

The TOPS Reminder

A newsletter for Western Massachusetts Counties

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October 2013

Chapter MA 0451 Pittsfield had a vegetable contest at their yearly picnic. What a wonderful time they had. They all had great imagination.



Funniest



Childish



Most Creative



Most Masculine



Most Dollar Storish



Most Elaborate



Most Feminine



Most Professional



Most Serious



Silliest

How to Survive the Holidays?

One Bite at a Time

By [michelle_may_md](#) on Oct 17, 2013
10:00 AM in [Healthy Eating](#)

October through December can be a minefield of challenges for those who struggle with the eat-repent-repeat cycle. Food is everywhere; from your television to your

child's trick-or-treat stash. The constant exposure may eventually lead to cravings, overeating, holiday buffet-hangovers, guilt, and vows to do better tomorrow—or on January 2nd.

The best strategy is to eat what you love fearlessly. While that may sound counter-intuitive, studies have shown that labeling the foods you love as forbidden can actually increase their power over you.

When you think of the foods you love as "bad," you may feel guilty for even wanting them, and deprived because you're not supposed to eat them. As a result, you may yourself visit the break room in search of holiday treats.

Eat What You Love, Love What You Eat

Banish the special occasion mentality. You'll be less tempted to overeat during the holidays if you stop depriving yourself the rest of the year. It takes the "special occasion" mentality out of the equation.

Minimize your exposure. Wait until the last minute to buy or prepare holiday goodies. Make only what you really think you'll need for parties and gifts. Resist the temptation to dump the leftovers in the break room at work. Not only will that decrease your own exposure, but your co-workers' exposure too.

Remember, it's not your food.

All too often we eat whatever shows up—from cookies in the break room to samples in the grocery store. But you didn't choose to put it there so don't mindlessly put it in your mouth!

Save room for dessert. If you're going to eat holiday treats and

desserts (you know you are!), then adjust for it. After all, does it really make sense to have to eat all your dinner to earn the right to eat more food?

Ask, "Am I hungry?" Whenever you feel like reaching for a treat, pause to check in. Sometimes, "I want chocolate" really means, "I want a break," "I want a reward," or "I want to scream." What else could you do to meet those needs better?

Try the Four Really Test.

Another question to ask yourself is, "Do I really, really, really, really want it?" If the answer is yes, choose your favorite and enjoy it without distractions or guilt.

Love what you eat. If you love your favorite holiday foods that much, act like it! Enjoy your snack or meal mindfully without distractions. Savor the appearance, aromas, textures, and flavors. Put your fork down to focus on the bite in your mouth instead of immediately loading the next bite.

Just right! A couple of mindful bites of fabulous food is much better than a plate full of so-so. Since those first few bites are always the best, think before you dive in for more.

Eat fearlessly without guilt. We all know that guilt leads to *more* eating, not less. When you make a conscious decision to eat a treat, enjoy the experience fully, then let it go.

Don't torture yourself with exercise. Being physically active feels good, relieves stress, and provides numerous benefits for

your health. Don't turn exercise into punishment for eating.

Pass it on. The holidays are a great time to teach your kids how to enjoy a variety of foods as part of a healthy and active lifestyle. Through observation, they learn that it is possible to balance eating for nourishment with eating for enjoyment.

Get together after dinner for Dessert and make it low calorie .Last year I made low calorie desserts and no one knew the difference

During the Holidays when there is more than one house to stop at arrange before with them that you can have breakfast at one place , lunch at another and dessert at some else's'. You get to see everybody and share with their traditions.

Last don't make the food the Major emphasis for the holiday. Make sugar cookies during the summer make turkey when it goes on sale. Try making a French meat pie, if we make these foods when it's not a Holiday you will be less apt to overeat during celebrations When invited to a friend's house Volunteer to bring a healthy snack.

