

## Events this Week

### QUICK TIPS TABLE

#### Portion Distortion: Making Sense of Serving Sizes

Tuesday, March 25  
11:30am - 1:30pm,  
Cafeteria

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

#### Spring Training!

Get your week 3 activity  
sheet for our Spring  
Training challenge at  
[www.stepaheadprogram.com](http://www.stepaheadprogram.com)  
or in the Step Ahead  
information center in the  
main corridor. Keep up  
the good work!

#### 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).

## The food and mood connection

You may have heard the saying “you are what you eat.” In fact, the food you eat interacts with the chemicals in your body and affects your moods. Keep the following tips in mind to help you feel good and energized throughout the day.

#### Choose carbohydrates carefully.

Refined carbohydrates, found in candy, pretzels, white bread, fruit juices, regular soda, and white pasta, give you a quick energy boost and a “high”. But that energy and feeling don’t last long. For lasting energy and improved mood eat whole grains, like brown rice, barley and oats, and carbohydrates with fiber, like cereals, pasta, breads, whole fruit and vegetables. These carbohydrates are digested more slowly and help keep your mood and energy balanced.

**Eat enough protein but don’t overdo it.** Protein help to increase your sense of alertness and concentration, but too

much protein can actually lower serotonin, a brain chemical that helps bring on a sense of optimism. To balance it out, eat up to four ounces at meals. For weight management, focus on proteins that are lower in fat like eggs, fish, poultry, pork loin, soy and seafood.

**Drink enough fluids.** Mild dehydration is a common cause of tiredness and decreased alertness. Dehydration may also contribute to moodiness. Try drinking water when you feel that slump in the middle of the work day. Aim to drink at least 8 glasses of water or calorie-free flavored water during the day.

**Don’t forget about being active.** Use the stairs, park farther away, walk during your break and exercise every day or most days of the week. Physical activity helps to burn off stress and releases brain chemicals that make you feel good.

Resources used: American Journal of Clinical Nutrition, 2006;83:529 and 2003;1517-1527. [PCCnaturalmarkets.com](http://PCCnaturalmarkets.com)

### Recipe of the Week

#### Slow Cooker Barbecue Pulled Chicken Sandwich

Makes 8 Sandwiches

- 1 8-ounce can reduced-sodium tomato sauce
- 1 4-ounce can chopped green chilies, drained
- 3 Tablespoons cider vinegar
- 2 Tablespoons honey
- 1 Tablespoon sweet or smoked paprika
- 1 Tablespoon tomato paste
- 1 Tablespoon Worcestershire sauce
- 2 teaspoons dry mustard
- 1 teaspoon ground chipotle chile (or Tabasco)
- ½ teaspoon salt
- 2 ½ pounds boneless, skinless chicken thighs, trimmed of fat
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 8 whole wheat hamburger buns

- Stir tomato sauce, chilies, vinegar, honey, paprika, tomato paste, Worcestershire sauce, mustard, ground chipotle and salt in a 6-quart slow cooker until smooth. Add chicken, onion and garlic; stir to combine.
- Put the lid on and cook on low until the chicken can be pulled apart, about 5 hours.
- (optional step- Cook uncovered 15-20 minutes to reduce sauce volume)
- Transfer chicken to a cutting board and shred with a fork. Return chicken to the sauce, stir well. Serve on whole-wheat buns.

Recipe adapted from *Eatingwell.com*.

#### Nutritional Information (per sandwich):

Calories: 330  
Fat: 9g  
Saturated Fat: 3g  
Carbohydrates: 27g  
Fiber: 4g  
Protein: 30g

### Tip of the Week

As you plan activities with your family and friends, choose entertainment options that keep you moving, like hiking or biking, playing mini golf or bowling, rather than watching a movie. adapted from *eatingwell.com*

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