

Events this Week

QUICK TIPS TABLE

*Portion Distortion:
Making Sense of
Serving Sizes*

Thursday, March 20:
4:30 – 6:30pm
Cafeteria

How big is a serving?
What is the difference
between a serving and
a portion? Stop by the
Step Ahead Quick Tips
table to help navigate
through the confusion!

Spring Training!

Get your week 2 activity
sheet for our Spring
Training challenge at
www.stepaheadprogram.com
or in the Step Ahead
information center in the
main corridor. It's not too
late to sign up!

Discounts to UMass Memorial employees!

Wachusett Mountain

YWCA, Salem Square,
Worcester (co-ed
fitness facility)

World Gym in
Shrewsbury and
Worcester

Sneakerama, Lake
Avenue South,
Worcester

**Step Ahead can
come to you!**
Schedule a
workshop for your
group. Call us at
508/856-2319 or
800/522-4617, or
email at
[info@stepahead
program.com](mailto:info@stepaheadprogram.com).

Best of the (cereal) bars

Cereal, granola and breakfast bars are everywhere. They are hand-held, portable, and they fit in pockets, glove compartments, book bags or a desk drawer. You can't beat the convenience when there's no time to sit and eat breakfast, or you want a snack, or you're stuck somewhere and your next meal is hours away!

Some bars have fiber from whole grains and protein to keep your energy going. These are a better choice than bars made with white flour and lots of sugar, that leave you hungry a few minutes after you've eaten them. Don't rely on the pictures of oats, fruit or glasses of milk or cereal on the box to select your bar. Look at the nutrition

facts panel and ingredients list to find the best and healthiest bar. **Here are some guidelines:**

- Sugar: No more than 13g sugar per serving
- Fiber: 2g fiber or more per serving
- Protein: 4g protein or more per serving
- Partially hydrogenated oil: find another bar if this is in the ingredients list.

Bars that meet the criteria include:

- Kashi TLC granola bars
- Nature Valley granola bars
- Odwalla Bars breakfast bars
- Kind Fruit and Nut Bars (except Banana Oat Bran and Yogurt Bars)

Add a piece of fruit or a glass of 1% or nonfat milk for added nutrition.

Resources used: www.prevention.com, Nutrition Action Health Letter, and manufacturer's websites.

Recipe of the Week

Homemade Granola Bars

Makes 16 granola bars

2 cups old-fashioned rolled oats (not instant or quick cooking)
1/3 cup sunflower seeds
1 cup sliced almonds
1/2 cup wheat germ (or a mix of ground flax seed and wheat germ)
1/2 cup honey
1/4 cup dark brown sugar, lightly packed
5 teaspoons butter (or any spread without partially hydrogenated oils)
2 teaspoons vanilla extract
1/2 teaspoon salt
6 1/2 ounces chopped dried fruit, any combination of apricots, cherries or blueberries

- Spray a 9 x 9-inch baking dish with cooking spray. Preheat oven to 350° F.
- Spread oats, sunflower seeds, almonds and wheat germ on a sheet pan. Place in the oven and toast for 10 minutes, stirring

occasionally. Remove from oven and reduce heat to 300° F.

- Combine honey, brown sugar, butter, vanilla and salt in a medium saucepan and place over medium heat. Cook until the brown sugar has completely dissolved (be careful not to boil). Remove from heat.
- Add the oat mixture and dried fruit to the liquid mixture. Stir to combine. Turn mixture out into the baking dish and press down, evenly. Put in the oven and bake for 25 minutes. Remove from the oven. Slice into squares. Cool completely before removing from pan. Store in an airtight container for up to a week.

Recipe adapted from *Foodnetwork.com*

Nutritional information (per bar):

Calories: 188
Total Fat: 6g
Saturated Fat: 1g
Carbohydrates: 26g
Fiber: 3g
Protein: 5g

Tip of the Week

Spring cleaning? Clean the old-fashioned way. Vigorous mopping, scrubbing and dusting can burn calories and develop muscles the same way as "real" exercise.

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