



Extension
Utah State University



The Sampler

1181 North Fairgrounds Drive
Ogden, UT 84404-3100
801-399-8200

Utah State University is an affirmative action/equal opportunity institution.

May–June 2024

Issue #3

Manage Your Mind So It Doesn't Manage You!

Staff:
Naomi Brower
FCS/4-H Faculty

Stephanie Carlson
FCS Faculty

The thought of trying to manage your mind might seem daunting. However, by using some simple concepts, you can learn how to manage your thoughts, help improve your self-confidence, and accomplish more than you might imagine. Consider these four tips to help you to control your thoughts.

there. To make it even more realistic, use all of your senses to imagine what it will be like to reach your goal.

- 4. Start small.** It's easy to feel overwhelmed when goals are too large, so break up large goals into smaller ones to help you see progress. Focusing on the process of completing a goal and recognizing the work that you put in as you go can also help you build self-confidence.

- 1. Embrace the moment.** Become self-aware of your thoughts and your feelings and how they connect to your actions. Rather than trying to avoid negative feelings, embrace what you are feeling and ask yourself what you can learn from it.



While learning to manage your mind takes time and practice, it is possible. Learning to control your thoughts can help you to have better overall mental health, find contentment in life, and achieve goals that you may never have thought possible. ☞

~Naomi Brower, Extension Professor & Caroline Anderson, student intern

References

Bassham, Lanny R. (2011) With Winning in Mind: The Mental Management System: An Olympic Champion's Success System. 3rd ed., Mental Management Systems.

Brilliant Living HQ. (2018, March 26). Mind management for you. <https://www.brilliantlivinghq.com/mind-management>

In this issue:

Manage Your Mind So It Doesn't Manage You!	1
Just How Bad Is Added Sugar, Really?	2
Family and Consumer Science Events	3
6 Tips to Finding Work-Life Balance This Summer	4
Create Better Health News Corner	5
Flyer for the Hands-on Master Food Preserve Workshops	6

- 2. Choose to think positively.** Since your actions mirror your thoughts and attitude, focus on creating a positive mindset. Instead of focusing on the negative thoughts, shift to focusing on what you are thankful for and use statements that help you own your thoughts such as "I can" and "I will."
- 3. Visualize yourself.** It's easier to reach a goal when you have a clear picture of what you want, so consider what your end goal is and imagine yourself

Just How Bad Is Added Sugar, Really?

We've all heard that we shouldn't consume too much added sugar in our food, but what does that really mean? As consumers, we typically think of added sugar as something you would find in desserts such as cookies, cakes, soda, and pastries. However, what many people don't know is that added sugars are also found in many other types of foods such as breads, yogurt, energy bars, and pasta sauces. Unfortunately, there is a lot of mislabeling out there by the food companies and many foods that are promoted as "healthy" or "natural" are full of added sugars. In fact, up to 74 percent of packaged foods sold in the grocery store have been shown to have added sugars. So, although you may think you are eating healthy choices, you may still be consuming more added sugar than you think.

Is Sugar Really All That Bad?

An abundance of research has been done in this area and the evidence has shown that added sugar is one of the things we are consuming way too much of that is leading to drastic health consequences. The average American consumes 22 teaspoons of added sugar a day, which amounts to an extra 350 calories². The American Heart Association (AHA) has recommended that we drastically cut back on added sugar to help slow the obesity and heart disease epidemic. One study showed that participants who took in more than 25 percent or more of their daily calories as sugar were more than twice as likely to die from heart disease than those whose diet consisted of less than 10 percent of calories from added sugar³. Exactly how added sugar harms the heart is somewhat unclear. It may be because a high-sugar diet stimulates the liver to dump more harmful fats into the bloodstream which may lead to atherosclerosis³. Consuming excess amounts of added sugar has also been linked to other health problems including tooth decay, high cholesterol, and high triglyceride levels. There is no nutritional need or benefit that comes from eating added sugar.



How Do You Know If Sugar Has Been Added?

The U.S. Food and Drug Administration (FDA) mandates that all food producers list the ingredients in their products. Unfortunately, added sugar can be hidden under many names that the average person has never even heard of. There are at least 61 different names for sugar listed on food labels. Some of the more

common names for added sugar on an ingredient list include sucrose, dextrose, rice syrup, high-fructose corn syrup, agave syrup, honey, molasses, and fruit juice concentrates. Food producers are not required to list the amount of added sugar in a product, only the amount of total sugars. This includes the naturally occurring sugars as well as the sugar they added. The recommendation for added sugar consumption has been advised by the AHA at no more than 9 teaspoons (38 grams or 150 calories) of added sugar for men, 6 teaspoons (25 grams or 100 calories) for women, and between 3-6 teaspoons for children. To put this in perspective, one leading brand of yogurt contains 7 teaspoons of added sugar per serving. Even seemingly healthy foods can contain outrageous amounts of added sugar¹!

