

The TOPS Reminder

A newsletter for Western Massachusetts Counties

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8 Reasons the French are Slim

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For years, scientists on both sides of the Atlantic have been trying to unravel the "French paradox" - the finding that despite a high-fat diet, the French appear to have a lower rate of heart attacks (as well as a lower rate of obesity) than other Western countries, particularly the United States. One major reason: nutrition researchers now feel that sugar, flour and oxidized vegetable oil (such as soybean oil used in processed foods and for deep-frying), and not natural saturated fats such as butter or lard, are the major drivers of obesity and heart disease in the U.S.

There may also be other reasons for this paradox. These eight tactics are the norm in the typical French diet - consider changing your approach toward eating by adopting these strategies and see if it makes a difference in your life:

1. Eat smaller portions.
2. Avoid snacking, and eat only at mealtimes.
3. Eat a wide variety of food.
4. Don't skip meals.
5. Enjoy your food and focus on dishes made from fresh,

locally grown, quality ingredients.

6. Stick to your internal cues. When you no longer feel hungry, stop eating.
7. Eat less sugar. The French eat less than half as much added sugar as do Americans.
8. Eat meals with family and friends so that eating becomes a pleasurable experience as opposed to something to "fit into" a schedule or feel guilty about.



I put this in my Newsletter to give members more information about Diane's discussion at Fall Rally. A good program our chapter did is read a book called "Why French woman don't get Fat"

Cucumber-Lime

Agua Fresco

- serves 8 (16 cal)
- 1 lb Cucumber, cut into large chunks
- 1/3 cup fresh Lime Juice
- 3 tblsp Sugar (or Splenda to taste)
- 1/8 tsp Salt
- 4 cups Cold Water

Combine in a blender until smooth.

Pour mixture through a strainer into a pitcher, forcing through most of the pulp.

Chill at least 30 minutes before serving.

The recipe says to discard the pulp, but I've found it pretty tasty if you refrigerate it and have it once it gets cold.

- From Sharon Marks
Chapter 0411 Westfield

New KOPS

Ruth Lucille Paquette
MA 395 Greenfield



CONGRATULATIONS!!!!!!

Cranberry-Orange Relish



From Linda 383 Easthampton

This lively cranberry-orange relish adds zing to roast turkey or a ham sandwich. Add it to your Thanksgiving table for a fresh and colorful side.

Amount per serving

Calories: 23

Calories from fat: 16%

Fat: 0.4g

Saturated fat: 0.0g

Monounsaturated fat: 0.1g

Polyunsaturated fat: 0.3g

Protein: 0.3g

Carbohydrate: 4.7g

Fiber: 0.4g

Cholesterol: 0.0mg

Iron: 0.0mg

Sodium: 0.0mg

Calcium: 4mg

Ingredients

1 1/2 cups fresh cranberries

1 small thin-skinned Valencia orange, quartered and seeded

1/2 cup sugar (CAN SUBSTITUTE FOR SPLENDA)

3 tablespoons chopped walnuts

1 tablespoon Grand Marnier or other orange-flavored liqueur (optional)

Preparation

Combine cranberries and orange in a food processor, and pulse 5 times or until chopped. Combine cranberry mixture, sugar, walnuts, and Grand Marnier in a bowl, and let stand at least 30 minutes before serving. Cover and store in refrigerator for up to 2 weeks.

Cooking Light

DECEMBER 1998

When I was a teacher I would make cranberry sauce, pumpkin bread with applesauce as well as cranberry bread the same way; lots of fun for grandchildren to experience with a relative.

How to Eat Breakfast like a King for Weight Loss

By Carolyn Richardson

Aug 22, 2013

Healthy Eating



If you're a big breakfast eater, rejoice. Daily caloric intake being equal, a new study says you'd win the weight loss war vs. a big dinner eater. The findings aren't a surprise as we've all heard for years that we should eat breakfast like a king, but just how we go about eating a bigger breakfast (and a smaller dinner) is what's more important. If you've never quite

mastered eating a bigger breakfast, and cutting down at dinner time, here are some strategies to get you started:

Study Results for Big Breakfasts vs. Big Dinners

Participants were given a total of 1400 calories a day and the only difference between the two groups were when they ate the most calories.

The big breakfast group lost more than twice as much weight as the big dinner eaters, and they also lost more inches off their waist.

Their cholesterol and insulin levels improved significantly while big dinner eaters stats got worse

Big breakfast eaters were less hungry, and showed less of the hunger hormone ghrelin than big dinner eaters.

What to Eat

A 700-calorie breakfast just doesn't seem like a good choice going simply by the numbers, but as long as those calories are balanced with healthy fats, carbs, and protein, it'll serve its purpose of helping you stay full throughout the day. An Italian study of over 18,000 cohorts found those with a "higher" breakfast consumption of typical Italian breakfast foods such as "milk, coffee, tea, yogurt, crispbread/rusks, breakfast cereals, brioche, biscuits, honey, sugar and jam" were less likely to have a high body mass index, and abdominal obesity. Clearly biscuits and jam aren't the healthiest breakfast choices, but the protein and fat from eggs, milk and yogurt, whole grains from breakfast cereals and breads, aren't so bad.

