

Events this Week

**Farmers' Market
Tuesday, August 21:
1:00 – 5:00pm**
On the Terrace outside
the Medical School
Entrance

Fun With Fruits and Vegetables

Stop by our quick tips
table to find out when
your favorite fresh
vegetables and fruit
are in season. Pick up
some terrific
information on how to
select and cook fresh,
frozen and canned
vegetables easily with
flavor but without the
fat.

**Wednesday, August
22:
11:30AM – 1:30PM**
Cafeteria

Family Hike Nights Wed August 8, 15 and 22

6 pm sponsored by the
City of Worcester
call 508-799-1190 to
RSVP and for
information

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**

Myths and Facts about Fats

Myths around food and dieting have been around for so long, it can be difficult to tell fact from fiction. In addition, many weight loss theories and products are being promoted. It is easy to get confused. Here are two myths about fats, with the actual truth explained.

Myth: A food called *Low Fat* or *Fat Free* is always low in calories.

Fact: A low-fat or fat-free food may not be lower in calories than the same serving size of the regular product. Look at the Nutrition Facts panel to find out.

Look at the serving size. Check the serving size and number of servings per container. The serving size may be smaller than the full-fat version. Or, the label may say it serves more than one even if there is only one piece of food.

Look at the calories. Low-fat foods often have the same number or even more calories as full-fat foods. The product may have added more sugar or flour to help improve the flavor and texture after the fat is taken out. These

ingredients add calories even though they are fat free.

Myth: Nuts are fattening and you should not eat them if you want to lose weight.

Fact: Nuts are high in calories but eating nuts in small amounts can be a part of a healthy diet and weight-management program. A one-ounce serving of nuts (about a quarter of a cup) has about 160 to 200 calories. Put in perspective, that is less than a Hershey's chocolate bar and about the same number of calories as in four Snackwell sandwich cookies. Nuts such as peanuts, walnuts, almonds and pistachios are also low in unhealthy saturated fat and cholesterol. Nuts are good sources of protein, fiber, vitamins, minerals and healthy fats your body needs. In addition, the fiber, fat and protein of nuts can help you to feel full after eating them.

For more information about weight loss and nutrition myths, go to National Institutes of Health fact sheet link below.
<http://win.niddk.nih.gov/publications/myths.htm#dietmyths>

Recipe of the Week

Swordfish and Veggie Kebabs

Marinade:

- ½ cup dry white wine
- 3 Tablespoons. reduced sodium soy sauce
- 1 Tablespoon canola or olive oil
- 1 teaspoon minced garlic (1 large clove)

Kebabs:

- 1 pound swordfish (or other firm fish), cut in 1-inch cubes
- 1 medium onion, peel removed and cut into quarters, layers separated
- 1 sweet green pepper, cut into 1 ½-inch pieces
- 1 sweet red pepper, cut into 1 ½-inch pieces
- 1 medium zucchini, sliced ¼-inch thick

- In a medium bowl, combine marinade ingredients. Add the fish and toss it in the

marinade to coat well. Cover the bowl and refrigerate for at least 2 hours.

- Remove fish from the marinade, and save the marinade for basting during cooking. Put fish and vegetables onto 6 long skewers.
- Cook the kebabs on the grill or in the broiler. Turn several times, and baste with the marinade. Cook until fish is done, 10 to 15 minutes. Vegetables will be somewhat crunchy. Throw away any leftover marinade.
- Serve kebabs over brown rice

Recipe Adapted from Jane Brody's Good Food Gourmet

Nutrition Information (per Kebab):

Calories: 115	Carbohydrate: 5.5g
Total fat: 4g	Fiber: 1.5g
Saturated fat: 1g	Protein: 13g

Tip of the Week

Get up earlier. If your days are packed and the evening hours are just as hectic, get up 30 minutes earlier twice a week to exercise. Once you've adjusted to early morning workouts, add another day or two to the routine. www.revolutionhealth.com

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