



Work & Family Matters

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UAW-Chrysler Family Resource & Referral Program 1-877.682.2472



Fat-Free Isn't Always "Free"



Remember that a calorie is always a calorie whether it comes from fat or carbohydrate. Reducing fat and saturated fat in your family's diet is important to maintaining heart health and reducing calories. However, fat-free or reduced-fat food choices aren't always low in calories. They can be high in sugar or other nutrients that increase calories.

Some reduced-fat or fat-free foods provide almost the same number of calories as the regular food. Often times, they are not the solution to weight loss. This is especially true if you think you can eat more of a reduced-fat food than you would eat of a regular item.

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How Often Does Your Pet Need a Wellness Exam?

For millions of health-conscious Americans, the annual checkup has become a routine practice. Like people, dogs and cats can also benefit from routine wellness exams. But with one important difference—pets age faster than people.

On average, most dogs and cats reach adulthood by age two. By age four, many pets are entering middle age. And by age seven, most dogs, particularly larger breeds, are entering their senior years.

Because dogs and cats age seven times faster, on average, than people, significant health changes can occur in a short period of time. The risks of cancer, diabetes, obesity, arthritis, heart disease, metabolic problems, and other serious conditions all increase with age.

Taking a dog or cat to the veterinarian once a year is the same as a person seeing their doctor or dentist once every seven years. It is recommended that pets have a wellness exam every six months so that veterinarians have an opportunity to detect, treat, or ideally, prevent problems before they become life-threatening. Prevention is the real goal of twice-a-year wellness exams.

Source: Reprinted with the express permission of the publisher of the American Veterinary Medical Association. <Web site, <http://www.avma.org>> Site accesses, May, 2006.



For example, did you know:

- A 1-ounce serving of baked tortilla chips has 113 calories, versus 143 calories for the same amount of regular tortilla chips?
- A 2-tablespoon serving of fat-free caramel topping contains the same number of calories (103) as an equal amount of homemade caramel topping with butter?

For a more detailed comparison of fat-free or reduced-fat calorie versus regular prepared food items, check out:

<http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/fat_free.htm>

Think differently about calories, fat, and sugar

Remember that energy balance begins with the understanding that calories are still calories, no matter the source. We know that fat and sugar are important to limit in your family's diet. For example, fat has twice as many calories as protein or carbohydrate, so it's easy to see that reducing fat is important to energy balance.



GET STARTED - BACK TO SCHOOL SUPPLIES

Before you shop for back-to-school supplies, it's best to get a list of what's required from your child's school or new teacher. If the school list isn't available yet, you can still take advantage of back-to-school sales by sticking to the basics that you know your child will need.

This list is meant as a general guide to get you started. Every teacher's list is a little different. Some recommend specific brands, such as Fiskars scissors for example, or sizes. Some recommend buying in larger quantities than we've listed here. Many will give you a shorter list.

Children in elementary school often need:

- Glue sticks (at least 3 for the year)
- Scissors (blunt end for younger kids, pointy for older ones)
- Ballpoint pens
- No. 2 pencils
- Colored pencils
- Pencil sharpener (hand held with a top to collect shavings)
- Box of crayons
- Water-based markers
- Water color paints
- 4-oz. bottle of white glue
- Pocket folders
- A ruler with English and metric measurements
- School box (for storing supplies)
- Scotch tape
- Kleenex
- Small bottle of hand sanitizer
- A backpack (**Note:** Some schools do not permit rolling backpacks because of space considerations, so check with your school before considering this option.)

Additional items middle-school and high-school students usually need:

- A calendar for time-management and for scheduling assignments
- Binder dividers (the kinds with pockets are good for loose papers)
- Several 3-ring binders
- Folders to fit into binders
- A small notebook to record assignments
- Pencil case to fit into binder
- Pens
- Index cards, ruled and unruled
- Calculator (Check with the math teacher first before investing in an expensive calculator. Graphing calculators, for example, are required in some middle school and many high school math classes. Math teachers advise parents not to buy a calculator with more functions than your student will use.)

Source: <http://www.greatschools.net/cgi-bin/showarticle/ca/327>

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Sugar is found naturally in some foods, like the fructose in fruits or lactose in milk. However, added sugar in prepared foods and drinks like the high-fructose corn syrup in sweetened beverages and breakfast cereals need to be cut back.

Why? Health experts offer several reasons:

- Studies show that people who consume many foods and drinks with added sugar tend to consume more calories than people who consume fewer of these foods. They also show a link between weight gain and drinking sweetened beverages. Cutting back on added sugars, especially from sweetened beverages such as regular soda and fruit punch, can help you and your family maintain a healthy weight.
- Added sugar provides calories but no additional nutrients. An eating plan that helps you and your family maintain a healthy weight is one that focuses on getting plenty of nutrients within your calorie needs.

The Stress Experience



Sit in on a free 'WEBINAR' to understand why **STRESS HAPPENS and **HOW TO COPE WITH STRESS**.**

In this webinar you will learn the definition of stress and how to respond to stress. Some topics that will be covered in this webinar are true/false statements about stress, stress defined, another way to think about stress, sources of stress, the relaxation response, and more.

All you need is a computer with internet access, a telephone and 1 hour.

15 minutes before webinar begins:
Go to [NTC Website www.uawdcx.com](http://www.uawdcx.com)
Then, go to 'log on' (right side of page)
User name: UAWDC
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[Click on WEBINARS and follow instructions](#)

Did You Know . . .

The Family Resource & Referral Program offers a Convenience & Concierge Service, free of charge to all UAW-represented DaimlerChrysler employees. Topics include but are not limited to:

- Car Services
- Entertainment (dining and nightlife)
- Travel and Transportation
- Housing topics
- Community Resources

Simply call **1.877.682.2472 ANYTIME** to speak with a Care Consultant. Let us help save you time so that you can spend it with those who matter most to you!!