

Events this Week

Farmers' Market

Tuesday, October 2:
1:00 – 5:00pm
On the Terrace outside
the Medical School
Entrance

Walking Group Quick Tips Display

A walking group is a great way to have more fun while you walk and help you stick with it over time. Stop by our table for some great tips on starting your group and keeping it going.

Tuesday, October 2:
7:00 – 9:00AM
Lakeside Lobby

If you are participating in our Walk and Win challenge, please remember to send in your activity sheets for week 1!

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 Truth Behind Fad Diets

Losing weight and keeping it off is not easy, which is what makes fad diets so appealing. A fad diet is a weight loss plan with big promises. When people lose weight very quickly, it usually does not stay off. Often, even more weight is gained back. Often, fad diets are based on the opinion and experience of one doctor or celebrity, not a research-based approach to healthy weight loss.

Signs of a Fad Diet

Try to avoid weight loss diets or diet products if they:

- Promise quick weight loss of 2 pounds a week or more. At first, the weight loss is water. If you lose more than 2 pounds per week you run the risk of losing muscle instead of fat.
- Recommend extra vitamin and mineral supplements.
- Make big changes to the way you typically eat, such as eating pre-packaged meals, or a special shake, soup, bar or cookie for two out of three meals.
- Tell you to eat less than 1,000 calories per day.

- Cut out entire food groups like fruit, carbohydrates or fats.
- Sound too good to be true.

What to do for healthy and long term weight loss

Healthy weight loss requires a balance of healthy eating and physical activity. Look for programs and plans that have a long success record and fit your lifestyle. Here are some good resources:

- Books: American Heart Association's No Fad Diet
- Groups: Weight Watchers
- Internet based: Weightwatchers.com, mypyramid.gov and sparkpeople.com
- Individualized support: visits with a registered dietitian
- Step Ahead: visit the Step Ahead information center in the hospital or go to www.stepaheadprogram.com for tips.

References: www.medicinenet.com
www.AmericanHeartAssociation.com
www.nature.com/clinicalpractice/cardio/popular
weight-loss diets: from evidence to practice

Recipe of the Week

Nouveau Nicoise Salad

Makes 4 servings, generous 2 cups each

Ingredients

8 cups water
8 ounces green beans, trimmed and halved
6 small red potatoes
2 hard boiled eggs, peeled and cut into wedges
3 tablespoons extra-virgin olive oil
6 cups mixed salad greens
2 6-ounce cans tuna in water, drained well
8 Kalamata olives (optional)

Dressing: Favorite reduced fat Lemon Dijon Vinaigrette salad dressing. Try the Lemon-Dijon Vinaigrette recipe on the Step Ahead website.

Instructions

- Bring water to a boil in a 3- to 4-quart saucepan. Add green beans and cook until tender, 1 to 2 minutes. Remove beans and rinse under cold water and put in a large bowl. Place potatoes into the boiling water. Cook the potatoes until fork-tender, 15 minutes. Drain the potatoes; rinse under cold water until cool enough to handle.
- Cut the potatoes into quarters or eighths, depending on their size. Add to the bowl with the beans. Add greens, tuna and the dressing. Toss well. Top with eggs and olives (optional).

Nutritional Information:

Calories: 390
Fat: 11g
Saturated fat: 2g
Carbohydrates: 36g
Fiber: 6g
Protein: 32g

Tip of the Week

This week is National Health Care Food Service Week. Thank you to our food service workers for all of the help you give the Step Ahead program!

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