

January



ST ARMANDS KEY LUTHERAN CHURCH

POTTY POST

## Whole Fruit not Juice

Skip the hot apple cider-reach for an apple instead!

Research in the British Medical Journal reports eating at least two a week of certain whole fruits may **reduce** your risk of type 2 diabetes by as much as 23 percent, while drinking one or more servings of fruit juice **increases** your type 2 diabetes risk by 21 percent.

"Fresh fruits are rich in fiber and phytochemicals, some of which improve glucose metabolism," says study co-author Qi Sun, assistant professor at Harvard School of Public Health. "But juices are absorbed more rapidly and can lead to more dramatic changes in blood sugar and insulin levels." This includes orange juice which people are very good at drinking every day. Eat an orange every day instead. This will provide the fiber you need along with the Vitamin C.

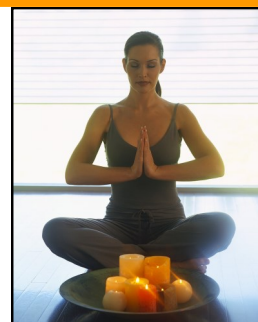
**Reach for the fruit, not the juice.**

### Exercise Classes

Get Fit - Tuesday 8:45-9:30am

Theraband - Tuesdays 9:30-10:30 am

Basic Pilates - Tuesday 4-5pm



Any health concerns or questions? Call Tracey Rzepka, Parish Nurse at 388-3764

Do you know someone in the hospital or are you planning to have surgery or hospitalization?