



Events this Week

Farmers' Market
Tuesday, August 28:
1:00 – 5:00pm
On the Terrace outside
the Medical School
Entrance

**Fruit and Vegetable
Display**
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
29:**
5:00 – 6:30PM
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@stepahead
program.com.**

When Families Eat Together, Everyone Wins

You may not be surprised to hear that families are not eating together as often as families did 20 years ago. Busy work schedules, long commutes, homework, after-school arts and sports activities make it difficult for families to eat together regularly.

Why make the time to eat together?

Besides getting the chance to talk to each other, family meals have other advantages. Both parents and children eat better when they eat together. Research shows that families who eat together at least one meal a day, four days a week tend to eat more fruit, salads and vegetables, drink less sugared soda and eat fewer high fat foods. Meal portions at home tend to be smaller than what is served in fast food and other restaurants. As a result, children and teenagers are less likely to be overweight.

There are other benefits of eating together in addition to maintaining a healthy weight. Research from the University of Michigan shows that children who eat with their families get better test scores. Other research shows that teenagers are less likely to take drugs, drink alcohol or smoke cigarettes if they often

eat with their families.

Here are some ways to make it easier to eat together more often.

- Eat together for breakfast, weekend brunches or lunches; the meal you eat together doesn't have to be dinner.
- Eat together as often as you can; it doesn't have to be every day. Start by adding one more family meal this week than last week.
- Your family meal doesn't have to be gourmet cooking! Use time-saving foods like bagged salad greens, cut fruit and cooked rotisserie chicken found in grocery stores. Microwave vegetables for side dishes.

Go to www.stepaheadprogram.com for quick and healthy recipes to prepare for yourself and your family.

Juggle your schedules so that your family can eat together often -- you will be glad you did!

Resources: Annu Rev. Nutr. 2004.24:401-431
FOH – Lets Talk, Spring 2007. Publication from Federal Occupational Health.
Washington State University –
<http://nutrition.wsu.edu/ebet/background.html>. review paper on research on family meals.

Recipe of the Week

Curried Chicken Salad

4 Servings

A flavorful way to use leftover baked or grilled chicken

Dressing:

- 1/3 cup fat-free or reduced fat mayonnaise
- 1/4 cup low-fat sour cream
- 1/2 teaspoon curry powder
- 1/2 teaspoon salt (optional) and a dash of pepper

Salad:

- 2 cups cooked chicken breast, diced into pieces
- 1/2 cup celery, chopped
- 1/2 cup green pepper, chopped

- 1/2 cup green apple (Granny Smith), chopped, skin left on
- 1/4 cup dried cranberries

- In a small bowl, mix together dressing ingredients.
- In large bowl combine salad ingredients chicken, celery, green pepper, green apple and dried cranberries. Add dressing and mix until combined. Refrigerate until ready to serve.

Nutrition Information

Calories: 193	Carbohydrates: 13g
Total fat: 4g	Fiber: 2g
Saturated fat: 1.4g	Protein: 22g

Tip of the Week

Are you looking for inexpensive ways to exercise at home? For weights, try lifting canned goods, bags of potatoes, or water and milk jugs filled with sand or water (and secured at the top with duct tape). www.mayoclinic.com

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