



### Events this Week

#### MOVIE and Discussion

#### *Super Size Me*

Thursday,  
February 15  
5:00-7:00 PM  
Amphitheater 1

Free and open to all

Healthy refreshments will be served

**No Gain New Year**  
The University Campus is down 1 pound since we started our challenge. Great job!

#### Quick Tips Table

**Quick and Healthy Dinners** – Pick up a packet of ideas, information, recipes and dinner menus!

Fri., February 16  
11:30AM - 1:30 PM  
Cafeteria

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 Size Me and Fast Food Facts

How did eating only McDonalds fast food for a month affect one person's body? Join us for the award winning movie *Super Size Me* on Thursday, Feb 15<sup>th</sup> at 5 PM in Amphitheater 1, brought to you by Step Ahead and the Lamar Soutter Library. It's free and open to all.

Every day, one in four Americans eats fast food. Fast food saves time and is easy. However, it often loads on the calories and fat!

#### What are the calories and fat in popular fast foods? Here are some examples:

- A Burger King Whopper has 670 calories and 39 grams of fat. A Whopper with cheese is 770 calories and 47 grams of fat.
- A fried chicken sandwich at Wendy's has 430 calories and 16 grams of fat.
- A fried fish sandwich at McDonalds has 470 calories and 26 grams of fat.
- McDonalds' medium French fries has 450 calories and 20 grams of fat.
- 3 slices of Pizza Hut cheese pizza have over 600 calories and more than 30 grams of fat.
- A Dunkin Donuts Blueberry Muffin has 470 calories and 17 grams of fat. A bagel with 2 ounces of regular cream cheese has 510

calories and 19.5 grams of fat.

#### Making better choices

Many restaurants have added healthier options to the menu. Look for grilled and broiled sandwiches, and salads for meals or side dishes. Try these:

- Subway 6" sub with less than 6 grams of fat and between 230 and 330 calories.
- Grilled or Broiled chicken sandwich with between 267 and 340 calories and 7 to 8 grams of fat.
- Side salads with 25-30 calories and no fat.
- Dunkin' Donuts English Muffin and lite cream cheese with 280 calories and 10 grams of fat.

#### Try these small changes for a big difference:

- Order sandwiches without cheese to save 90 to 100 calories and about 8 grams of fat per slice
- Skip the mayonnaise/special sauce and save between 25-50 calories.
- Enjoy a side salad without dressing or with low calorie dressing instead of fries or onion rings.
- Spread lite cream cheese on your bagel and save 70-90 calories. Save more by using less!
- Share a bagel or muffin.
- Drink calorie-free beverages.

Find nutrition information in restaurants and on line to help make lower calorie and fat choices.

### Recipe of the Week

#### Died-and-Went-to-Heaven Chocolate Cake Serves 16

- 1 cups all-purpose flour
- ¾ whole wheat flour
- 1 cup white sugar (or Splenda)
- ¾ cup unsweetened Dutch-process cocoa powder
- 1 ½ tsp. baking soda
- 1 ½ tsp. baking powder
- 1 tsp. salt
- 1 ¼ cups fat free buttermilk
- 1 cup brown sugar
- ½ cup egg substitute
- ¼ cup canola oil
- 2 tsp. vanilla extract
- 1 cup hot strong black coffee
- Powdered sugar

- Preheat oven to 350°. Lightly oil a 12-cup bundt pan or spring form pan. Coat pan with cooking spray. Dust the pan with flour, invert and shake out excess.
- In a large mixing bowl, whisk together flour, white sugar (or Splenda), cocoa powder, baking soda, baking powder and salt. Add buttermilk, brown sugar, egg substitute, oil, and vanilla. Beat with an electric mixer on medium speed for 2 minutes.
- Whisk in hot coffee until completely incorporated (the batter will be quite thin).
- Pour the batter into the prepared pan. Bake 35 to 40 minutes, or until a toothpick inserted in the center comes out clean.
- Cool cake in pan on a rack for 10 minutes; remove from the pan and cool completely. Sprinkle with powdered sugar.

Recipe adapted from *Eating Well Magazine*.

#### Nutritional Information (per slice):

Calories:185	Carbohydrate: 35.2g
Total Fat: 4.3g	Dietary Fiber: 2.3g
Saturated Fat: 0.7g	Protein: 3.8g

### Tip of the Week

Think of Monday as the day to refocus energy on your health! See information on Columbia University's public health campaign "All Health Breaks Loose." <http://www.mailman.hs.columbia.edu>

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