

Health & Wellness



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Issue 3

Total Sugar vs Added Sugar

This month's health and wellness education is about sugar! We'll discuss two types of sugar: Total Sugar and Added Sugar. Learn more about the difference between the two, how they are labeled under the Nutrition Facts, and how these sugars impact your diet.



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Welcome to DuPage Senior Citizens Council/Kane Senior Council's December Health & Wellness Newsletter!

We're here to bring you a new topic relating to wellness as well as new brain teasers, seasonal recipes, book recommendations, and more!



Providing Meals and More...



DuPage Senior
Citizens Council



Kane Senior
Council