

## No Added Sugar

INTERESTED IN losing a few pounds? Maybe your doctor advised you to reduce your intake of sugary foods?

Choosing from the available low sugar or sugar-free products can seem daunting. What does it really mean when products claim they have “no added sugar,” or are “sugar-free?”

“It’s critical to read food labels when selecting modified sugar products,” says FOH dietitian Lieutenant Susan Steinman, who has been providing dietary counseling for over 11 years.

Here are some important points about modified sugar foods.

### NOT LOW CAL

If you are counting calories, you should be aware that low or no sugar does not mean low calorie. While removing or reducing sugar means that the associated calories will disappear as well, it may not make a large impact on total daily calories. In fact, altering the sugar content may only make a negligible difference in total calories. “In some cases, there will even be added calories from other sources such as fat or protein,” says Lieutenant Steinman.

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## Raindrops on Roses

FOR MANY OF US, treasured childhood memories include lazy days lounging on summer lawns, sipping lemonade on porches, summer evening strolls, and impromptu picnics.

Summer is a time of renewal that is celebrated by every living creature. But sometimes, a full work schedule can make it feel as if summer ended in a blink, and winter folded directly into fall.

Your busy schedule doesn’t have to stop you from taking advantage of what summer has to offer. The long days should allow you plenty of time to take an afternoon stroll or grill dinner outside.

Here are some suggestions to help make each moment memorable:

- ☝ Smell the roses. Look around as you go to work. Really notice the abundant growth in the trees and flowering plants.



- ☝ Time with our loved ones is something we all value but few actually experience. Seize every opportunity to spend time with those you care about.

- ☝ Time with your children is most vital. Many opportunities present themselves only once and cannot be recaptured – a child is only a toddler once.

This summer, treat each day as an opportunity to create happy new memories worth cherishing. Take your cue from the song, “My Favorite Things,” and delight in all the moments that make you really feel alive!

## Federal Occupational Health (FOH)

The Occupational Health Provider of Choice for the Federal Government

The mission of FOH is to improve the health, safety, and productivity of the federal workforce. Created by Congress in 1946, FOH is a non-appropriated service agency within the U.S. Department of Health and Human Services (HHS). FOH offers a full range of occupational health services—including Clinical, Wellness/Fitness, Employee Assistance Program (EAP), Work/Life, Organizational Development, and Environmental Health and Safety programs— exclusively to federal employees.

Visit FOH on the Web at [www.foh.dhhs.gov](http://www.foh.dhhs.gov), or call 800-457-9808.

# The Scoop



## >>Picnic Fun & Food Safety

Enjoy your summer picnic but stay away from foods prepared with mayonnaise, right? *Wrong!*

The idea that mayonnaise is the culprit in food-borne illnesses dates back to when people made it from scratch using raw eggs, which can harbor bacteria. Today's commercially prepared salad dressings use pasteurized eggs and have a level of acidity that actually kills some types of bacteria. According to the Centers for Disease Control (CDC), the real villains most likely to make you sick are unwashed fruits and vegetables, raw shellfish, and meats that have been improperly cooked.

### What to do:

- Thoroughly wash fruits (even those you peel) and vegetables.
- Use watertight containers to store foods and keep coolers as cold as possible.
- Wash hands, cutting tools, and all surfaces that the food will touch.
- Don't let raw meats touch the same surfaces as other foods.

### Temperature is key:

Cook foods to a safe temperature (keep a food thermometer handy):

- Chicken dark meat: 180 degrees Fahrenheit (F)/white meat: 170 degrees F.
- Hamburgers: 160 degrees F/  
Steaks: 145 degrees F.
- Pork: 160 degrees F.



## >>Osteoporosis: Men at Risk Too

In the May 5 issue of the *Annals of Internal Medicine*, the American College of Physicians (ACP) outlined a new guideline on screening men for osteoporosis, a disease that is significantly under-diagnosed and under-treated in men.

Osteoporosis-related fractures in men result in substantial disease and health costs. In fact, the one-year death rate in men after hip fracture is twice that of women. The ACP predicts that osteoporosis rates among men will increase 50 percent in the next 15 years and hip fracture rates could double by 2040.

Source: American College of Physicians, news release, May 5, 2008

## Federal Information Links

Agency for Healthcare Research & Quality Consumer Information  
[www.ahrq.gov/consumer](http://www.ahrq.gov/consumer)

Consumer Product Safety Commission  
[www.cpsc.gov](http://www.cpsc.gov)

National Cholesterol Education Program (NHLBI)  
[www.nhlbi.nih.gov/chd](http://www.nhlbi.nih.gov/chd)

National Diabetes Information Clearinghouse  
<http://diabetes.niddk.nih.gov>

U.S. Administration on Aging (HHS)  
[www.aoa.dhhs.gov](http://www.aoa.dhhs.gov)

Centers for Medicare and Medicaid Services  
[www.cms.hhs.gov](http://www.cms.hhs.gov)

U.S. Department of Health and Human Services  
[www.hhs.gov](http://www.hhs.gov)

Weight-Control Information Network  
<http://win.niddk.nih.gov>

## National Health Observances

JUNE 1<sup>ST</sup> to July 4<sup>TH</sup>  
[Fireworks Safety Month](#)  
[Prevent Blindness America](#)  
[www.preventblindness.org](http://www.preventblindness.org)

JULY  
[UV Safety Month](#)  
[American Academy of Ophthalmology](#)  
[www.aao.org/eyemd](http://www.aao.org/eyemd)

AUGUST  
[National Immunization Awareness Month](#)  
[Centers for Disease Control and Prevention](#)  
[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

# Repetitive Use Injuries

DO YOU FEEL a nagging ache in that hard-to-reach spot between your shoulder blades, or maybe it's an uncomfortable tingling in your "mousing" arm? If so, you might be developing a musculoskeletal disorder (MSD).

