

7 foods you had no idea were loaded with sugar



Redbook Amy Capetta

Whole-Grain Bread

The danger with eating foods high in sugar stems from their effects on blood sugar, says Perlmutter. "Foods are rated in terms of how they elevate blood sugar by their glycemic index," he explains. "The higher the glycemic index, the higher the blood sugar elevation and the length of time the blood sugar will remain elevated." When those levels skyrocket, it can lead to health complications like heart disease and diabetes. So while it's still better to opt for the whole-grain version of bread over the white variety, you don't want to chow down on sandwich after sandwich—it clocks a 71 on the glycemic index, while a Snicker's candy bar, shockingly, has a lower rating of 51, according to the Harvard School of Medicine.

Balsamic Vinegar

"Creamy dressings often create a high sugar impact, but balsamic can contain just as much," says JJ Virgin, celebrity nutritionist and author of JJ Virgin's Sugar Impact Diet. The reason: A lot of American-made balsamic vinegar is made with caramel coloring and cornstarch—two sugary substances—with the vinegar base being white wine vinegar. Why? The authentic, Italian versions require a 12- to 25-year aging process that negates the need for coloring and thickening additives, but not everyone wants to pay—or wait—for those products to be imported over. So if you're ordering a salad in a restaurant, Virgin advises against their version of balsamic. "Instead, ask for extra-virgin olive oil and red wine vinegar for all the flavor without the sugar impact."

Oatmeal

Here's the good news: Not all oatmeal is on the too-much-sugar list. But those who rely on the take-along pouches (or have an aversion to waiting for a pot to boil) are most likely beginning their day with a serious blood sugar kick. "It seems like most everyone agrees that oatmeal is a good choice for breakfast," says Perlmutter. But in actuality, many instant packets contain 13 grams or more of the

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From the Desk of Our President



2017-19 President

Steve Owen, CDM, CFPP

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We trust you have enjoyed a wonderful Christmas season. What a very special and holy time of the year. And now we begin a brand new year of 2018 with fresh opportunities to serve our residents/patients and to soar to new heights personally & professionally. **HAPPY NEW YEAR!**

1. Personal_- Thank you for your thoughts and prayers as I am in Boise recovering from my oral cancer surgery. I have appreciated notes/emails from so many of you. And thank you to our board and leaders for carrying on during my absence. I am hoping to be back in Wyoming by the end of January.

2. PRIDE IN FOODSERVICE WEEK is February 5-9, 2018. We encourage every facility to hold a special activity during PIFSW. Please send a story and pictures to Toni Skaggs - tskaggs@mhccwyo.org or Felicia Smith - fsmith@mhccwyo.org. Outreach and educational activities are the focus of our **ANFP DIAMOND AWARD** presentation this year. So the more outreach activities to educate the community about ANFP and the role of the CDM the better.

3. DATC - 4th Annual Days At The Capitol Monday & Tuesday, February 26 & 27 in Cheyenne. **Monday** attend the House & Senate Health Committees - and observe the House & Senate in session. Spring Conference planning luncheon meeting at noon. Thanks to Granite Rehab for hosting our luncheon. **Tuesday** Continental Breakfast for legislators & staff to interact about ANFP, role of the CDM and the needs of our residents & patients. We need donations for the breakfast - fresh fruit, individual juices, snack bars, pastries, etc.

4. ANFP Member Appreciation Week – April 2-6 We could do similar events like PIFSW during Member Appreciation Week. Special events, meals, interviews for radio, television, newspaper, student outreach/events, etc. We want to honor our CDM's this week.

5. SPRING CONFERENCE - May 2, 3 & 4 in Cheyenne at the Radisson Hotel. We are working with the Colorado ANFP Chapter to join us. The Nebraska ANFP Board has indicated they will not be able to participate. We are holding a Food Show/Vendor Expo on Friday. More details to come. This is one conference you do not want to miss!

6. ACE – ANFP Annual Conference & Expo Orlando June 1-4, 2018. Let us know if you are interested.



February 26, 27, 2018 Day at the Capitol

February 5 – 9, 2018 ... Pride in Food Service Week

March 15, 16, 2018 Spring Regional,
Dallas, TX

April 4, 5, 2018 Spring Regional,
Lexington, KY

April/May 2018 Wyoming ANFP Spring Conference,
Cheyenne, Wyoming

June 1-4, 2018 ... ANFP Annual Conference
& Expo, Orlando, Florida



ANFP™

WYOMING

Association of Nutrition & Foodservice Professionals

Wyoming ANFP is on-line and on Facebook. Be sure to visit the Wyoming ANFP website at: www.ANFPonline.org for the National ANFP website.



5th – Krista Bund

12th – Chanthara Virachack

13th – Jessica Holcomb

20th – Toni Skaggs

26th – Sandra Clark

Happy Birthday to All!

