



Events this Week

Healthy Holidays Quick Tips Table

Gaining weight is one holiday tradition nobody wants to keep! Step Ahead can help you have a healthy holiday. Stop by for great ideas, recipes, and more.

Tuesday, Nov. 13,
5:00 - 6:30 PM
Cafeteria

If you are participating in our holiday challenge, please remember to weigh yourself and send in your week 1 weight this week!

If you are in the market for new athletic shoes, Sneakerama on Lake Avenue offers a 10% discount to all UMass employees.

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.

Healthy Holidays

Quick quiz...

...which has more calories and fat: a traditional holiday turkey dinner; or a Big Mac, large French fries, apple pie and large Coke?

Answer:

A traditional holiday turkey dinner with all the trimmings has between 2,000 – 3,000 calories and 150 – 230 grams of fat.

A Big Mac, large French fries, apple pie and large Coke has 1,700 calories and 73 grams of fat.

Why worry? It's only one day.

Overeating doesn't happen just on the holidays. It happens throughout the holiday season. Research shows that for most people, the average holiday weight gain for the six weeks between Thanksgiving and New Year's is one pound. One pound may not sound like a lot, but consider that it happens every year and typically stays with you. This yearly weight gain adds up over time and can contribute to overweight and obesity-related health problems. How many holiday seasons have you celebrated?

Modify your traditions

You can have a delicious holiday turkey meal with traditional ingredients, prepared with less fat and calories! With a few changes, you can make your holiday dinner healthier without sacrificing taste and tradition.

Step Ahead can show you how!

Stop by Step Ahead's Healthy Holidays Quick Tips Table to learn more about healthy eating during the holidays. We offer:

- Holiday recipes that are not only healthier, but easy to make.
 - Comparisons of fat and calories between healthy and traditional holiday dinner recipes.
 - Tips to trim calories and fat from your holiday meal.
 - Creative and tasty uses for holiday leftovers.
 - Easy ways to burn calories on the holiday.
- Healthy Holiday information is also available on the Step Ahead website and in Step Ahead's Information Center.

Let's give thanks for family, friends and a healthy holiday season!

Recipe of the Week

Wild Rice Stuffing with Cranberries & Toasted Pecans

6 servings (¾ cup each)

- 1 ½ cups chicken broth, low sodium, low fat
- 1 ½ cups water
- 1 ½ cups wild rice blend
- 2 ½ Tbsp. olive oil
- 1 small (¾ cup) onion, chopped fine
- 1 medium (¾ cup) celery stalk, diced fine
- ¼ cup toasted pecan, coarsely chopped
- ¼ cup dried cranberries
- ¼ cup parsley, minced, fresh
- ½ tsp thyme, dried (2 tsp. fresh)

- In a medium sauce pan, bring chicken broth and water to boil.

- Add rice blend: return to boil.
- Reduce heat to low, cover and simmer until rice is fully cooked, 40-45 minutes.
- Turn rice into medium microwave safe bowl and fluff with fork.
- Meanwhile, heat olive oil in medium skillet over medium heat. Add onions and celery, sauté until softened, 3 to 4 minutes.
- Add this mixture, as well as pecans, cranberries, parsley and thyme to rice and toss.

Nutritional Information:

Calories: 151
Total fat: 8.5g
Saturated fat: 1.0g
Carbohydrates: 17g
Fiber: 1.4g
Protein: 1.9g

Tip of the Week

Now that it is dark earlier in the evening, be extra careful if you walk outdoors so that people driving cars will see you. Use a flashlight and wear a reflective vest, white or very light colored clothes, or use reflective tape or bands.

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