



What's in Your Cup? It Matters More Than You Think

LOOKING AHEAD...

Reducing Health Care Costs

Discover how you can reduce out-of-pocket costs for health care with your RCAB Health Plan.

MoveSpring March Challenge: Eat the Rainbow

You are challenged to eat 5 servings of fruits and vegetables for at least 25 days. Add a variety of different colors into your daily meals and snacks for a nutrient boost!

Wellness Webinars

Learn how to improve your sleep hygiene, build resilience, set up an emergency fund, and plan for retirement.

The Recipe Corner

Walnut & dark chocolate stuffed dates to satisfy your sweet and salty cravings in a healthy way!

Happy National Nutrition Month®! When we think about improving our health, we often focus on the foods on our plate, but what's in our cup matters just as much. Sugar-sweetened beverages are [leading sources of added sugars](#) in the American Diet and are associated with Type 2 diabetes, obesity, heart disease, non-alcoholic liver disease, and other chronic diseases. Becoming aware of what you're drinking (and choosing healthier alternatives) can make a significant difference in your overall wellness. The American Heart Association recommends that men consume no more than 9 teaspoons (36 grams) of added sugar per day, and women should consume no more than 6 teaspoons (25 grams) per day. However, according to the [American Heart Association](#), adults in the U.S. consume on average about 17 teaspoons of added sugar daily, more than 2 to 3 times the recommended daily allowance. This adds up to around 60 pounds of added sugar annually!

Where Added Sugars Hide: While sodas are well-known culprits, many “healthy-looking” beverages can contain just as much added sugar, including:

- **Flavored coffees and espresso drinks:** A medium flavored latte or frappé can contain over 40 grams of sugar. That's 10 teaspoons of sugar!
- **Sports and energy drinks:** Often promoted as hydration boosters, these drinks can contain 20–30 grams of sugar per bottle and are generally intended for athletes.
- **Fruit juices and juice blends:** Even 100% fruit juice has natural sugars, but often lacks the fiber needed to slow down how quickly those sugars are absorbed.
- **Sweetened teas/bottled iced coffees:** Some have the sugar equivalent of a can of soda.
- **Smoothies:** Pre-made versions often include added syrups or sweetened yogurt and little to no fiber to balance blood sugar.

While these beverages can fit into your diet in moderation, drinking them daily may contribute to weight gain, spikes in blood sugar, and lower energy levels.

Healthy Swaps to Try: The good news is that small changes can have a big impact. Try these simple alternatives:

- **Tea or coffee:** Add a splash of milk or a dash of cinnamon for flavor. Swap sweetened syrups for sugar-free options and choose plant-based sweeteners like stevia.
- **Infused water:** Add slices of lemon, cucumber, berries, or mint for natural flavor.
- **Sparkling water:** Choose unsweetened varieties to get the fizzy feel without the sugar.
- **Diluted juice:** Mix half juice with half water to cut sugar in half.
- **DIY smoothies:** Blend whole fruit, leafy greens, Greek yogurt, and water (or unsweetened milk alternatives). Need a little extra sweetness? Medjool dates do the trick and also provide fiber, antioxidants, vitamins, and minerals.
- **Water enhancers and electrolyte drink mixes without added sugar:** Many brands offer low or zero-sugar options, including options with natural, plant-based sweeteners.

By choosing healthier beverages and staying mindful of hidden sugars, you support better energy, weight management, and your overall well-being – one sip at a time.



Wellness Webinars



*Can't make the live webinar?
Register to receive the recording.*

Unmasking the Secrets to a Better Night's Sleep

Use access code **RCAB** to view the webinar.

[Tuesday, March 10: 4-4:30 p.m.](#)

[Friday, March 20: 12-12:30 p.m.](#)

How does the amount or quality of sleep that you get affect you? You may be surprised by the far-reaching impact that the lack of sleep can have on your life. But rest assured, Learn to Live has gathered some very practical ways you can improve your sleep, starting tonight.

Resilience:

The Role of Optimism in Overcoming Life's Challenges

Use access code **RCAB** to view the webinar.

[Friday, March 13: 12-12:30 p.m.](#)

Will we succeed or fail? Will tomorrow be bright or gloomy? Many of us don't realize that how we view our past can have a huge impact on our future. In this webinar, the Learn to Live clinical team will share a new lens for viewing setbacks in order to build resilience & create optimism for the future.



Setting Up an Emergency Fund

[Tuesday, March 10: 10 a.m. and 2 p.m.](#)

[Thursday, March 24: 12 p.m. and 3 p.m.](#)

Discover the importance of having an emergency savings fund for unexpected expenses, how much you should save, and tips to make it happen.

Retirement Planning for Women

[Tuesday, March 24: 10 a.m. and 2 p.m.](#)

Explore the challenges women face in planning for retirement and review tips to overcome them, including saving strategies, health care options, and considerations for where you are in life.

Webinar Recordings

View the recorded webinars from last month!



PLAY NOW!

[Go With Your Gut: Building an Anti-Inflammatory Lifestyle from the Inside Out](#)

[Good News about the Winter Blues](#)

Use access code **RCAB** to access recording.

MoveSpring March Challenge



Eat the Rainbow

Did you know that by diversifying the colors of fruit and veggies you eat, you're also consuming a wider variety of nutrients? Unlock health benefits in this challenge by eating the rainbow! This month you are challenged to incorporate at least 5 servings of fruit and vegetables into your daily diet for at least 25 days. Add a variety of different colors into your daily meals and snacks for a nutrient boost!

Employees and spouses enrolled in the RCAB Health Plans may click [here](#) or scan the QR code to join by March 7.



Tips for Saving on Health Care Costs



The RCAB Health Benefit Trust is here to help you stay healthy while keeping costs as low as possible. Learn how choosing the right place for care can impact your out-of-pocket costs, explore alternatives to the emergency room, understand the importance of routine screenings, find ways to save on prescriptions, and make the most of the added benefits included with your RCAB Health Plan.

Click [here](#) to review tips for savings on health care costs.



THE RECIPE CORNER

Walnut Stuffed Chocolate Covered Dates

Recipe from [Erin Lives Whole](#)

Ingredients

- 1 cup raw walnuts, cut into halves
- 10 pitted Medjool dates
- 1/2 cup chocolate, melted
- flakey sea salt

Directions:

1. Prepare your dates by making sure all pits are removed and they are sliced down the middle, making an easy opening for stuffing.
2. Place 2 or 3 of your sliced walnuts into the center of the date, pinching the date closed after stuffing.
3. Dip bottom half of date into melted chocolate.
4. Sprinkle with flakey sea salt and place on plate or parchment paper to harden. You can speed this process up by refrigerating.
5. Store on the counter or in the fridge! Enjoy!



Wishing you continued health,

The Roman Catholic Archdiocese of Boston Benefits Department