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MEMBERSHIP

W E L C O M E
to the new



ANFP | WYOMING
Association of Nutrition & Foodservice Professionals

As of December 29, 2017, the Wyoming ANFP is **68** members strong; **57** Certified Professional members, 11 Professional non-certified members. Please contact our **Membership Leader, Stephanie Young** (syoung@primroseretirement.com) or any officer, if you know of a new member or student, so we know who they are and how to keep them informed about events taking place in the Wyoming ANFP.

Amy Olson
Cody

Happy
New
Year



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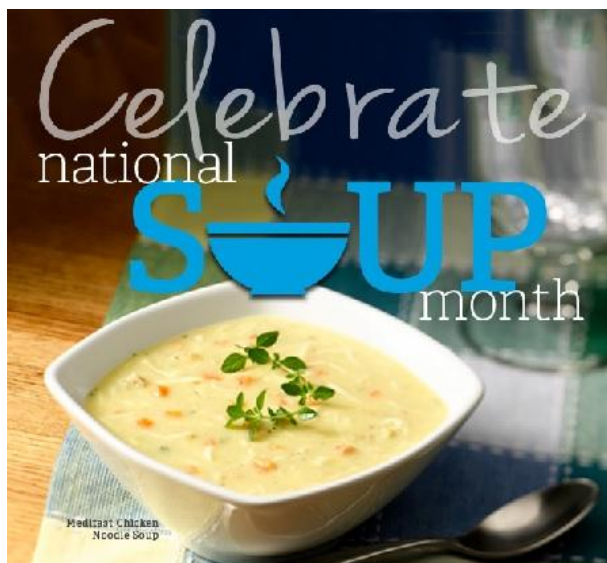
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rhilbird@mhccwyo.org





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Happy New Year! New beginnings, fresh starts, reaffirmations of love and promises for a brighter future all come to mind as we ring in a **New Year**. There are the superficial, yet purposeful, promises we make to ourselves. We resolve to get in shape, lose weight, improve career paths, and the like. Then, there are the **heartfelt promises we make to others**, whether aloud or in our minds.

May the New Year bring you greater heights of success and prosperity. Have a happy new year!

“Live Long...and Prosper!”

Comply with the FDA Food Code and CMS.

———— **Pasteurized shell eggs are not a PHF (TCS).** ————



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In the month of February we celebrate these special occasions:

Berry Fresh Month

Celebration of Chocolate Month

Great American Pies Month

National Cherry Month

National Fiber Focus Month

National Hot Breakfast Month

National Grapefruit Month

National Snack Food Month

Potato Lover's Month

Sweet Potato Month

2nd Week of February – Great American Pizza Bake

2nd Week of February – Jello Week

2nd Week of February – Kraut and Frankfurter Week

4th Week of February – National Pancake Week

2nd Monday of February – Oatmeal Monday

1st – National Baked Alaska Day

2nd – Heavenly Hash Day

3rd – National Carrot Cake Day

4th – National Stuffed Mushroom Day; Homemade Soup Day

5th – National Chocolate Fondue Day

6th – Nutella Day

7th – National Fettucini Alfredo Day

8th – Molasses Bar Day

9th – National Bagels and Lox Day; Pizza Pie Day

10th – Cream Cheese Brownie Day

11th – Peppermint Patty Day

12th – National Plum Pudding Day

13th – International Pancake Day (Shrove Tuesday); National Tortellini Day

14th – National Crème-Filled Chocolates Day

15th – National Gumdrops Day

16th – National Almond Day

17th – National Indian Pudding Day; National Café Au Lait Day; National Cabbage Day

18th – Crab-Stuffed Flounder Day; Drink Wine Day

19th – National Chocolate Mint Day

20th – National Margarita Day

21st – New Sticky Bun Day;

22nd – National Cherry Pie Day

23rd – National Banana Bread Day

24th – National Tortilla Chip Day

25th – National Clam Chowder Day; National Chocolate-Covered Nuts Day

26th – National Pistachio Day; National Chili Day

27th – National Strawberry Day; National Kahlua Day

28th – National Chocolate Souffle Day

CHEYENNE 2018

ANFP Spring Conference May 2,3,4, 2018 Radisson Hotel - Cheyenne, Wyoming

Colorado and Nebraska ANFP members will join Wyoming ANFP for their Spring Conference May 2-4, 2018 in Cheyenne, WY... where I-80 and I-25 meet. Contact your state ANFP Chapter President for more details.

Steve Owen Mrs. Danielle Behrman Mrs. Catherine Huckaby
Wyoming ANFP President Colorado ANFP President Nebraska ANFP President
stevelanderwy@gmail.com bad1976@msn.com mrschuckaby76@gmail.com

Conference Schedule

Wednesday, May 2, 2018

2-6 pm registration in lobby+
6:30 pm President's Reception

Thursday, May 3, 2018

7 – 7:45 am breakfast
7:45 am Welcome & Announcements
8:00 – 12:00 Educational Sessions
12 – 1:00 pm Chapter Membership Meeting
1 – 3 pm Educational Sessions
afternoon Student Reception with
Julie Zikmund – UND
evening dinner on own

Friday, May 4, 2018

7 – 7:45 am breakfast
7:45 am Welcome & Announcements
8:00 – 12:00 Educational Sessions
12 – 1:30 pm Food Show – tentative
and lunch
2– 3 pm Final Educational Session

Left: Felicia serving at the CY Pizza Hut location. Isn't she graceful?

