



Events this Week

Come to the Farmer's Market every Tuesday from 2:30 to 6:30 PM outside the medical school entrance.

WORKSHOPS

Get Moving!

Tuesday, August 22:
7:30-8:00 AM
S6-310

AND

Thursday, August 24:
12:00 - 12:30 PM
S2-309B

Feel free to bring your lunch!

WALKS

Train for the Walk to Cure Cancer! Meet with other walkers at the Step Ahead Information Center every day at noon.

To purchase a pedometer, visit the Step Ahead office at S7-746.

Step Ahead can come to you!
Contact us to schedule a workshop for your group. Call us at 508/856-2319 or 800/522-4617, or email at info@stepahead

WHAT WOULD YOU LIKE TO DRINK?

Thirsty? If you drink a 20oz soda or sweetened iced tea you'll get between 225-300 calories and 15-17 teaspoons of sugar. Consider this statistic: If you drink one 20oz soda a day for a week, it would take 8.75 hours of moderate walking to burn off the calories. Beverages can be a source of hidden calories and weight gain.

Think about beverage calories

Calories from beverages make up 21% of total calories Americans consume. Did you know that beverages do not satisfy hunger as well as solid foods do? That is because when we drink calories from juice, sodas, milk and other beverages we do not compensate by eating less later on. Also, one study showed drinking sweetened beverages caused more weight gain than eating the same amount of calories in solid food.

Choosing beverages

Water alone can provide us with the fluids we need and is the best beverage to help our bodies function well. If you eat a variety of fruits, vegetables and low-fat proteins, you don't need beverages for energy or nutrients. But, when you want something to

drink other than water, use the list below to choose your beverage calories wisely.

- Tea and coffee may have health benefits such as antioxidants with no calories (watch the cream and sugar)
- Milk contains vitamin D, calcium and protein. Whole and 2% milk are high in saturated fat. Choose 1% skim milk or soy milk.
- Diet drinks are sweetened but have no added calories and have no health benefits.
- Juice may have nutrients but also has a lot of calories. Vegetable juice is healthier than fruit juice.
- Sports drinks contain a lot of calories and are high in sugar.
- Regular sodas and fruit drinks have lots of calories and no or few nutrients.

Our recommendations

- Always think of drinking water.
- Eat whole fruits instead of juice for a lot less calories and more fiber.
- Drink smaller amounts of regular soda and fruit drinks, have them less often or not at all.

California Center for Public Health Advocacy
American Journal Clinical Nutrition 2006;83:529-42.
JAMA August 25, 2004;292(8):927-934.

Recipe of the Week

Italian Baked Fish Serves 6

2 pounds haddock (any white fish)
½ medium onion, chopped
1 cup sliced mushrooms
1 Tbsp. olive oil
½ cup tomato sauce
¼ cup water (or white wine)
¾ tsp. Italian seasoning (or a mixture of Oregano and Basil)

- Preheat oven to 350° F.
- Place fish in baking dish.
- Cook onions and mushrooms in olive oil, until onions are translucent. Add tomato sauce. Spoon mixture over fish. Sprinkle fish with water (or wine) and seasoning.
- Bake for 20-30 minutes until fish flakes easily with fork.

NUTRITIONAL INFORMATION:

Calories: 171	Total Fat: 4g
Saturated Fat: 0.75g	Cholesterol 80mg
Carbohydrates: 3g	Fiber: 1g
Protein: 29g	

Tip of the Week

When buying walking shoes: Twist them: Should be able to twist a bit (torsional flexibility). Bend them: Need more bend than a running shoe - in the forefoot, not the arch. Poke them: If you poke the toe, the heel comes off the ground. Push the heel down and the toe comes off the ground. From: Walk Tips from Mike Fenton <http://walking.about.com>

To learn more about Step Ahead visit www.stepaheadprogram.com