



## Events this Week

### Quick Tips Table

**Make Sense of Serving Sizes and Portions** - How big is a serving? What is the difference between a serving and a portion? Step Ahead can help cut the confusion!

Wed., January 31  
11:30 AM - 1:00 PM  
Cafeteria

### COMING UP:

#### Super Size Me

A movie sponsored by the Step Ahead Project and the Lamar Soutter Library will be shown on:  
Thursday, February 15 from 5 to 7 pm in Amphitheater 1. Refreshments will be served.

If you are participating in our No Gain New Year Challenge, please remember to record your weight each week and send it in (or leave in the binder in the Fitness Center).

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](mailto:info@stepaheadprogram.com).

## Super Bowl Stats and Snacks

On Super Bowl Sunday, more food is eaten than on any other day except Thanksgiving! The Calorie Control Council says the average watcher munches and sips 1,200 calories during the big game. It would take 4 hours of walking to burn those calories off!

**Have a game plan!** To avoid falling into that high calorie trap, do some pre-game planning. Before the game, decide how much you want to eat. Choose snacks and drinks that don't pack a high-calorie punch.

### Healthy snacking

- Make pizza using a whole wheat crust (Boboli crust or pizza dough) Top with grilled or roasted veggies and reduced fat cheese.
- Fill a football-shaped snack bowl with cut fruit instead of chips.
- Use ground turkey instead of hamburger in your favorite chili recipe.
- Use reduced fat or fat free sour cream in your dip (you won't notice the difference!)
- Have healthy dippers: colorful vegetables; baked chips; chips and crackers with 2g fiber.
- Enjoy shrimp cocktail.

- Serve peanuts in the shell instead of mixed nuts or dry roasted peanuts.
- Eat hummus with veggies or whole wheat pita.
- Have trans-fat free popcorn (Paul Newman's or Smart Balance).

### Healthy sipping

- Calorie free water or sparkling waters (plain or flavored)
- Sugar-free (diet) sodas and iced tea
- Tomato juice or V8 juice

Remember, alcohol calories do count. A 12 oz. beer has at least 150 calories, light beer has 110 calories and a 5 oz. serving of wine has at least 100 calories. If you do drink alcohol, do so in moderation.

### Healthy serving

- Put food on a plate to keep track of what you eat and how much.
- Use smaller lunch or snack plates instead of larger dinner-sized plates.
- Put ALL the food and beverages in a room where you're not watching the game.

## Recipe of the Week

Save this and all the January recipes for your football parties!

### Healthy Buffalo "Wings"

Makes 5 servings

1 lb. boneless, skinless chicken breast  
¼ cup whole wheat flour  
1 Tbsp. olive oil  
1 cup Frank's Red Hot or other hot wing sauce of your choice  
Celery sticks and carrot sticks

- Preheat oven to 350°.
- Cut chicken breast lengthwise into 16 strips.
- Place flour in plastic bag. Add chicken and shake to coat.

- Heat 1 Tbsp. olive oil in nonstick skillet, medium heat.
- Remove chicken from flour, add to skillet and brown on both sides, about 2-3 minutes per side. Remove from skillet.
- Place 1 cup hot sauce in bowl, add browned chicken and toss to coat well. Remove chicken from sauce and place in baking dish.
- Bake in 350° oven for 30 minutes
- Serve with carrot sticks, celery sticks. Use fat free Blue Cheese or Ranch dressing for dipping.

#### Nutrition Information per serving (without dressing)

Calories: 176	Carbohydrate: 8g
Total Fat: 5g	Dietary Fiber: 1g
Saturated Fat: 1g	Protein: 21g

## Tip of the Week

Head to Mt. Wachusett for your free Passport to Ski with \$8 off the cost of a lift ticket, rentals and/or lessons! This pass is free for UMass Memorial Employees!

To learn more about Step Ahead visit [www.stepaheadprogram.com](http://www.stepaheadprogram.com)