

Events this Week

Keeping Your New Year's Resolutions Quick Tips Display

Stop by our table for information on helpful strategies for making changes and sticking to them.

Wed., January 16:
4:30 – 6:30pm
Cafeteria

Friday, January 18:
11:30 – 1:30pm
Cafeteria

We had 16 winners in the Step Ahead holiday challenge to maintain weight through the holiday season! Prizes were donated by the YWCA of Central Massachusetts, Sneakerama, UMass Memorial Center for Health & Fitness, New England Backpacker, and the Greendale Y. Step Ahead thanks these generous local organizations, and everyone who took part in the challenge.

These local businesses offer healthy discounts to all UMass employees:

Sneakerama, Lake Avenue South

World Gym at White City and in the Greendale Mall

What makes us eat more?

Why do people overeat? We know that people often eat for reasons that are not related to actual hunger. Your body may tell you it is hungry when it does not actually need food, or you may continue to eat after your appetite is satisfied. This makes it very easy to overeat. Read on to learn about a few of the cues or signals to eating that have been studied, and some ways to use this research to help you control overeating.

Time of day -- Our work and home routines train our bodies to feel hungry at the specific times of the day when we usually eat. This can lead to overeating if we add a meal or snack between our usual meals, or if one meal is especially large or eaten later than usual. If this happens to you, try having a very light meal at the regular time, such as half a turkey sandwich on whole wheat bread. Skipping meals is not recommended.

Variety – If more choices are available, we tend to eat a good deal more than if there are fewer choices. In one study, people were given bowls of M&M's with either seven or ten colors. People given bowls with ten colors ate on average 43 more M&M's

than people whose bowls had only seven colors. This tendency might affect you when you have a lot of food choices, like choosing food from a buffet or right after grocery shopping, so have a plan. At a buffet or party, look over all of the choices available first, before you put anything on your plate. Then, select two to four items you really want to try, and take only a very small portion of each. At home, try to increase the variety of healthy foods available and reduce the number of choices of sugary or high fat foods.

Air temperature – We tend to be less hungry on hot days and hungrier on chilly and cold ones. In cooler temperatures, we eat more calories to keep our bodies warm and our digestion speeds up, so we feel hungry sooner. People who run restaurants know this fact about our biology and often keep their thermostats low and the temperature cooler to entice you to eat more! Plan ahead and bring a sweater or jacket for the cooler temperature of the restaurant, no matter what the season.

References: The Science of Appetite, Time Magazine June 11, 2007. [Mindless Eating](#) by Brian Wansink, PhD. Bantam Books, 2006.

Recipe of the Week

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

Artichoke-Scallion Dip with Herbs
Makes 1 cup

1 can (14oz.) artichoke hearts packed in water, drained well
2 scallions (green onions), thinly sliced
Lemon juice (to taste)
½ teaspoon dried thyme
½ teaspoon dried basil
2 Tablespoons low fat mayonnaise
2 Tablespoons nonfat plain yogurt (or sour cream)
1- 2 teaspoons spicy mustard
Salt to taste

- In a food processor or blender, puree all of the ingredients until smooth and creamy. Spoon the mixture into a serving dish. Chill for at least 1 hour before serving. Garnish with parsley. (Can be made 1 day in advance).

Nutritional Information (per tablespoon):

Calories: 32
Total Fat: 0g
Saturated fat: 0g
Carbohydrate: 6g
Fiber: 2g
Protein: 2g

Recipe adapted from *AICR*

Tip of the Week

Going to a local diner? Order an omelet made with three egg whites and no yolks. This dish packs a lot of protein; for more nutrients and extra flavor, order with lots of diced veggies. Skip the cheese or ask them to use a very small amount. Instead of home fries, choose a fruit cup. Adapted from *prevention.com*.