



Events this Week

WORKSHOPS

Make Sense of Serving Sizes and Portions Quick Tips Display

How big is a serving? What is the difference between a serving and a portion? Step Ahead can help cut the confusion!

Wed. December 20: 2:30 – 4:00PM Old Hospital Lobby

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.

## Why are Trans Fats in the News?

### Banned from NYC restaurants

The New York City Health Department recently took the bold move of banning all trans fats from food served in city restaurants. Read on to see why.

### What are trans fats?

Trans fats are found in foods, mostly in processed foods. Trans fats are made by a chemical process where hydrogen is added to any oil. Trans fats are also called partially hydrogenated oil. Food manufacturers like to use partially hydrogenated oils because they are cheap to make and food stays fresher longer. Many restaurants use partially hydrogenated oils when frying food.

### How are trans fats bad for health?

Trans fats are considered to be the worst type of fat for our bodies. They raise the amount of the lousy cholesterol, called LDL cholesterol, and lower the amount of healthy cholesterol, called HDL cholesterol. This can contribute to coronary heart disease and high cholesterol.

### What foods have trans fats?

Many processed foods, margarines, and vegetable shortenings have trans fats.

Examples are:

- Baked goods such as muffins, crackers, cookies, cake and brownie mixes, other snacks, and even ice cream.
- Fried foods such as donuts, fried fish and French fries.
- Most stick and many tub margarines.

### How do I know if I am eating trans fats?

To find out if a packaged food has trans fats, read both the Nutrition Facts panel and Ingredients List.

- **Nutrition Facts panel:** If a food contains more than 0.5 grams of trans fats per serving, it must list the amount. Be aware that if a food has less than 0.5 grams of trans fats, it can be listed as 0 grams on the Nutrition Facts label.
- **Ingredients list:** look for the words "partially hydrogenated oil". If it says partially hydrogenated oil there are trans fats in the food even if it says 0 on the Nutrition Facts panel.

### What you can do

The good news is that more packaged foods are being made without trans fats. Avoid foods with trans fats when possible by reading both the Nutrition Facts and Ingredients List on packaged foods. Avoid fried foods at restaurants, and ask how foods are prepared.

## Recipe of the Week

### Molasses Crackle Cookies

Makes 36 cookies

- ½ cup ground flaxseed meal
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 tsp. baking soda
- 1 ¼ tsp. ground cinnamon
- ½ tsp. salt
- ½ tsp. ground cloves
- ½ tsp. ground ginger
- 1 cup granulated sugar (or Splenda)
- ½ cup unsweetened apple butter
- ¼ cup molasses
- 2 Tbsp. canola oil
- 1 large egg white
- ½ cup granulated sugar (or Splenda)
- 1 Tbsp. ground flaxseed

- Combine the first 8 ingredients (flaxseed through ginger) well.
- Stir together: sugar, apple butter, molasses, oil and egg white. Add to flour mixture just until moist.
- Cover bowl with plastic wrap. Place bowl in the freezer for 1 hour. Preheat oven to 350°.
- Lightly coat hands with cooking spray. Shape dough into 36 balls, about 1 Tbsp. each. Combine 1/3 cup sugar and 1 Tbsp. flaxseed in a small bowl. Roll balls in sugar mixture.
- Place 2 inches apart on baking sheets coated with cooking spray. Bake for 13 minutes and let cool on pan for 5 minutes. Let cool completely on wire rack.

Note: Dough can be frozen. Thaw in refrigerator and shape as above.

Recipe adapted from Cooking Light Magazine.

### Nutritional Information (per cookie):

Calories: 74	Carbohydrate: 14.7g
Total Fat: 1.4g	Dietary Fiber: 1.1g
Saturated Fat: 0g	Protein: 1.2g

## Tip of the Week

Warm up your muscles before stretching by walking or doing other gentle movements. Slowly increase your stretch as you feel your muscles relax.

<http://www.pamf.org/workhealth/stretchtips.html>

To learn more about Step Ahead visit [www.stepaheadprogram.com](http://www.stepaheadprogram.com)