

Events this Week

Healthy Holidays Quick Tips Table

Gaining weight is one holiday tradition nobody wants to keep! Step Ahead can help you have a healthy holiday. Stop by for great ideas, recipes, and more.

Tuesday, Nov. 21,
11:30 AM - 1:00 PM
Cafeteria

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.

Healthy Holidays

Quick quiz...

...which has more calories and fat: a traditional holiday turkey dinner; or a Big Mac, large French fries, apple pie and large Coke?

Answer:

A traditional holiday turkey dinner with all the trimmings has between 2,000 – 3,000 calories and 150 – 230 grams of fat.

A Big Mac, large French fries, apple pie and large Coke has 1,700 calories and 73 grams of fat.

Why worry? It's only one day.

Overeating doesn't happen just on the holidays. It happens throughout the holiday season. Research shows that for most people, the average holiday weight gain for the six weeks between Thanksgiving and New Year's is one pound. One pound may not sound like a lot, but consider that it happens every year and typically stays with you. This yearly weight gain adds up over time and can contribute to overweight and obesity-related health problems. How many holiday seasons have you celebrated?

Modify your traditions

You can have a delicious holiday turkey meal with traditional ingredients, prepared with less fat and calories! With a few changes, you can make your holiday dinner healthier without sacrificing taste and tradition.

Step Ahead can show you how!

Stop by Step Ahead's Healthy Holidays Quick Tips Table to learn more about healthy eating during the holidays. We offer:

- Holiday recipes that are not only healthier, but easy to make.
- Comparisons of fat and calories between healthy and traditional holiday dinner recipes.
- Tips to trim calories and fat from your holiday meal.
- Creative and tasty uses for holiday leftovers.
- Easy ways to burn calories on the holiday.

Healthy Holiday information is also available on the Step Ahead website and in Step Ahead's Information Center.

Let's give thanks for family, friends and a healthy holiday season!

Recipe of the Week

Very Low Fat Mashed Potatoes

2 pounds potatoes, peeled and quartered
½ cup fat free sour cream
½ cup fat free chicken broth
4 tsp. salt
¼ tsp. white pepper
½ tsp. ground nutmeg (optional)

Peel, quarter potatoes. Boil until tender. Drain and transfer to a large mixing bowl. Mash potatoes by hand or whip using electric mixer on low speed. Slowly add sour cream and chicken broth. Add salt, pepper and nutmeg

Nutritional information: (per ½ cup serving)

Calories: 113 Fat: < 1g
Saturated fat: 0g Carbohydrates: 23g
Fiber: 2g Protein: 2.5g

Recipe adapted from *Wellspringcamps.com*

Low Fat Turkey Gravy

3 medium carrots, diced 2 small onions, diced
3 stalks celery, diced 1 Tbsp. olive oil
¼ cup cornstarch
¼ cup water
4 cups turkey broth (or any low fat low sodium broth)
Salt and pepper

In a large saucepan, add olive oil, carrots, onions and celery. Sauté over medium heat until softened. Add turkey broth, bring to a boil, reduce heat and simmer for 10 minutes. In a small bowl, blend the cornstarch and water until smooth. Strain vegetables out of gravy and return to heat. Whisking constantly, slowly add the cornstarch mixture and continue stirring until the gravy is thickened. Season to taste with salt and pepper.

Nutritional information (1/2 cup serving):

Calories: 62 Total fat: 1.8g
Saturated fat: 0g Carbohydrates: 9.5g
Dietary Fiber: 1.5g Protein: 2.2g

Tip of the Week

Seek ways to be active during Thanksgiving. Local fitness centers often have a drop-in aerobics, yoga, or other class on Thanksgiving, even for non-members. Playing touch football can burn 508 calories per hour, clearing the table can burn 13 calories in 5 minutes, and taking a fifteen minute stroll after the meal can burn 95 calories!

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