



## Events this Week

### WORKSHOPS

Quick Cafeteria Tour:  
Choices on a Health  
and Calorie Budget

June 14: 12:30 PM  
1:00 PM

June 15: 11:30 AM  
12:00 PM

Meet at the Step  
Ahead sign inside the  
cafeteria entrance.

### WALK

Meet with other  
walkers at the Step  
Ahead Information  
Center every day at  
noon.

## How to tell what's in a food package

Just as you can't judge a book by its cover, you can't judge a packaged food by its name and "sales pitch". The truth lies in the details listed in the side panel called the Nutrition Facts, and in the Ingredients list. What the Nutrition Facts do not say, however, is how to know if a food is nutritious. Here is a quick guide.

**Serving Size:** All of the nutritional information is based on one serving, and the size of one serving is set by the manufacturer. This may be different from the amount that you are eating.

**% Daily Value:** This is based upon 2,000 calories per day. You may actually need more or fewer calories per day.

**Total Fat:** There are several types of fats. Some are healthy and others are not. In order to be called *low fat* a food must have 3g (grams) fat or less in one serving.

**Saturated Fat:** Not a healthy fat, it is linked to heart disease and some cancers. Less is better.

**Trans Fats:** Avoid this; it is the worst type of

fat! It is listed as *partially hydrogenated oil*.

**Polyunsaturated Fat & Monounsaturated Fat:** These two fats are part of a healthy diet.

**Cholesterol:** Cholesterol from our food is not needed for health and weight management. Dietary Guidelines recommend eating less than 300 mg / day.

**Sodium:** The recommended daily intake for adults is 2,300 mg (about a teaspoon).

**Total Carbohydrates:** This includes all types of grains (whole or refined); fiber and sugar.

**Dietary Fiber:** Eat plenty of fiber each day. Look for bread and snacks with at least 2g fiber.

**Sugars:** These have few nutrients. 4g of sugar is equal to 1 teaspoon.

**Ingredients:** The largest amounts are listed first. Watch out for high fructose corn syrup and partially hydrogenated oils (trans fat).

*For more information on nutrition labels, visit our website.*

*Join Step Ahead staff as we tour the cafeteria for healthy meal and snack options.*

## Recipe of the Week

Available in the University Campus cafeteria on Thursday, June 15

### Salmon Burgers

Makes 5 Salmon Burgers

- 1 lb Salmon filet, poached, skinned and cooled
- 2 Tbsp. Lemon Juice
- ½ cup Finely chopped onion
- ½ cup Fresh Parsley (2 teaspoon parsley flakes)
- ½ tsp. Garlic powder
- 2 Eggs, (or ½ cup Egg Beaters)
- ¼ cup Fat free mayonnaise
- ½ cup Bread crumbs

- Preheat oven to 350 degrees.
- In a medium bowl breakup poached salmon and sprinkle with lemon juice. Add chopped

onion, parsley flakes and garlic powder, mix to combine.

- Beat eggs and add low fat mayonnaise and mix. Combine with salmon mixture.
- Add bread crumbs a bit at a time until they will hold together to form patties.
- Use 1/3 cup measuring cup to shape into patties.
- Put on lightly greased baking sheet and bake in oven for 15 minutes. Or fry in nonstick pan or George Foreman grill.

Nutritional Information per patty:

Calories: 206	Total Fat: 6.2g
Saturated fats: 1.7g	Carbohydrate: 12.7g
Dietary Fiber: 1.5g	Protein: 23.8g

## Tip of the Week

Keep a pair of comfortable walking or running shoes in your car and office. You'll be ready for activity wherever you go!

CDC <http://www.cdc.gov/nccdphp/dnpp/physical/life/tips.htm>

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