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**RUTGERS**

New Jersey Agricultural  
Experiment Station

### Deskercise!

- Firm Your Fanny: Tighten and squeeze your buttocks, hold five to ten seconds, and relax. Repeat six to eight times. Really concentrate on the "squeeze" for maximum results.
- Tarzan Stretch: Interlace your fingers behind your back, palms facing in. Raise and straighten your arms, squeezing your shoulder blades together and "opening up" your chest. Hold for five to ten seconds. Repeat five to ten times.
- For more deskercises, visit: <http://uclivingwell.ucop.edu/deskercise>

Consult your doctor before beginning any exercise program.

# Healthy on the Job!

## Workplace Wellness Newsletter

Family & Community Health Sciences  
Rutgers Cooperative Extension

Volume 1, issue 3

Focus: Think Your  
Drink



## Rethink Your Drink!

As the CDC website reminds us, "most people try to reduce their calorie intake by focusing on food, but another way to cut calories may be to think about what you drink." Some people don't realize that drinks high in sugar and fat are

just as damaging to our diets as bacon burgers and deep-friend-anything. Learning to read nutrition labels carefully is one very important thing you can do to improve awareness of what you drink.

Look out for natural or

artificial sweeteners too! Most of the time they are unnecessary—for example, the fruit in your smoothie is already sweet. Why add a calorie-laden, fat-filled enhancer?

### Green Tea: Tonic in a Teapot?

After water, tea is the second-most consumed beverage in the world. Research on the health benefits of tea is surprisingly in its early stages. The number of studies performed in the last three decades is limited, but the results so far are promising!

Green tea has been shown to have the most health benefits, which can be attributed to the catechin epigallocatechin3 (EGCG). Research on this compound has shown it to be effective in lowering LDL cholesterol levels and inhibiting the formation of plaque in the arteries, thus contributing to heart health. Green tea

has also been shown in laboratory studies to effectively slow or completely prevent cancer development in the prostate cells, the breast, colon and liver. Green tea has been shown to be more effective in increasing health than black or oolong teas because of the way it is processed. All teas come from the same bush but green tea is steamed before it can oxidize, which leaves far more EGCG compounds than black or oolong.

Recent research in Germany has also shown that milk is damaging to the health benefits of tea. The protein caseins in milk (even skim milk) actually inhibit the EGCG

#### Green Tea Drinking Tips:

- Allow tea to steep 3-5 minutes to fully release catechins
- Drink green tea several times a day
- Drink freshly-brewed green tea to get the most benefit. Bottled, decaffeinated, and instant teas contain less of these healthful compounds.

compounds from breaking down so they can't offer the same benefits. This groundbreaking research could be another explanation as to why green tea has been linked to more beneficial effects: black tea is typically drunk with milk while green tea is not.

Source: Kinsey, J. "Green Tea." *Visions*. Volume 20, Issue 2, 2008.

## Recipe of the Week

If you can't start the day without coffee, try this invigorating smoothie from the *CDC's Fruits & Veggies More Matters* recipe database:

### Raspberry Smoothie

Makes 1 serving

Total time: 5 minutes

3/4 cup 100% orange juice, preferably calcium-fortified

1 cup unsweetened frozen raspberries

1/2 cup plain low-fat yogurt

Blend all ingredients well in blender, and drink! Variations—Frozen strawberries, blueberries, mixed berries, mango, or peaches. Pineapple juice, or-

ange-tangerine, and other 100% juice blends may be used.



Nutrition information: Per serving: 240 calories; 0 g fat; 0 mg cholesterol; 52 g carbohydrates; 8 g protein; 4 g fiber; 35 g sugar.

For more healthy recipes, visit The Centers for Disease Control at <http://www.fruitsandveggiesmatter.gov>

For information about how much fruit is needed daily check out the <http://www.MyPyramid.gov> website.

## Top Web Sites for Additional Info

**“All happiness depends upon a leisurely breakfast.”— John Gunther, American Journalist**

[www.getmovinggetthehealthynj.rutgers.edu](http://www.getmovinggetthehealthynj.rutgers.edu) Lots of strategies to start living a healthier lifestyle today. Check out the Walk NJ Point-to-Point program to tack your steps through our beautiful state. The walk is a great activity for friendly competition among the family and in the workplace.

[www.njaes.rutgers.edu/health](http://www.njaes.rutgers.edu/health) Links to fact sheets and other resources to keep you informed

## Monster Milkshakes

Most popular ice cream chains offer milkshakes that have enough ingredients to make any nutritionist shiver. Shakes that feature candy bar ingredients are some of the worst, packing up to 2,000 calories or more! Here are the stats of one of the worst

shakes around:  
2,310—number of calories  
108—grams of fat  
73—ingredients  
66—teaspoons of sugar  
11—candy bars to equal the number of calories found in one Baskin- Robbins sundae

## Healthy Habits at Home

Each of these tips will cut 100 calories! (from [americaonthemove.org](http://americaonthemove.org)):

- Pay attention to serving sizes. Some cans and bottles contain 2 or more servings
- Prepare hot chocolate and instant breakfast drinks with skim milk
- Quench your thirst with water or diet iced tea instead of soda
- Opt for the small drink instead of the large
- Select nonfat or skim instead of whole milk
- Have 1 cup of low-fat chocolate milk instead of whole milk with chocolate syrup
- Replace 8 ounces of soft drink with water
- Drink light beer instead of regular
- Request diet mixers (cola, tonic, ginger ale)
- Choose no sugar added fruit juice
- Choose wine over fruity alcoholic drinks
- Add nonfat milk and half your normal dose of sugar to your coffee

and healthy.

[www.umm.edu](http://www.umm.edu) Search the term 'green tea' at the University of Maryland Medical Center to read about recent research.

[www.mayoclinic.com](http://www.mayoclinic.com) Search the term 'tea' to find research info about health benefits of tea.

12- minutes it takes to consume this drink.  
240—the number of minutes you'd need to spend on a treadmill, running at a moderate pace, to burn it off.



For a list of basic ingredients for a healthy kitchen, visit: [www.cancer.org](http://www.cancer.org)