What Can I Do To Avoid Added Sugar In My Diet?

The best thing you can do to start consuming less added sugar is look at the ingredient list. Aim to avoid products that have sugar listed close to the beginning of the ingredient list. This means that there are higher amounts of added sugar than there should be. Also, it is helpful to become familiar with the more popular added sugars on ingredient lists. Some sugars are marketed as more healthy since they claim to be more natural. However, since your body metabolizes all forms of sugar the same, it knows no difference between "white sugar" and "honey". It is also a good rule of thumb to consume products with sugar amounts with single digits most of the time. For instance, a granola bar with 7 grams of sugar would be a much better choice than one with 18 grams of sugar listed on the nutrition label.

Another thing you can do to limit consuming excess amounts of added sugar is avoid drinking soft drinks. They are a prime source of extra calories and sugar that leave you feeling hungry and unsatisfied. Many studies have also linked soda drinking to the development of type 2 diabetes, heart disease, and other chronic conditions³. You can also choose more whole, unprocessed cereals, such as steel-cut oats or a whole piece of fruit for breakfast. Choosing heart-healthy foods such as fruits, vegetables, lean proteins, and whole grains are a great way to ensure you will consume less added sugar since all of these options are usually minimally processed. ☞

*~Elizabeth King
USU Student Intern*

References

1. <http://www.sugarscience.org/hidden-in-plain-sight/#.V1spYr6o3Gs>
2. <https://www.hsph.harvard.edu/nutritionsource/carbohydrates/added-sugar-in-the-diet/>
3. <http://www.health.harvard.edu/blog/eating-too-much-added-sugar-increases-the-risk-of-dying-with-heart-disease-201402067021>

Family and Consumer Science Events



Don't let this happen to you!

Come in and get your pressure canner gauge tested. It is recommended that you have your gauge tested once a year. Come to our office Monday– Friday from 8:00 to 5:00 and we will test your gauge. Cost is \$2 a lid.



Free USU Parenting and Relationship Skills Workshops

This is for all adults 18 and older, STATEWIDE.

Free courses:

- Parenting with Love and Logic (for parents)
- Positive Discipline (for parents)
- 7 Principles for Making Marriage Work (for couples)
- Couple LINKS (for committed couples)
- Road to Happiness and Meaning (for anyone)
- How to Avoid Falling for a Jerk/Jerkette (for singles)
- Home Run Parents (for parents)
- SmartSTEPS (for adults living in stepfamilies)

Visit our website for all courses (in person and virtual) [here](#).

Empowering Financial Wellness

Webinar Series for Women

April–June 2024

*Tuesdays or Thursdays at Noon
Some Evening Classes available*

Join our FREE, live webinars to learn:

- How to Talk Money with Your Honey
- Hacks to Organize Financial Documents
- Credit-The Secrets You Need to Know
- ABCs of Credit Reports
- Investing Principles for Women
- Estate Planning
- Preparing Your Finances for Home Buying
- Car Buying for Women
- How to Teach Your Kids About Money



Scan the QR code
To register and see the full
schedule.



Download some Fun with FREE Hidden Gems Guides

BEST OF STATE



UTAH 2024

- Family Fun at Home Adventure Guides
- Family Fun Out and About Adventure Guides
- Date Your Mate Adventure Guides
- Living Your Best Life Adventure Guides

There is something for everyone with over 60 Adventure Guides available! Click [here](#) to start your new adventures today!

6 Tips to Finding Work-Life Balance This Summer

In a growing number of families, all adults in the household are employed outside the home. Balancing demands of work, family and the rest of life can be a challenge and create stress. This can be especially true when trying to take advantage of all the summer activity possibilities. Additionally, too little sleep, lack of exercise, and infrequent personal time can add to stress. When stress is not managed well, individuals can become overwhelmed and experience emotional exhaustion, burnout or other negative feelings. Fortunately, there are ways to cope with work-life stress and aim toward a more healthy balance. Consider some of the following tips to find balance and enjoy the summer months:



