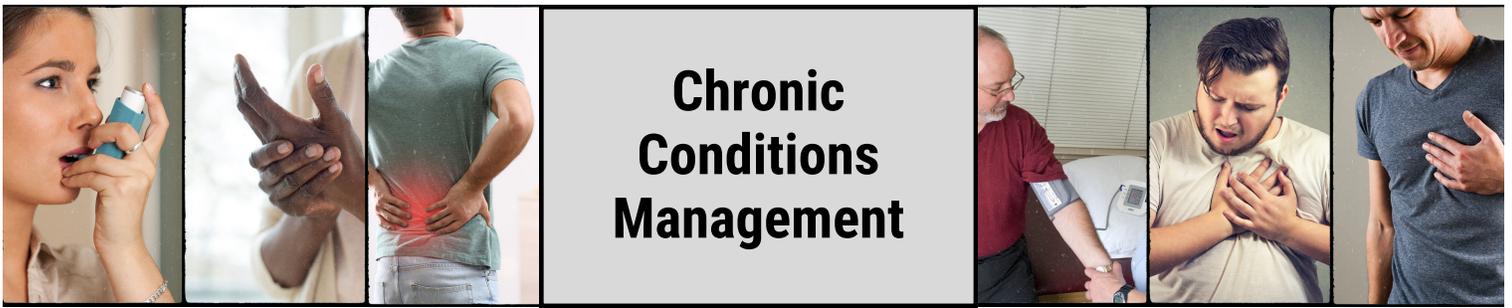
Make your own, without all the added sugars. Combine your favorite nuts and seeds (unsalted or very lightly salted), raisins and dried fruits (unsweetened), rolled oats and whole-grain cereal (non-sugared/non-frosted) — *and skip the candy!*



### Tea and Coffee

Cut back on sugars (including honey and agave syrup) gradually until your taste adjusts to less sweetness. Try adding natural flavors like cinnamon, citrus, mint or nutmeg.

**Get recipes and more tips at [HEART.ORG/RECIPES](https://www.heart.org/recipes)  
By American Heart Association**



## Chronic Conditions Management

Asthma - Chronic Obstructive Pulmonary Disease – Chronic Kidney Disease – Arthritis/Joint/Back Pain  
Coronary Artery Disease – Congestive Heart Failure – High Blood Pressure – High Cholesterol

Are You or One of Your Dependents...

Tired of battling a chronic condition - ALONE?

OR

Too STUBBORN or PRIDEFUL to get help?

OR

DISCOURAGED or CONFUSED about how to handle your condition?

There is **HELP!**

Battling a chronic condition can be defeating and can be difficult to battle all by yourself! BUT with your EPC medical benefit you have help! One of the great benefits of being enrolled in one of the EPC medical plans is that you have access to a **Nurse Health Coach** who will empower you to better understand and effectively manage your condition (*at no cost to you!*). Take advantage of this great benefit by calling 1-888-610-0089.

LEARN MORE >>



**Security Alert!** If you have an EPC Retirement Plan, take a few minutes to add an additional layer of protection by adding 2-Factor Authentication! [Click here](#) to learn how it works and how to install.

### Green Vanilla Mint Smoothie

#### Ingredients:

- 1½ frozen bananas
- ¾ cup canned coconut milk
- 1½ cups fresh spinach
- 10-15 fresh mint leaves
- 1 teaspoon vanilla extract

#### Instructions:

Blend all ingredients until the mixture is smooth and creamy.  
Pour into a glass and add a mint leaf for garnish, if desired.