



Breakfast is for Champions

Events this Week

No Gain New Year Sign Up

Most American adults gain 1 to 2 pounds each year. Step Ahead wants to help you fight that trend! Weigh yourself weekly, feel good and win prizes! Sign up January 8th – 19th! A Step Ahead table will be in these locations according to this schedule:

Tue., January 16:
11:30AM – 1:00PM
Cafeteria

Thurs., January 18:
2:30 – 4:00PM
Old Hospital Lobby

Friday, January 19
11:30AM – 1:00PM
Cafeteria
LAST DAY

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.

Eating a healthy breakfast makes a difference! Breakfast gives your body and brain the fuel they need to get moving after sleep. Benefits of eating breakfast include:

- Less risk of overeating later in the day
- Help focusing and concentrating
- More energy for physical activity

Breakfast helps control weight.

Skipping breakfast is not a good way to control weight. The National Weight Control Registry surveyed over 5,000 people who have lost at least 30 pounds and kept it off for a year or more. 78% said they eat a good breakfast every day. Only 4% skip breakfast. Compare this to the national average of 25% of adults who do not eat breakfast.

What makes a healthy breakfast?

A healthy breakfast has a lean source of protein and a source of fiber. This will help you feel full longer. Examples of protein include low-fat milk, yogurt, eggs, nuts, poultry, or cottage cheese. Fiber can be found in breads with 2g fiber, cold cereals with 5g fiber, oatmeal and fruit. Try these healthy breakfast combinations:

- Whole-grain cereal and low-fat or skim milk
- Banana or apple with peanut butter

- Smoothies made with yogurt and fruit
 - Oatmeal with sprinkling of almonds or peanut butter stirred in
 - Egg sandwich: Poached or fried egg on whole wheat bread or pita
 - ½ cup of low-fat cottage cheese with fruit
- Beware of sugary cereals and most cereal or breakfast bars. They are digested quickly and leave you feeling hungry a couple of hours later.

Don't like breakfast foods? Be creative! Try leftover salmon or tuna, or make a turkey or chicken sandwich.

Not hungry? Breakfast is important even if you don't feel hungry. Try eating less at dinner or skipping an evening snack. You may find breakfast more appealing.

Don't have time? Don't let your body be forgotten in the rush to be on time for work. For eating as you travel, try:

- Hardboiled egg and a piece of fruit
- Peanut butter or reduced fat cream cheese on whole wheat toast or English muffin
- Trail mix (see recipe below!)

For more information, visit:

National Weight Control Registry: [www. http://www.nwcr.ws](http://www.nwcr.ws)
Obesity Research Vol. 10 No. 2 February 2002 pp. 78-82.
www.weightloss.about.com
www.webmd.com

Recipe of the Week

Save this and all the January recipes for your football parties!

Trail Mix of Champions Makes 8 snack size bags

- 4 cups high fiber cereal (5 grams of fiber or more per serving)
- 1 cup unsalted nuts (Any mixture of walnuts, almonds and pistachios)
- ½ cup dried fruit (mixture of cranberries, raisins and/or dried apples)

Package in **snack size** zip lock bags to avoid over snacking.

A handful chocolate chips may add a nice touch.

Nutritional Information:

Calories: 240
Total Fat: 14g
Saturated Fat: 1.29g
Carbohydrate: 7.25g
Total Dietary Fiber: 5.81g
Protein: 7.45g

Tip of the Week

Throw a fitness party! Hire someone to teach yoga, salsa, or activity of your choice and invite family and friends. To find a trainer, check out local fitness centers for referrals. To learn more about Step Ahead visit www.stepaheadprogram.com