



# Alcohol Awareness

## Drinking too much alcohol can harm your health, but how much is too much?

### What is excessive drinking?

Excessive drinking includes binge drinking, heavy drinking and any drinking by pregnant women or people younger than age 21.

Binge drinking, the most common form of excessive drinking, is defined as consuming:

- For women, 4 or more drinks during a single occasion.
- For men, 5 or more drinks during a single occasion.

Heavy drinking is defined as consuming:

- For women, 8 or more drinks per week.
- For men, 15 or more drinks per week.

Most people who drink excessively are not alcoholics or alcohol dependent.

### Short-term health risks

Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These are most often the result of binge drinking and include the following:

- Injuries, such as, falls, drownings, and burns.
- Violence, including motor vehicle crashes, homicide, suicide, sexual assault and intimate partner violence.
- Alcohol poisoning, a medical emergency that results from high blood alcohol levels.

### Long-term health risks

Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems including:

- High blood pressure, heart disease, stroke, liver disease and digestive problems.
- Cancer of the breast, mouth, throat, esophagus, voice box, liver, colon and rectum.
- Weakening of the immune system, increasing the chances of getting sick.



# Superfood of the Month: Raspberries

## What is it?

Raspberries are a small, soft fruit that grows on a bush. Russia is the leading producer of this fruit accounting for about 20% of world production.

## What do I do with it?

Raspberries are available fresh, frozen and freeze-dried or as an ingredient in jellies, syrups and jams. You can add them to smoothies, yogurt or oatmeal for breakfast. They make a great addition to a spinach, walnut and goat cheese salad as well as a fruity ice cream topping!

## Why should I eat it?

Raspberries are low in calories but high in fiber, vitamins, minerals and antioxidants. They may protect against diabetes, cancer, obesity, arthritis and provide anti-aging effects. They provide potassium, essential to heart function and proven to lower blood pressure. The omega-3 fatty acids in them can help prevent stroke and heart disease. They also contain a mineral manganese, which is necessary for healthy bones and skin and helps regulate blood sugar.

## Tips for buying and storing

When buying, look for raspberries that are slightly soft, plump and deep in color. Store raspberries dry and in the container in which you bought them. If they are from the garden, store them in a breathable container. Avoid keeping them in the coolest part of your fridge (usually the back) or in the crisper. Use fresh berries within 1 to 2 days. Don't wash the berries until you are ready to eat them.

# Healthy Raspberry Crumble Bars

## INGREDIENTS

### FOR THE TOPPING

- ½ cup (50g) instant oats (gluten free if necessary and measured like this)
- 2 tbsp (15g) white whole wheat flour or millet flour (measured like this)
- 1 tsp ground cinnamon
- 4 tsp pure maple syrup, room temperature
- 2 tsp coconut oil or unsalted butter, melted

### FOR THE FILLING

- generous 2 ½ cups (360g) fresh raspberries, quartered 1 ½ tbsp (12g) cornstarch

### FOR THE CRUST

- 1 ¼ cups (150g) white whole wheat flour or gluten-free\* flour
- ¼ tsp baking powder
- ¼ tsp salt
- 1 ½ tbsp (21g) coconut oil or unsalted butter, melted
- 3 tbsp (45mL) unsweetened cashew milk, room temperature
- 1 tsp almond extract
- 1 ½ tsp liquid stevia
- 2 tbsp (30mL) pure maple syrup, room temperature

## PREPARATION

1. Preheat the oven to 350°F, and line an 8"-square pan with parchment paper (or coat an 8"-square pan with nonstick cooking spray).
2. To prepare the topping, stir together the oats, flour, and cinnamon. Make a well in the center. Pour in the maple syrup and coconut oil or butter and stir until all ingredients are completely incorporated.
3. To prepare the filling, gently toss together the raspberries and cornstarch.
4. To prepare the crust, whisk together the flour, baking powder, and salt in a small bowl. In a separate bowl, whisk together the coconut oil or butter, milk, almond extract, and liquid stevia. Stir in the maple syrup. Add in the flour mixture, stirring just until incorporated.
5. Press the crust into the bottom of the prepared pan into a thin, even layer using your hands. (If it sticks to your fingers, then moisten your fingers with a tiny bit of water and continue as needed.) Spread the filling evenly across the crust. Sprinkle the oat mixture on top of the raspberries. (It tends to clump, so break it into tiny pieces as you go!) Bake at 350°F for 28-34 minutes or until the topping feels firm and the crust appears to be done. Cool completely to room temperature in the pan and let the bars rest for at least 3 hours once at room temperature before slicing and serving.

<https://amyshealthybaking.com/blog/2019/06/16/healthy-raspberry-crumble-bars/>

