

Events this Week

QUICK TIPS TABLE

Move Outdoors!

Stop by our table for tips on a variety of activities to keep you moving outdoors in the nice weather.

Tuesday, April 1:
11:30AM – 1:30PM
Cafeteria

Spring Training!

Get your week 4 activity sheet for our Spring Training challenge at 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).

Dining Out the Healthy Way

For many people, dining out is no longer reserved for a special occasion. On average, Americans eat out more than 4 times per week. With the ever-increasing portion sizes served at restaurants, it is a challenge to keep from gaining weight. The good news is that restaurants are catching on and are offering healthier choices. Follow these tips to enjoy dining out and still stay on track with your weight goals.

1. **Read the whole menu.** Get an idea of what's available before you order. Many restaurants have their menus posted outside the entrance or available to read online. A lot of restaurant chains have the nutritional break down of their menu items available online as well.
2. **Order first.** That way you won't be tempted to go along if the rest of your group orders things you would prefer not to eat. And by ordering first, you may set a healthy tone for others to follow.

3. **Eat less.** Share an entrée with someone, or ask your waiter to box half of your entrée when it is served. That way you won't be tempted to eat more than you need.

4. **Ask for sauces and dressings on the side.** When it's on the side, you are in control of the amount you eat. Dip the tip of your fork first in the sauce or dressing, and then take a bite. You'll use a lot less sauce and save calories.

5. **Ask questions.** Know exactly what you're getting. Ask the waiter to describe how food is prepared and what ingredients are used. Don't be afraid to ask for substitutions or for foods to be prepared without added fats and breading.

6. **Look for "light" or heart healthy items.** Many restaurants have healthier menu items. These may be located in a special section or marked with a healthy symbol.

Resources: New York Times, July 16, 2002.
Eatingwell.com

Recipe of the Week

Sautéed Spinach with Pine Nuts & Raisins

Pine nuts and raisins brighten up sautéed spinach.

Makes 2 Servings

2 teaspoons olive oil
2 Tablespoons raisins
1 Tablespoon pine nuts
2 cloves garlic, minced
1 10-ounce bag fresh spinach, tough stems removed
2 teaspoons balsamic vinegar
1/8 teaspoon salt
2 teaspoons grated Parmesan cheese
Freshly ground pepper to taste

- Heat oil in a large nonstick skillet or Dutch oven over medium-high heat. Add raisins, pine nuts and garlic; cook, stirring, until fragrant, about 30 seconds. Add spinach and cook, stirring, until just wilted, about 2 minutes. Remove from heat; stir in vinegar and salt. Serve immediately, sprinkled with Parmesan and pepper.

Recipe adapted from *Eatingwell.com*

Nutritional information:

Calories: 115
Total fat: 6g
Saturated fat: .88g
Carbohydrates: 13g
Fiber: 3g
Protein: 4g

Tip of the Week

Planning to travel soon? Think about how you can work in some activity that will be fun. Take a walking or bike tour to introduce you to your destination, or try a new sport you've always wondered about, like sea kayaking. Walk to activities, rather than taking a taxi. Ask local residents or hotel staff about places and routes to walk or run. from eatingwell.com