



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!

Wednesday, August 30:
3:30-4:00 PM
S6-310

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@stepaheadprogram.com.

DO PEANUTS HAVE CHOLESTEROL?

Yes, it is a trick question. Peanuts and peanut butter are plant foods. To make cholesterol you need a liver. So, the answer is NO, peanuts, like all fruits, vegetables, grains, and nuts do not have cholesterol. Only animals and humans make cholesterol.

What about the cholesterol in food?

Foods like eggs and shrimp are high in cholesterol. But science is showing that there is a weak connection between the cholesterol in the food we eat and our blood cholesterol. The biggest dietary influence on our cholesterol comes from the mix of fats from the food we eat. "Bad fats" increase our blood cholesterol while the "good fats" can help lower it. For a healthy cholesterol, a key is to substitute good fats for the bad ones.

Bad fats – Limit these

Saturated fats and **trans fats** increase the amount of cholesterol in our bodies.

Saturated fats are mainly animal fats found in beef, pork, hamburger, chicken and turkey skin, cheese, half & half, butter and whole milk (1% and 2% have less saturated fat). Coconut oil and palm oil are also high in saturated fat even though they are plant foods.

Trans fats are artificial fats made when hydrogen gas is added to liquid oil. Look for trans fat by reading the nutritional label and for partially hydrogenated oils by reading the ingredients list. This fat is found in processed foods like margarines, cake mixes, muffins, snacks, cookies and vegetable shortening. It is also in deep fried foods such as fried fish, french fries, and donuts.

Good fats – Have more of these

Polyunsaturated fats are good fats. Sources include fish such as salmon, tuna, halibut, walnuts, flaxseed, dark leafy green vegetables, cauliflower, and canola oil. Other good fats, **monounsaturated fats**, are found in hazelnuts, canola oil, peanuts, peanut butter, olives, olive oil, almonds, most nuts and avocados.

For healthy cholesterol, choose foods that do not have trans fats as much as possible. Substitute foods high in saturated fat with foods that do not have saturated fat, or choose lower saturated fat options. Use olive or canola oil when preparing food.

www.hsps.harvard.edu/nutritionsource/fats.html
USDA National Nutrient Database for Standard Reference, Release 18
www.whfoods.org

Recipe of the Week

Frozen Pudding Pops

Makes 6 pops

Treat for Kids of ALL ages

INGREDIENTS

2 cups fat free (or 1% milk)
1 small box instant pudding

- Prepare pudding according to package directions.
- Spoon into small paper cups and insert popsicle sticks or plastic spoons.
- Freeze until solid (about 5 hours).

Nutritional information:

Calories: 99 Fat: 0g
Saturated fat: 0g Cholesterol: 1.5g
Carbohydrates: 21 g Protein: 2 g

Recipe adapted from Sparkpeople.com

Tip of the Week

Fitness helps your blood sugar! If you have a family history of diabetes, or other risk factors, it's time to get moving. A recent study showed women who exercised moderately or vigorously in a fitness program more than four times per week had half the risk of developing diabetes, and even lesser levels of exercise provided some protection. Other research shows exercise helps men avoid diabetes as well. <http://exercise.lifetips.com/>

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