

The TOPS Reminder

A newsletter for Western Massachusetts Counties

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us

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NEW CHAPTER IN SOUTHAMPTON.

Wednesday at 10 am at the senior center. Please announce to your chapter. This group is for members 50 years old plus.

Reinstated KOPS

Joyce Harrop 0415 Chicopee
Nancy Lefrance 0229 North Adams

Chapter Visits

0229 North Adams
0451 Pittsfield

**Millie Lonergan - TOPS MA411
CHAPTER ANGEL AWARD -
2013/14.**



It's time to recognize and honor a member of our chapter who has gone the extra TOPS mile. It's the time to pay special tribute to that member who has shown through words and actions that TOPS is important in her life and tries to make their chapter successful. "For her weekly words to keep us on track", "When I am gaining weight, she

helps me do better", "Very helpful", "Always gives us help"
By Sharon

The Low Down on Goat Cheese

Lower in Fat and Calories

When it comes to fat and calories, goat cheese has the advantage over cheese made from cow's milk. Goat cheese clocks in at eighty calories and six grams of fat per ounce, compared to cow's milk cheese, which generally has around 100 calories and 10 g of fat per ounce. This means goat cheese is the better choice for staying fit and thin.

Metabolism-Boosting

Diets higher in calcium have been proven to assist the body's burning of fat after meals. The need for hormone release to maintain calcium levels is banished, which correlates with a higher rate of fat oxidation.

Higher in Protein

There are five grams of protein in a single ounce of goat cheese! Goat's milk is a good source of low-cost high-quality protein, providing 8.7 grams of protein (17.4% of the daily value for protein) in one cup

versus cow's milk, which provides 8.1 grams.

Higher in Calcium

The amount of calcium in goat cheese can vary from around forty grams in soft cheese up to 240 grams in hard goat cheese. This clocks in slightly higher than cow's milk cheese, which has about 200 grams in the hard version. Lower in calories and higher in the good stuff? We like it.

What does calcium do, anyway?

- maintains the strength and density of bones.
- helps to protect colon cells from cancer-causing chemicals
- helps prevent migraine headaches
- reduces PMS symptoms during the second half of the cycle
- helps protect against breast cancer (Women with the highest average dairy intake had a 45% lower risk of developing breast cancer than women with the lowest average intake. When only pre-menopausal women were considered, benefits were even greater; those with the highest average dairy intake had a

65% reduction in breast cancer risk)

- plays a role in vital body functions, like blood clotting, nerve conduction, muscle contraction, regulation of enzyme activity, cell membrane function and blood pressure regulation.

Calcium is vital to these activities, so when dietary intake of calcium is too low to maintain adequate blood levels of calcium, calcium stores are drawn out of the bones to maintain normal blood concentrations. And calcium from dairy foods is more effective than that gained from a supplement, according to a study by the American Journal of Clinical Nutrition.

Great Source for a Variety of Other Nutrients

Goat's milk and goats milk cheese are great sources of a number of important nutrients and vitamins:

- the amino acid tryptophan
- phosphorus
- riboflavin or vitamin B2 (which plays important roles in the body's energy production)
- potassium (which helps prevent high blood pressure and protects against arteriosclerosis)
- goat's milk contains 25 percent more vitamin B-6 than cow's

- vitamin A is 47% higher in goat's milk, too!
- three times as much niacin. It is also four times higher in copper.
- Goat's milk also contains 27 percent more of the antioxidant selenium than cow's milk.

It's Easier to Digest

People who are lactose intolerant (about a quarter of the American population!) are sometimes able to tolerate goat cheese even if they have problems digesting cheese made from cow's milk. The levels of lactose are similar, but the fat molecules in goat cheese are shorter, making them more digestible. Even people who don't have a lactose intolerance will find that goat cheese appears to be more easily digested than conventional dairy products.

Part of Dr. Oz's "Blue Zone" Diets

Sardinia, a Mediterranean island 120 miles off the coast of Italy, is a blue zone, an area with a high rate of healthy citizens.

Sardinians drink goat's milk, which is high in calcium and good for your heart. "Plus, researchers believe it could protect against Alzheimer's and heart disease," Dr. Oz says.

Not only is goat's milk healthy, it's easier for your stomach to digest and is also good for people who are lactose intolerant. "It has tryptophan, that same sort of mellowing agent that turkey has," Dr. Oz says. "The fat particles in

goat milk are much smaller than in cow milk, so you don't have to mix it up. And when you mix up fat globules, in some people it makes enzymes that irritate your stomach." Goat's milk is available in most grocery store dairy departments, just look for it in a smaller size than a gallon. (Source: <http://www.oprah.com/health/The-Secrets-of-the-Blue-Zones/8>)

All Good, All Natural

Our goat cheese has no additives, preservatives, or bovine growth hormones that can be found in cow's milk cheeses.

Contains Probiotics

Goat cheeses contain moderate levels of probiotics, the "good" bacteria that aid gastrointestinal health in the human body. Just what do probiotics do?

