

In Touch with Extension

Drink to Your Health

By Jean Day, Nutrition Program Associate

Drink to your health: it's not just what you eat!

What you drink matters. Choose drinks that will boost your nutrient intake and not just your calorie intake. Limit empty-calorie drinks that are high in sugar and/or fat.

How much sugar is in soda pop?

- 12 ounce can, 9 -11 teaspoons sugar or 150 calories
- 20 ounce bottle, 15 to 18 teaspoons sugar or 250 calories

What do you get for those calories? An 8 ounce serving of 1% milk provides 100 calories, 8 grams of protein, and calcium, Vitamin D, Vitamin A, and Vitamin C while a 12 ounce can of pop provides 150 calories and that's all!

How about sports drinks and soft drinks?

- Contain large amounts of sugar and calories
- May spoil appetites
- Can cause tooth decay
- Can increase caloric intake and lead to weight gain

What's the buzz on energy drinks? The 'energy' comes from stimulants: caffeine, guarana, ginseng, green tea, and from sugar. Measuring the amount of caffeine is difficult. These drinks can have negative side effects including difficulty sleeping, increased heart rate, increased blood pressure, irritability, and nervousness.

It's easy to make healthier choices!

- Stock your refrigerator with nutrient-rich drinks
- Carry a water bottle and refill it throughout the day
- Choose water, fat-free or low-fat milk and diet or low-calorie drinks instead of sugar-sweetened drinks
- Choose 100% fruit juice in moderation
- Try drinking vegetable juice for a snack
- Go for a smaller size when you choose sugar-sweetened drink
- Serve water with meals
- Add flavor to water with a slice of lemon or lime
- Try carbonated water if you like the bubbles

Read labels carefully! Watch serving sizes – there may be several servings in a can or bottle. Compare calories and nutrients. Look for hidden calories in the form of sugars or fat.

Carry water, check the Nutrition Facts Label, and drink to your health!



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Act Fast Against Heat Related Illness

By Rachel Buenemann MS, RD, LD, *Nutrition and Health Specialist*

It is another hot summer in Missouri. Summer heat can cause real health concerns. Check out these signs of heat related illness and act fast to prevent them this summer.

Sunburn

- There is no safe level of sunburn. Sunburns appear as painful, red and warm skin, potentially with blisters. Sunburns increase risk for skin cancer, and weaken the skin barrier causing wrinkles and dark spots.
- Soothe by staying out of the sun, placing cool cloths on the sunburned areas, and applying moisturizer. Remember not to break sunburn blisters.

Heat Cramps

- Seen as heavy sweating during intense exercise, heat cramps are muscle pain or spasms due to the heat.
- Soothe by stopping physical activity and move to a cool place. Drink water or a sports drink. Wait for the cramps to subside before returning to physical activity.
- Get medical help right away if the cramps last longer than one hour, if you are following a low-sodium diet, or if you have heart problems.

Heat Exhaustion

- Experienced as heavy sweating, having cold or clammy skin, a fast weak pulse, nausea or vomiting, muscle cramps, weakness, dizziness, headaches, or fainting.
- Soothe by moving to a cool place, and loosening clothes. Put cool, wet cloths on your body, and sip water.
- Get medical help right away if you are throwing up, symptoms get worse or last longer than one hour.

Heat Stroke

- Appears as a high body temperature of 103 F or higher, having hot, red skin, a fast strong pulse, headache, dizziness, nausea, confusion, and losing consciousness.
- The elderly, infants, persons who work outdoors, people with mental illness, obesity, poor circulation, and those on certain medicines or drinking alcohol are most susceptible to heat stroke.
- Act fast at the signs for heat stroke. Call 911 right away. Heat stroke is a medical emergency. Move the person to a cooler place, and lower the person's temperature with cool cloths or a cool bath. Most people with heatstroke have an altered level of consciousness and cannot safely drink. Wait until they are alert to provide water.

