



Events this Week

**Strength Training:
Easy Physical
Activity You Can Do
Almost Anywhere
Using Resistance
Bands**

Monday, July 23:
12:00 – 12:30PM
S1-853
Graduate School of
Nursing Conference
Room

Farmers' Market

Tuesday, July 24:
1:00 – 5:00pm
On the Terrace outside
the Medical School
Entrance

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@stepahead
program.com.**

Lean Grilling

It is summer and grilling time! If you eat beef, this is good news because grilling is one of the healthiest ways to cook meat. Beef is not as lean as skinless chicken breast, because even the leanest cuts of beef have around 7% fat. But, there are ways to make healthier choices by considering both the Grade and the Cut of meat when deciding what to grill.

What's the Grade?

The grade is set by the United States Department of Agriculture (USDA) and is based on the amount of marbling (white flecks of fat in the beef). More marbling means more fat and more calories. Grades of beef are:

Select: Has the least amount of marbling, around 7% fat by weight

Choice: Has more marbling than Select, around 15% to 35% fat by weight

Prime: Has the most marbling, around 35% to 45% fat by weight

What's the Cut above the rest?

Look for the words "loin" and "round" as these cuts of meat tend to have fewer calories and fat than others. The information below is based on a grilled 3 ounce piece of meat

(about the size of a deck of cards).

Round Steak – Select: 171 calories, 7g fat (2g saturated fat); **Choice:** 190 calories, 9g fat (3g saturated fat)

Sirloin – Select: 196 calories, 11g fat (4g saturated fat); **Choice:** 218 calories, 13g fat (5g saturated fat)

New York Strip – Select: 212 calories, 13g fat (5g saturated fat); **Choice:** 236 calories, 16g fat (6g saturated fat)

Filet Mignon - Select: 223 calories, 14g fat (6g saturated fat); **Choice:** 232 calories, 15g fat (6g saturated fat)

Tips for Healthier grilling:

- Choose cuts and grades of meat lowest in calories and fat.
- Trim the fat you can see before putting the meat on the grill.
- Grill a smaller piece of meat and fill your plate with fresh summer fruit and vegetables.
- Don't trust your eyes: Meat is done when the thermometer reaches 160°.

References: USDA nutrient data base,
www.askdrsears.com,
www.ams.usda.gov/howtobuy/meat.htm

Recipe of the Week

7 – Layer Salad

12 Servings

A healthier twist on a popular salad often seen at potlucks. Perfect salad to make ahead.

Salad:

8 cups shredded romaine or green leaf lettuce
1 red pepper, chopped
2 cups sliced mushrooms or carrots
1 15-ounce can cannellini beans or garbanzo beans, rinsed and drained
1 ½ cups frozen peas (rinse with cold water to partially thaw)

Dressing:

½ cup reduced fat mayonnaise or Miracle Whip salad dressing
½ cup low fat sour cream

¾ teaspoon garlic powder
1 ½ teaspoons dried oregano

Topping: 1 cup reduced fat cheddar cheese (optional) ¼ cup sunflower seeds or ¼ cup cooked turkey bacon.

- In a 9-inch by 13-inch glass baking dish, layer salad ingredients in order listed.
- Put dressing ingredients in a medium bowl. Mix together very well. Using a spatula, spread dressing on top layer of salad (pea layer)
- Sprinkle topping evenly over dressing layer. Cover and refrigerate until ready to use.

Nutrition Information

Calories: 146

Total fat: 5g

Saturated fat: 2g

Carbohydrates: 17g

Fiber: 4g

Protein: 8g

Tip of the Week

Looking for healthier breads and baked goods? Stop by the **Everyday Homemade** table at the Farmers' Market for healthier options made with Splenda instead of sugar.

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