New CHAPTER

Welcome chapter 499
Southampton Meetings held
Wednesday morning 10 am at the
Council of Aging . Please let your
friends know they only have 3
members

In Memory of Patricia M. Kellogg

(78), died Wednesday, October 2, 2013 at home. She suffered a stroke over the summer along with cancer complications. She was born in Westfield on May 27, 1935 to the late Stephen and Julia (Mienz) Hish. She was a lifelong resident of Westfield, attended local schools and was a graduate of Westfield High School. She was a Dental Hygienist for Dr. Gintowt for many years.

Patricia was a very active and social member of TOPS MA411 since May 2000! She was always ready to help out and support our club. She ran our 3 on the spot game and was one of the auditors for many years. She achieved her weight loss goal this past summer, although she opted not to become a KOPS.

She was also a member of the Noodlers at the Westfield Boys and Girls Club, and a parishioner of Holy Trinity Church. She enjoyed crocheting and her most enjoyment came from spending time with her family.



Treadmill for Sale

Weslo Cadence 850, asking \$50 or best offer.

Give me a call or email me and I'll get you in touch with the owner



Halloween Treats: Be Scared. Be Very, Very Scared!

by [Kristin Kirkpatrick, MS, RD, LD](#)
Let's face it, as a kid the best thing about Halloween (after dressing up) is the candy. For one evening a year, children prowl around their neighborhoods looking for something sweet to put in their pillowcases or plastic pumpkins, and we adults gladly oblige. Perhaps, in an effort to make our home the coolest house on the block, we even purchase the "best" candy — you know, the chocolate ones, the king-sized candy bars. And we want to be prepared, so we may even purchase the candy several weeks in advance of Halloween. We tell ourselves that this early buying is necessary so that the best candy isn't sold out closer to Halloween. And of course there are so many coupons available! The truth is, buying candy weeks before Halloween gives us an excuse to have all those unhealthy treats around the house. And what parent or festive

neighbor hasn't sneaked in a few candy bars prior to Halloween?

If you aren't frightened by the thought of all that tempting candy in your house, try reading the labels. Did you know that 15 popular candy bar brands contain 21 grams of sugar each? I put together an outline of what a typical stash of Halloween candy might look like after a night of trick-or-treating, and the results will scare you. This list, which may dwarf what is actually in the average child's Halloween bag (and does not include any full-sized candy bars), adds up to nearly 1200 calories, 177 grams of sugar and 32 grams of fat. Oh my!

Halloween Treat Tally

Candy	Calories	Sugar	Fat
Chocolate mints	80	14	1
Candy-coated chocolate	73	9	3.3
6 mini lollipops	100	18	0
2 mini candy bars	84	8	3
2 chocolate rolls	100	15	1
3 big gummies	90	18	0
Mini marshmallow chocolate bar	63	10	2
Rock candy	100	24	0
Mini nut and caramel bar	72	7	3.7
Fun-sized chocolate bar	80	8	3
1 peanut butter cup	105	10	6.5
2 mini peanut	80	10	5

butter cups			
10 chocolate-covered malt balls	100	14	4
13 candy corns	70	12	0

TOTAL: 1,197 calories; 177 grams of sugar; 32.5 grams of fat

Consuming the candy on this list has the makings of an epic sugar rush. And if your child is diabetic or has celiac disease, this scary situation can be downright stressful. But don't despair, there are still ways to make Halloween fun for all kids and adults.

Let's start with the basics. The American Heart Association recommends that most American women have no more than 100 calories per day from added sugars; for American men, it's no more than 150 calories per day from added sugars. To give you an idea of what that means, a typical full-sized candy bar can contain up to 21 grams of sugar. This is problematic because several studies have shown that excess sugar in the diet contributes to increased risk of developing heart disease and diabetes, increased triglycerides, weight gain and malnutrition. Halloween candy is also chock-full of saturated and trans fats, both of which are linked to increased risk of heart attack and stroke. So what can you do to limit consumption of sugar and fat on Halloween night?

