

Events this Week

Have a healthy Fourth of July holiday with your friends and family!

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.

The Buzz on Coffee Drinks

Coffee is no longer a plain cup of "joe". A *regular* coffee used to mean black with no cream and sugar, that's only 24 calories. Now, a Dunkin Donuts medium *regular* coffee has 195 calories, 10g fat (6g saturated) and almost 5 teaspoons sugar! Coffee drinks now have names like Frappuccino, Coolatta, Latte, and Mocha. Look out! Extra calories and fat come with the fancy names.

The size of the drink varies depending on where you buy it, and if you order it hot or iced. A medium Dunkin Donuts hot drink is 14oz while a medium Starbucks (called a grande) hot drink is 16oz. But a cold or iced Dunkin Donuts medium is 24oz while a Starbucks grande is still 16oz. Check out the stats below to see what you're drinking.

Dunkin Donuts Medium Size Drinks

- Mocha Swirl Latte with whipped cream: 373 calories 11g fat (6.5g saturated) 14 teaspoons sugar
- Latte: 195 calories 10g fat (6g saturated), 3.6 teaspoons sugar
- Iced Latte: 183 calories, 10g fat (6.1g saturated), 4 teaspoons sugar
- Coffee Coolatta: 533 calories, 33.5g fat

- (21g saturated), 13 teaspoons sugar
- Coffee Coolatta with milk: 320 calories 6.1g fat (3.8g saturated), 15 teaspoons sugar

Starbucks Grande (Medium) Size Drinks

- Mocha Latte with whipped cream: 360 calories, 19g fat (10g saturated), 8 teaspoons sugar
- Latte: 222 calories, 11g fat (7g saturated), 4 teaspoons sugar
- Iced Latte: 150 calories, 7g fat (4.5g saturated) 2 ¾ teaspoons sugar
- Coffee Frappuccino: 240 calories, 3g fat (2g saturated), 15 teaspoons sugar
- Mocha Frappuccino with whipped cream: 380 calories, 15g fat (9g saturated), 13 teaspoons sugar

Lighten the calories and fat

Reduce calories, saturated fat, and sugar by choosing a smaller size, low fat or nonfat milk, and cutting out the sugar or whipped cream. You can sweeten it with sugar free sweeteners like Splenda or sugar free syrup. Enjoy!

References: www.starbucks.com, www.dunkindonuts.com, www.calorieking.com, Nutrition Action Healthletter September 2006

Recipe of the Week

Key Lime Pie 8 slices

9-inch graham cracker pie shell, reduced fat
1 14oz can fat free sweetened condensed milk (not evaporated)
¾ cup egg substitute (egg beaters)
½ cup fresh or bottled *Key Lime* juice (regular lime juice is fine)

- Preheat oven to 350° degrees.
- In a medium mixing bowl, combine sweetened condensed milk, egg substitute and key lime juice. Blend until smooth.

- Pour into pie shell.
- Bake for 15 minutes. Let stand and cool for 10 minutes before refrigerating. Cover and chill at least 2 hours before serving.
- Garnish pie with fat free whipped cream, blueberries, strawberries, or raspberries.

Nutritional Information per slice:

Calories: 240
Fat: 3g
Saturated fat: 0.8g
Carbohydrates: 48g
Fiber: 0.6g
Protein: 7g

Tip of the Week

Use walking poles when walking or hiking to burn more calories and take the stress off your legs and feet. Walking poles look like ski poles but have rubber knobs at the end.

<http://www.dietdetective.com/dev/content/view/948/84/>

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