- 1. Discover values and current priorities.** Oprah Winfrey once said, “You CAN have it all. Just not all at once.” While most people generally know what they value; depending on the current situation, priorities may change. For example, for some people finding balance might mean dividing time equally between paid work, family, school and volunteer opportunities for their church. Others might choose to devote their nonwork time to one specific area such as school or family. There is no “right way” to prioritize, but rather each individual and family must determine a balance that is comfortable for them.
- 2. Set realistic goals and expectations.** Many individuals have high expectations for themselves to perform all of their roles well, be everything to everyone or be perfect. These unrealistic expectations can create conflict and stress. It is possible to change attitudes and expectations that no longer support current priorities. For example, this may mean that the kids get to school on time, but the dishes don’t get done in the morning. Set goals based on current priorities and focus on outcomes in these areas. If married or in a relationship, be sure to include your partner in this process and discuss the roles that each will take. Revise plans and goals that don’t work—achieving balance is an ongoing process.
- 3. Manage time well.** Setting priorities and goals will help in deciding how to best spend time each day. Keep a weekly or monthly planner, and schedule the most important things that reflect priorities first, such as birthdays, a family vacation or a date with a significant other before scheduling other events. Be sure to also include at least a small amount of

personal time to recharge. Discuss goals and schedules with family members and significant others often so everyone is invested.

- 4. Let go of control and share the load.** Many individuals try to reduce stress by maintaining control and doing everything themselves; however, this can sometimes keep them from reaching their most important goals. Besides, it is impossible to control everything! Remember, delegating is a sign of strength, not weakness. Hold a family meeting and discuss what each individual is willing to do to help. If appropriate, ask co-workers to help with projects, or ask other people to help in other aspects of your life.
- 5. Take care of yourself.** While it can be challenging to eat healthy, find time for exercise, get adequate sleep or squeeze in a few minutes of down time to enjoy a hobby. A small investment in these areas can yield big dividends. For example, just a few minutes of exercise can increase alertness and provide a boost of energy to accomplish other goals. Even on a hectic day, most people can find 10-15 minutes to read a book, take a brisk walk around the building or look at Pinterest to recharge their “batteries.”
- 6. Keep a sense of humor.** Humor can help to manage stress when things don’t work out as planned. Consider, “How will I think about this situation in a year from now?” As William Arthur Ward once said, “A well developed sense of humor is the pole that adds balance to your steps as you walk the tightrope of life.”

While there are many approaches to creating balance, what works for one individual may not work for another; and life challenges and possible solutions may change with time. Creating and maintaining a balance in life is an ongoing process; if the current approach isn’t working, try something else. The balance may not always be perfect, but small efforts toward balance can still have a tremendous impact on life satisfaction. ☞

~Naomi Brower

References:
Balancing Work & Family
<http://umaine.edu/publications/4186e/>
Family & Work a Delicate Balance
<http://ir.library.oregonstate.edu/xmlui/bitstream/handle/1957/19533/ec1454-e.pdf>
http://thinkexist.com/quotation/you_can_have_it_all-you_just_cant_have_it_all_at/10016.html

Create Better Health News Corner

10 Tips to Help You Stretch Your Food Dollars

1 Plan, plan, plan! Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

2 Get the best price Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 Compare and contrast Locate the “unit price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

4 Buy in bulk It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5 Buy in season Buying fruits and vegetables in season can lower the cost and add to the freshness. If you are not going to use them all right away, buy some that still need time to ripen.

6 Convenience costs...go back to the basics Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch yourself. Take the time to prepare your own—and save!

7 Easy on your wallet Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy

carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.

8 Cook once...eat all week! Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 Get your creative juices flowing Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad or to make chicken chili. Remember, throwing away food is throwing away your money.

10 Eating out Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Stick to water instead of ordering other beverages, which add to the bill.

Source: USDA

Black Bean Salsa

2 cans black beans
1 can corn
½ green bell pepper, diced
½ red onion, diced
1 can tomato's, diced
1 avocado, diced
2 tablespoons lime juice
½ cup Italian salad dressing
½ teaspoon garlic salt
Cilantro



In a large bowl, combine all ingredients and mix well. Serve with tortilla chips.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1.800.221.5689 or visit online at <http://fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

We are in the final stages of planning for the Hands-on Master Food Preserver class. We know people are excited about this class and we decided to make a registration waiting list. To put your name on the registration waiting list, scan the QR Code or click [here](#).



Master Food Preserver Hands-on Workshops

Please scan the QR Code or click the link in the chat to put your name on a registration waiting list



<https://tinyurl.com/MFPlist>



EXTENSION.USU.EDU

Check out our other canning and food preservation classes coming up if you can't attend the Master Food Preserver Hands-on Workshop. We have a Virtual Live Course and Online Courses. Click [here](#) to find out more about these other courses.