SPEAKERS CONFIRMED

Julie Zikmund, MPH, RD

Manager of the Nutrition & Foodservice Professional Training Program – University of North Dakota (UND)

Penny Fletcher, PHR, CHRM-CP

Cheyenne, WY SHRM President
2 sessions on Human Resource issues

Omar Humes, CDM, CFPP

President ANFP North Carolina Chapter
Member – ANFP National Board of Directors

Colorado and Nebraska ANFP Chapters will present at least one workshop presentation each during our conference.

CONFERENCE HOTEL INFORMATION

Hotel room cost: \$94 per night

mention ANFP conference for this pricing
breakfast is included both days in hotel charge

Radisson Hotel Cheyenne

204 W Fox Farm Rd

Cheyenne WY 82007

Hotel [307-638-4466](tel:307-638-4466) | Fax [307-433-9161](tel:307-433-9161)

www.radisson.com/cheyennewy

CONFERENCE FEE

Conference fee is \$55 per person.

Registration form available March 1, 2018 through chapter presidents. Wyoming members will receive email with registration form by March 1st.

CONFERENCE THEME

**"Soaring To
New Heights"**



CERTIFIED DIETARY MANAGERSto gather in Cheyenne, Wyoming for educational training and networking...

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sweet stuff because of all the additional flavorings (think maple and brown sugar, apples and cinnamon). If you've got the time, opt for steel-cut oats for a higher dose of fiber. Otherwise, you can still choose the quick-cooking variety, just grab the plain packet and add a dollop of almond butter—which research shows can help stabilize blood sugar throughout the day—for flavor, protein, and healthy fats.

Gluten-Free Food

Hyman refers to this group—the one with gluten-free cookies, cakes and processed food—as junk food. "Just because it's gluten-free doesn't mean it's healthy," he says. "Gluten-free cakes and cookies are still cakes and cookies," which means they're made with sugar. In fact, most contain excess sugars and gum to make up for the missing ingredients, and those are even more difficult for the body to break down. When you're craving something sweet, but still want to follow a low- or gluten-free plan, Hyman suggests playing with natural fruit instead. Grilling or broiling stone fruit, like peaches and plums, will bring its natural sugars to the forefront, giving you that sweet bite sans sugar crash.

Fruit Juice

Bummer: One of the most popular breakfast drinks in America isn't doing wonders for your waist. "A 12-ounce glass of orange juice contains about 36 grams, or seven teaspoons, of sugar," says

Perlmutter. "Almost all fruit juices are concentrated sources of sugar" because they strip the fiber out of the fruit when it's sent through a juicer. Now, it probably won't kill you if you sip a 4-oz. glass of juice in the a.m. (and you're still getting a dose of healthy veggies if you grab a green juice), but it is something you need to keep track of so you don't go overboard throughout the day. Because doing so—like drinking a glass at breakfast, a green juice after your workout, and a soda in the afternoon—can send sugar directly to the liver, says Hyman. "It turns off a fat storage machine, which can lead to dangerous belly fat. [These juices] also don't help you feel full, so you end up eating more all day and craving more sugar and carbs," propelling you into that sugar-cycle that's hard to break.

Yogurt

Yes, even though Greek yogurt is a fabulous source of protein, calcium and probiotics, not all varieties are created equal. Some contain naturally occurring sugars, while others—those with fruit on the bottom, dessert-like flavorings, or mix-in nuts, for example—have extra doses added. The American Heart Association recommends women only eat 30 grams of sugar a day, but some of these contain 24 grams or more per serving—meaning you could be downing your entire sugar quota at breakfast. But all this doesn't mean we want you skipping out on those healthy benefits we mentioned before. Just think simple—or plain—when it comes to yogurt, and forego the extra flavorings. If it's too tart for your taste, stir in fresh fruit for a natural hit of sweetness.

Diet Foods

Many foods labeled as a "diet" product, like 100-calorie snacks and desserts, are anything but because of their fake sugar content, says Hyman. "We're surrounded by low-calorie, 'health-conscious foods' and diet soft drinks that contain sweeteners," he says. "As a result, the number of Americans who eat products that contain sugar-free sweeteners grew from 70 million in 1987 to 160 million in 2000. At the same time, obesity in the United States has doubled from 15 to 30 percent." That's because the sugar substitutes, such as aspartame, acesulfame, saccharin, and sucralose, confuse your body. Research shows that these non-calorie, sugar-like imitations increase appetite and interrupt the body's ability to regulate blood sugar, which causes a metabolic change that could lead to diabetes. "If you have a desire for something sweet, it's better to have real, naturally-occurring sugar than the imitation stuff in 'fake foods.'" In other words, grab that big bowl of fresh, delicious fruit and enjoy.