Help protect yourself from heat related illness. Pack sunscreen, a wide brim hat, a light weight long sleeve over shirt, drinking water, a shade canopy or umbrella, and a fan. Avoid the hottest time of day for outdoor activities, usually between 12 and 3 pm. Visit <https://www.cdc.gov/disasters/extremeheat/warning.html> for more information.



Missouri 4-H'ers Get Out and Move

Every year, hundreds of Missouri 4-H'ers, parents and volunteers commit to the pursuit of a healthy lifestyle through Missouri 4-H's [Move Across Missouri](#) challenge.

Between Feb. 1 and April 30 of this year, 312 participants logged 2,470,093 total active minutes. "It is very encouraging to see 4-H'ers incorporating physical activity as part of their overall wellness," said Samantha Brandeberry, state 4-H educator for civic engagement and healthy living.

Participants can register as individuals, in teams or both. This year, 31 teams participated; 27 Missouri counties were also represented in this year's competition.

Participants chose a wide variety of activities, Brandeberry said, but the most popular activities this year were walking outside, playing outside, cleaning, running, recess and physical exercises like jumping jacks, pullups and pushups.

Top three individuals

1. Kierstyn Schieffer, Lincoln County.
2. Caedon Bergman, Lafayette County.
3. Gage Pryor, Morgan County.

Top three teams

1. Shooting Stars, Cass County.
2. Radiant Rascals, Morgan County.
3. Alma 4-H Club, Lafayette County.



Move Across Missouri is sponsored by the [Missouri 4-H Foundation \(opens in new window\)](#) and [Healthy Blue \(opens in new window\)](#), part of Missouri Care Inc. These sponsors make it possible to reward participants for their hard work and to encourage them to continue to incorporate movement into their daily lives.

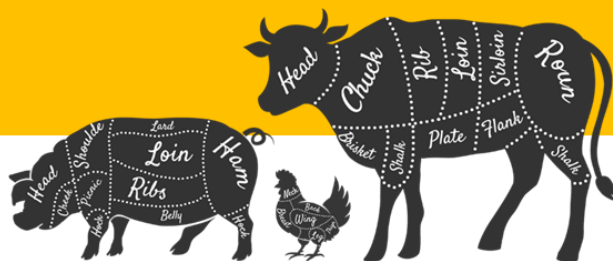
Writer: Samantha Brandeberry

Phelps County University of Missouri Extension Council \$500 Meat Raffle

Drawing will be held September 10, 2021 \$10 per ticket. See any staff or council member or stop by the Extension Center at 200 North Main, Suite G8, Rolla or can be purchased online at: <https://extension.missouri.edu/store/phelps-county-raffle>

573-458-6260

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Natural Resources Needs Assessment Survey

Written by Sarah Havens



TAKE THE SURVEY

Approximately one-third of Missouri (15.2 million acres) is forested and private citizens own roughly 85 percent of those lands. Unfortunately, **only one out of every ten** of these landowners actively manage their woodlands. An unmanaged woodland is like a garden left to fend for itself... sick and dying plants (trees) as a result of overcrowding; infested with weeds (invasive species); and reduced yields (wood products). The end result are watersheds incapable of providing clean water, landscapes unable to adequately provide food and cover for wildlife, and fewer harvestable trees to support rural economies.

MU Extension is working with the Missouri Department of Conservation, Conservation Federation of Missouri, USDA NRCS, and private organizations such as National Wild Turkey Federation, Quail Forever, and The Nature Conservancy to better serve Missourians and encourage more active management of this vital natural resource. The answers to the questions will help us better understand the reasons that landowners own the land they do, what sort of assistance they would like, and how MU Extension can best deliver that information to them.

Responses to the survey are completely anonymous. The link for the survey is https://missouri.qualtrics.com/jfe/form/SV_cTpyyGveqb0a6mF

The following QR code can also be used by utilizing camera on a smartphone.



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