First, keep the candy out of the house for as long as possible. That means you should buy your "pass-out" candy on Halloween and avoid purchasing varieties that you know you or your kids love.

Having extras of your favorite candy lying around won't help anyone. Better yet, pass out non-candy options. No, you don't have to be "that house" passing out pennies or pencils, all the while worrying about post-Halloween adolescent retaliation, but you can buy some cool items that kids will love. Consider stickers, jelly bracelets, fake teeth, jump ropes or bouncing eyeballs.

Second, on Halloween night, as soon as your child dumps his mountain of candy onto the table, have him choose the ones he wants to eat and portion off the rest for another time. This allows your child to still experience the fun and memories of Halloween night, but in a portion-controlled way. The remaining candy can be enjoyed in a variety of ways. You can allow your child one piece of candy after dinner a few days a week (if it's a regular-sized candy bar, cut it in half) or you can establish a "buy back" program where your child can earn small amounts of age-appropriate money, gifts, experiences or privileges for every piece of candy he or she "sells" back to you. Now, that doesn't mean you can eat the candy they sell back, so if you're tempted, try a different plan!

For kids that cannot tolerate gluten (a protein found in wheat, barley and rye), or who have celiac disease, Halloween can be even more challenging. I tell my parents of gluten-free kids to familiarize themselves with gluten-free candy options. Keep in mind, however, that face paints and other dress-up materials may contain traces of gluten in the product as well. Parents should also consider that some candy, although gluten-free,

may have been manufactured in a factory that produces gluten products.

For diabetic kids, Halloween can be extremely dangerous. After all, the first ingredient in about 90 percent of Halloween candy is sugar. Consuming tons of candy on Halloween means your little one is getting more sugar and carbohydrate than she can handle. First, learn the carbohydrate content of your child's candy and how it fits into her meal plan for the day. The American Diabetes Association has a fabulous list outlining the carbohydrate content of popular Halloween candies to help get you started. Allow an appropriate amount of candy that fits with your child's diabetic meal planning and swap the remaining candy for fun non-food options that will excite your child. Sugar-free candy options may offer you another choice, but most are made with sugar alcohols such as maltitol and sorbitol. Since sugar alcohols are non-digestible, excess amounts may lead to diarrhea, so limit consumption of these to avoid gastric distress (and a horrible Halloween memory for your little one).

And if you're up for it, another option is to host a Halloween party for your child and his friends. That way, you can make Halloween memorable with spooky games, art projects and toys and focus less on all that candy!

Halloween can be a blast for children and adults. Just be sure to make smart, thoughtful, and healthy choices for you and your children so that the day stays safe and fun!

Terri's Suggestions

Have a small salad before you go to a party so you won't be so hungry.

When passing out candy have a bottle of water with you so you won't eat candy.

Instead of candy, pass out Halloween pencils or if your Children or grandchildren can purchase books from school. I paid .50 each when I was a teacher.

NEW KOPS CONGRATULATIONS

I proud to announce that Amy Garron from MA 0211 Chicopee has become a KOPS. This was the second time back to TOPS she had to leave due to family responsibilities. She always enjoyed our group but family needs to come first. When Amy came back to the chapter she had kept off the 10 pounds before leaving. AMY is what you call a real TOPS person she will step in whenever the leader needed her to help out, she even became the co-leader.



Amy's program was consistent but never to the extreme. Amy exercised 30 min, a day and will change things around if necessary. Amy had a goal to reach KOPS in 18 weeks and she did that and had consistency for Fall Rally. She has a goal to reach 50 pounds loss by Dec 18th I believe she'll do it or try her best. I was talking to Amy and she told me "I get support from helping others that care and want to lose weight" Thanks for coming back to TOPS. She is what TOPS is about We were supposed to hear her story at Fall Rally but Ron changed his mind. Maybe I can get her to tell her story at a workshop.

Chapter Visits

Westfield 0411
Southampton 499

Remember

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



**Remember I Care,
Terri**