- help melt postpartum belly fat
- build elderly immune systems by tackling the age-related deterioration of the immune system.
- they enhance immune system response
- reduce negative affects of taking many types of antibiotics
- aid in preventing and treating colon inflammation following surgery
- help to prevent eczema in youth
- increase ability to digest food

- are therapeutic for viral respiratory tract infections by enhancing the overall immune system
- reduce lactose intolerance
- reduce incidence of yeast infection, vaginitis and candidiasis
- increase ability to assimilate the nutrients from food
- alleviate many common digestive disorders such as constipation, diarrhea and IBS
- act as a treatment for halitosis (bad breath)
- increase ability to synthesize vitamin B
- increase ability to absorb calcium
- promote anti-tumor and anti-cancer activity in the body

History of Goat Cheese

Worldwide, more people drink goat's milk than cow's milk. Goats have played a role in food culture since time immemorial with ancient cave paintings showing the hunting of goats. They are also one of the oldest domesticated animals since the herding of goats is thought to have evolved about 10,000 years ago in the mountains of Iran.

Goat milk and the cheese made from it were revered in ancient Egypt with some pharaohs supposedly having these foods placed among the other treasures in

their burial chambers. Goat milk was also widely consumed by the ancient Greeks and Romans. Goat milk has remained popular throughout history and still is consumed on a more extensive basis worldwide than cow's milk.

From Linda Laflame 383 Easthampton

8 Fun Facts About Cantaloupe

It's cantaloupe harvest season! [The Humble Gardener](#) is celebrating by bringing you a few fun facts about these sweet, fragrant melons. Grab yourself a napkin and take a bite out of a juicy slice of cantaloupe... here's wishing you a great harvest!



1. **They aren't really "cantaloupe".** The melon that's most widely recognized as cantaloupe in the U.S. is actually a "reticulated muskmelon." This North American muskmelon is distinguished by its netted skin and strong scent. Its European counterpart-- the true
2. **Cantaloupe derives its name from the town of Cantalupo, Italy,** where cantaloupe seeds arrived from Armenia and were planted in the Papal Gardens in the 16th century.
3. **It has plenty of relatives!** Cantaloupe are members of a vine-crop family known as *Cucurbitaceae*, which includes other melons, squash, cucumbers, pumpkins, and gourds.
4. **Its past is mysterious.** No one seems able to pin-point exactly where cantaloupe first showed up. Some historians trace the origins of the muskmelon to Biblical times in Egypt and Greece. Others point to Persia. According to the [University of Illinois](#), the oldest illustrated reference to a cantaloupe dates back to 2400 B.C. in Egypt. Ancient records from Greece also make mention of the cantaloupe. We can thank Christopher Columbus for bringing along some muskmelon seeds on his voyage to the Americas, spreading cantaloupe cultivation to our side of the pond.
5. **Low-calorie goodness!** An average-sized cantaloupe

cantaloupe-- has ribbed pale green skin and looks very different from our cantaloupe. For the purposes of this list, we'll continue to refer to the muskmelon as a cantaloupe...

contains just 100 calories. Who knew something so sweet could be good for you?

6. **Cantaloupe tell you when they're ripe.** The vine will naturally slip from the fruit when it's harvest time. You'll also notice the skin will turn creamy-beige under the "netted" pattern on the melon.
7. **Cantaloupe are the most popular melon in the United States!**
8. **Full of nutrients.** Cantaloupe is packed with Vitamin A and antioxidants such as beta-carotene, lutein, zeaxanthin and cryptoxanthin. That means protection against colon, prostate, breast, endometrial, lung, and pancreatic cancers.

From Linda Laflame 383 Easthampton

Water Babies Contest

- 15 members participated, drinking a total of 3,165 glasses of water during the month of July! This averaged out to 7 glasses per day, per member. Our winner was **Elaine Bowler** with 329 – 8 oz glasses! Her prize was a spruce scent candle from Yankee Candle.

Congratulations Elaine!



By Johannah Sakimura

4 Reasons to Eat Quinoa

If you've been hearing more about quinoa lately, it's not a surprise. Considered a "super food," quinoa, (pronounced KEEN-wah) is a relative of beets, spinach and Swiss chard, but its seeds resemble couscous and are prepared and eaten in much the same way. Available in light brown, red and even black varieties, quinoa is light yet filling and has a mellow flavor.

Quinoa is:

1. High in magnesium - magnesium helps relax blood vessels, which may result in fewer headaches for [migraine sufferers](#) and decreased risk of hypertension and stroke.
2. A good source of manganese, iron, copper, phosphorous, vitamin B2 and other essential minerals.
3. The richest source of protein of any grain. It is especially high in lysine, an amino acid that is typically low in other grains. Quinoa's protein is

complete, containing all nine essential amino acids - a rarity in the plant kingdom.

4. Gluten-free and easy to digest.



Once available only in health food stores, quinoa is becoming more mainstream by the day and is easily found in major grocery stores as well.

Remember

With baby steps you can climb any mountain to your goal!



Remember I Care, Terri