

hapitimes



Let's Talk About Carbs Good? Bad? What's the Difference?

Q: I've heard there are "good" carbs and "bad" carbs. Can you tell me how to add healthy carbohydrates to my diet?

A: Some diet books use the term "bad carbs" to talk about foods with refined carbohydrates (i.e., meaning they're made from white flour and/or have added sugars). Examples include white bread, cakes and cookies. The term "good carbs" is used to describe foods that have more fiber and complex carbohydrates. Complex carbohydrates are those that take longer to break down into glucose, such as vegetables, fruits, whole grains and beans. These terms aren't used in the CDC's "Dietary Guidelines for Americans." Instead, the guide -



lines recommend making fiber-rich carbohydrate choices from the vegetable, fruit and grain groups, while also avoiding added sugars.

— Source: Centers for Disease Control and Prevention

What Exactly Is Diabetes?

Diabetes is the condition in which the body does not properly process food for use as energy. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have type 2 diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugars to build up in your blood. This is why many people refer to diabetes as "sugar."



— Sources: The National Diabetes Education Program; CDC National Center for Chronic Disease Prevention and Health Promotion

The Heat is On: Hot Weather Safety Tips



Here are tips for you and your family to help you stay safe & healthy when temperatures rise.

- Never leave a child unattended in a motor vehicle
- Drink plenty of fluids—water is best—when outdoors for long periods of time
- Choose light-colored and loose-fitting clothing to wear for outdoor activities
- Plan physical activities outdoors for the cooler parts of the day
- Avoid swallowing water when swimming in pools and natural bodies of water
- Allow time for rest when being active outdoors and seek out shady or cool indoor areas
- Always keep your eyes on small children near pools and bodies of water

More info: www.noaa.org and www.cdc.gov

Family Fitness Time

Staying active is easier when you have someone to motivate you—and it's more fun when you have someone to share the experience with. Here are some ways to stay fit with your family.

Take walks.

Plan family walks after dinner or to and from neighborhood stores and other destinations.

Plan active family picnics.

Take advantage of local parks and beaches and plan family outings that include outdoor games and activities that get you moving. With kids, challenge them to make up a game.

Take quick exercise breaks.

Watching a lot of TV at night? Use commercial breaks to stretch, do jumping jacks, push-ups, sit-ups, lunges, burpees—or dance.

Try something new.

Ever fly a kite? Row a boat? Local parks are great places to try out new activities. Also check for school fitness classes and programs.

More active family tips: www.letsmove.gov/active-families

hapi meals

healthy, fast & easy recipes

Watermelon, Feta & Mint Salad



So easy to make and tasty! We've also made it without the vinegar or used balsamic instead.

INGREDIENTS:

6 cups watermelon cubes
1 tablespoon rice vinegar
3 ounces feta cheese, drained and crumbled
1 loosely packed cup fresh mint leaves
Freshly ground black pepper
Flaky sea salt

INSTRUCTIONS:

Pour off any juice that has gathered around the watermelon. Toss gently with the rice vinegar. Toss with the feta cheese crumbles, just until the watermelon begins to look lightly coated.

Chop the mint leaves very, very finely, into tiny ribbons. Toss with the watermelon and spread in a serving bowl. Garnish generously with black pepper. Taste. If desired, add a sprinkle of flaky sea salt. Serve immediately.

Recipe from *The Kitchn*: www.thekitchn.com



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