

Events this Week

**QUICK TIPS
TABLE**

Move Indoors!

Tips for staying active when it is too cold, too wet, too hot or not convenient to exercise outside

**Thursday,
March 22**
11:30AM - 1:30PM
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.

Choosing Healthy Bread

Multi-grain, wheat, light or low carb – which is the best and healthiest bread? Look for whole grain breads. Research shows that whole grain breads, unlike breads made with white or refined flours, are heart healthy and help prevent cancer. Refined flours do not have the fiber, minerals, and B and E vitamins found in whole grains. Regularly eating whole grain breads instead of breads made with refined flours also helps prevent weight gain.

Do not rely on the product name or description to tell you if a bread is nutritious. Flours in many 5-grain, wheat or multi-grain breads may actually be refined. Do not rely on the color either. Many darker breads are not made with whole grain flours but instead are made with refined flour with molasses added for color.

How do I know it is whole grain?

On the ingredients list, the word “whole” should be part of the first or second ingredient. Examples are “whole wheat,” “stone ground whole wheat” or “whole rye flour”. The words “wheat flour”, “enriched wheat flour” or “unbleached flour” all indicate refined flours.

Also look at the Nutrition Facts panel. The fiber content on the Nutrition Facts Panel should be at least 2g (grams) of fiber per serving. The more grams of fiber, the better the bread is for you. Many breads have 3 grams of fiber per serving, or even more! Check the Nutrition Facts panel to see how many slices are in one serving.

There are a variety of whole grain breads to suit different tastes. Here are a few to try:

- Vermont Bread Company Whole Wheat: *Fiber: 2g, Stone ground whole wheat 1st ingredient*
- Arnold 100% Whole Wheat & 12 grain breads: *Fiber: 2g, whole wheat flour 1st ingredient*
- Stop & Shop Stone Ground Whole Wheat Bread. *Fiber: 5g, whole wheat 1st ingredient*
- Pepperidge Farms Whole Grain Oatmeal *Fiber: 3g, whole wheat flour 1st ingredient*
- Country Kitchen Whole Grain 100% Whole Wheat *Fiber: 3g, stone ground whole wheat 1st ingredient*

References

AmJ Clin Nutr 2003;78:829-7.
Our Daily Bread: Grains of truth, wheat and chafe by David L. Katz, MD MPH, FACPM, FACP.

Recipe of the Week

Kevin's Favorite Chicken and Broccoli Pizza

Compared to a slice of Domino's pizza ours has 100 fewer calories, 3g less fat and a lot more fiber.

1 12-inch Boboli whole wheat pizza crust
1 skinless, boneless chicken breast
Black pepper (to taste)
2 cups broccoli chopped into small pieces
Garlic powder (to taste)
1/2 cup marinara sauce
1/2 cup low fat mozzarella cheese, shredded
2 tsp. parmesan cheese
Non-stick cooking spray

- Preheat oven to 450°.
- Dice chicken into 1/4 inch cubes-pepper to taste.
- Spray medium sauté pan with cooking spray and cook chicken until no longer pink (about 3 minutes).

- Spray medium pan with cooking spray, add chopped broccoli and garlic powder and cook until broccoli turns bright green (about 1-2 minutes).
- Spread marinara sauce on Boboli pizza crust, leaving 1/2 inch around the edges.
- Sprinkle parmesan cheese evenly over pizza.
- Spread chicken and broccoli evenly over pizza.
- Sprinkle mozzarella cheese evenly over pizza.
- Put pizza on baking sheet, put in oven and bake for 8 minutes. For a crisper crust put pizza directly on oven rack.
- Remove and cut into 6 slices.

Nutritional Information (per slice):

Calories: 208
Total Fat: 5g
Saturated fat: 1.8g
Carbohydrates: 30g
Dietary fiber: 4g
Protein: 13g

Tip of the Week

Try sitting on an exercise ball for a chair. Your body will constantly make small adjustments with postural muscles, abdominals, gluteals and leg muscles. <http://lifehacker.com/>

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