



Events this Week

**QUICK TIPS
TABLE**

Move Outdoors!

Stop by our table for tips on a variety of activities to keep you moving outdoors in the nice weather.

Tuesday, May 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 Leaner Ground Meats

We can find the calories, total fat and protein for most foods in the grocery store by checking the Nutrition Facts panel. However, it may be missing on your packages of fresh meat. That's because nutrition labeling is not legally required for meat including hamburger and ground turkey. You may find a percentage, such as 93% lean. What does this percentage mean, and how does it translate to calories, fat and saturated fat content?

What the percentages mean

A higher percent of "lean" means there are less calories, fat and saturated fat in the meat. For example, in 93% lean hamburger, there is

only 7% fat while in 75% lean hamburger there is 25% fat.

What about ground turkey & chicken?

Just as with hamburger, ground poultry also can contain different amounts of fat, and so it is important to look at the percent lean. Ground turkey or chicken may contain meat, fat and skin. On the other hand, ground turkey or chicken called "breast" or "white meat" is just the meat without added skin or fat. Use the chart below to choose meats that are lower in fat, especially saturated fat, and calories.

Resources: USDA Nutrient database, Calorieking.com, Nutrition Action Health Letter June 1997.

Hamburger 3oz cooked	Calories	Fat	Saturated Fat	Protein
95% lean (5% fat)	139	5.4g	2.4g	22g
90% lean (10% fat)	173	9g	3.5g	21g
80% lean (20% fat)	209	13g	5g	20g
Ground Turkey 3oz cooked				
99% lean (1% fat)	98	1.5g	0g	23g
93% lean (7% fat)	160	8g	2g	22g
87% lean (13% fat)	200	11g	3g	20g

Recipe of the Week

Carrot Muffins

Makes 9 delicious muffins

Sift:

- ¾ cup white flour
- ¾ cup whole-wheat flour
- 1 ½ teaspoons baking soda
- ¼ teaspoon cinnamon

Add:

- ½ cup brown sugar
- ½ cup egg substitute
- ¼ cup canola oil
- ¼ cup ground flaxseed meal or wheat germ
- ½ cup unsweetened applesauce
- 1 teaspoon vanilla

½ teaspoon salt

Blend:

- 1 ½ cup grated carrots
- 1 cup walnuts or sunflower seeds (optional)
- ½ cup dried raisins, cranberries or blueberries

- Bake in a greased muffin pan for approximately 25 minutes at 350 degrees. Cool for 10 minutes. Turn out of the tin and cool completely. Put muffins in zip lock bags and refrigerate or freeze.
- Reheat frozen muffin in microwave as needed for 20-30 seconds.

Nutritional Information (without walnuts):

Calories: 233 Carbohydrates: 38g
Total fat: 7.5g Fiber: 3.6g
Saturated fat: 0.6g Protein: 5g

Tip of the Week

Eat fruit for dessert! For more healthy tips, see the Small Steps Challenge activities found on www.stepaheadprogram.com and the Step Ahead Information Center during the next 6 weeks.

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