People who work on a computer all day often report discomfort in their lower back, wrists, and hands, but mousing and keyboarding aren't the only activities that cause MSDs. Many hobbies also cause such injuries (e.g., golfer's and tennis elbow.) Carpal tunnel syndrome is a common complaint, and now there's "Gamer's thumb," which is caused by excessive video game playing.

## Signs and Symptoms

According to the National Institute for Occupational Safety and Health (NIOSH), MSDs are likely caused by performing repetitious activities over long periods in an awkward or static body position. The body is resilient, but ignoring or neglecting symptoms for too long can do long term damage to soft tissue. Consult your doctor if you have any of these persistent signs:

- Tingling, numbness, "pins and needles," coldness, or loss of sensation.
- While lying down, you feel pain.
- Pain and soreness in the upper back, neck, shoulders, hands, or wrists.
- Aching, burning, or swelling.

- Loss of mobility and strength.

## Practice Prevention

One way to prevent injury is by arranging your workstation ergonomically. Ergonomics involves being aware of biomechanics and altering some work practices to reduce the likelihood of injury.

Here are some tips:

- Don't ignore pain or fatigue. Stop the activity and change your position.
- Posture is key. The head and back should form a straight line from ears to pelvis.
- The head and shoulders should not be bent forward.
- Take frequent breaks.
- Protect those Carpals. Keep wrists straight (neutral) rather than in a bent position.
- Use a variety of different input devices rather than the traditional mouse and keyboard. Try speech recognition software, tablet PC's or trackballs.
- Do regular stretching exercises (see link at end of article).

Not sure whether your workstation is ergonomically sound? FOH's Ergonomic consultants can provide your agency with an ergonomic assessment and make recommendations to help improve the safety and health of workers. Contact FOH for more ergonomics tips and resources.

For more information about MSDs, visit the National Institute of Health's (NIH) Division of Occupational Health and Safety (DOHS) online at [http://dohs.ors.od.nih.gov/ergo\\_computers.htm](http://dohs.ors.od.nih.gov/ergo_computers.htm).

Your workplace Employee Assistance Program (EAP) is available to help you and your family manage a variety of issues. See the contact information on the back page.





# The Workplace Bully

WHO DOESN'T REMEMBER THE schoolyard bully from childhood years—the kid who picked on the smaller, weaker, or younger ones? What sustained many children was the knowledge that better times were yet to come; that adulthood meant an end to such cruelties. Right? Maybe not.

Today's workplace has its own brand of bully. Instead of fists and feet, the adult bully uses an array of psychological tactics to exert control. But interestingly, adult bullies rarely view themselves as powerful. They may even be overwhelmed – overreacting to minor setbacks, or interpreting everyday occurrences as personal slights. And the bully at work may or may not have authority; however you might find yourself motivated to appease this individual to avoid insults, criticism, or even emotional outbursts.

Workplace bullying extracts a steep price from the entire workforce. Both victims and witnesses – as well as the perpetrators – of workplace bullying suffer reduced morale, anxiety, and decreased job satisfaction. With workplace incivility and conflict on the rise, mediation and dispute resolution programs have become a necessary resource at work.

In fact, many organizations now take a proactive approach by providing training to help workers better manage anger, cope with stress, deal with conflict, enhance interpersonal communications, and improve negotiation and problem-solving skills.

If workplace conflict is a concern, call your FOH Employee Assistance Program at 800-222-0364. Many seminars are available at low or no cost.

## **FOH** FEDERAL OCCUPATIONAL HEALTH DEPARTMENT OF HEALTH AND HUMAN SERVICES

The FOH Federal Consortium EAP provides assessment, counseling, referral, training, and consultation to federal employees and agencies throughout the United States. For administrative details about the program, contact Doug Mahy **214-767-3030** or e-mail at **dmahy@psc.gov**. To visit us on the Web, go to **www.FOH4You.com**.

Help is available all day, all week, all year.  
**800-222-0364, TTY: 888-262-7848**

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This newsletter is available electronically at **foh.dhhs.gov/eapnews**.

For questions about this newsletter, contact Haydee Gelpi at **301-443-7664** or e-mail **hgelpi@psc.gov**.

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### WHAT'S IN A NAME?

For a manufacturer to make the nutrient claim of “no sugar added,” they cannot add sugar or ingredients that substitute for sugar (e.g., fruit juices, honey) during packaging or processing. However, ingredients used in the recipe (e.g., chocolate chips) may be of the full sugar variety.

### NOT ZERO SUGAR

Sugar-free does not always mean zero sugar. Foods labeled “sugar free” must have less than 0.5 grams of sugar per serving. This means that you could actually ingest a fair amount of sugar if you eat more than a serving. Lieutenant Steinman recommends performing a serving size “reality check.” Is it likely you'll only eat one serving? If not, you should recalculate how much sugar you likely to consume if you eat two, three, or more servings at one time.

### THE BUZZ ON ALCOHOL SUGARS?

The sugar substitute found in many sugar free/no sugar added candies, ice cream, and gum are a modified sugar collectively known as sugar alcohols. Sugar alcohols provide about half the calories of sugar. Most have names that end in “ol,” like sorbitol, maltitol, and xylitol.

A word of caution about sugar alcohols: Because sugar alcohols are incompletely absorbed by the body, they may produce abdominal discomfort and even have a laxative effect in some individuals. Consider limiting intake to less than 20 grams per day.

Controlling your sugar intake is important, but so is a balanced diet that includes fresh vegetables and fruit, lean proteins, and high quality grains. “And don't forget to be active most days of the week!” says Lieutenant Steinman.