Round this out with some fiber-rich fruit and vegetables and you've got a well-rounded breakfast. If you're more of a breakfast drinker than an eater, a protein shake or a hearty smoothie will do.

Where to Eat

One of the biggest barriers to eating breakfast according to an IFIC survey is not feeling hungry upon waking. The second biggest barrier, not enough time in the morning. You may have to change where you eat breakfast to eat breakfast inside the 1 to 2 hour-window after waking that's generally recommended. If you're not hungry or rushing out the door, (or both) you can shift your breakfast time to when you arrive at work. If you have to have fruit and vegetables delivered to your job, store milk, whole grain bagels, eggs, almond butter, bread, and bran muffins in the staff lounge, go for it. It may be easier to leave the house 15 minutes earlier than it is try to cook and eat at home before you leave. If you'd rather not eat at work for breakfast and lunch, find a spot near your job that offers up breakfast staples and make that a go-to place a few times a week. Invest in work-friendly kitchenware like a single burner, toaster oven, and mini-egg frying pan. Share responsibility with co-workers for bringing certain items each week to keep the breakfast train going.

Prepping the Breakfast Menu

In my unscientific opinion, our brains just don't work as well in the morning as they do as the day goes on, so even if you have all the goods, trying to

figure out what to cook is too much to deal with. Don't obsess about what to eat for breakfast, just try and make it happen and stay within your meal calorie guidelines. This means compiling 5 or so go-to breakfasts and making sure you keep all the ingredients for those meals on hand. Use a dry erase board on the refrigerator to remind you of possible breakfast choices and use the board to remind you what you're running out of as the week goes on. This way you don't have to commit to a specific breakfast each morning, but you know the possibilities at a glance and can get right to it. As you master the dry erase board, you may choose your breakfast the night before and set out all the ingredients you need, so that when you wake, you can get it done faster than if you had to give it more thought.

Eating a Smaller Dinner

After re-configuring your breakfast eating habits, to get the weight loss results you seek, you'll have to cut calories at dinner time. The study participants that ate 700-calorie breakfasts, ate 200-calorie dinners. The easiest way to do this is to focus on lean protein and plants for dinner. High-calorie items such as sugar-sweetened beverages, breads (even if they're whole grain), cheese, and desserts are hard to incorporate in such a low-calorie dinner. A 3 oz. serving of most lean meats will run you around 150 calories and a double-serving of vegetables shouldn't be more than 50 calories or so depending on how it's prepared. After dinner,

skip the snack before bed time. Sleep on it and save room for break.

Make me Laugh

Somewhat skeptical of his son's new found determination to become Charles Atlas, the father nevertheless followed the teenager over to the weight-lifting department, admiring a set of weights.

"Please, Dad," pleaded the boy, "I promise I'll use 'em every day."

"I don't know, Michael. It's really a commitment on your part," the father pointed out.

"Please, Dad?" the boy continued.

"They're not cheap either," the father came back.

"I'll use 'em Dad, I promise. You'll see."

Finally won over, the father paid for the equipment and headed for the door.

From the corner of the store he heard his son yelp, "What! You mean I have to carry them to the car?"

4 Reasons to Eat Winter Squash

Published: 11/16/2013

A delicious and versatile meal option for the colder months, winter squash comes in many varieties, all with a hard shell and mild-tasting flesh. Some common varieties of winter squash include butternut, acorn, Hubbard and pumpkin. No matter what variety you choose, you will be getting plenty of healthful nutrients, as winter squash:

1. Is an excellent source of vitamins A and C

2. Provides good amounts of potassium, dietary fiber and folate
3. Has antioxidant and anti-inflammatory benefits
4. Has been associated with lowered risk of a variety of diseases, including benign prostatic hyperplasia, lung cancer, atherosclerosis, diabetes-related health issues, and inflammatory disorders such as rheumatoid arthritis, asthma, and osteoarthritis

While they can be stored for up to six months, winter squash will eventually decay - choose ones with a heavy and firm feel and dull rinds that are uniformly hard. Talk with your local grocer or search online for different ways to cook squash and what each variety offers, as each type has its own unique taste and texture.

Try winter squash in the Roasted Winter Squash & Apple Soup recipe!

Find out which vitamins are right for you. Everyone's dietary needs are different based on a number of factors including lifestyle, diet, medications and more. To find out what vitamins you need, take Dr. Weil's Vitamin Advisor. This 4-step questionnaire requires just minutes to complete, and generates a free, no-obligation vitamin and nutritional supplement recommendation that is personalized to meet your unique nutritional needs.
<https://www.drweilvitaminadvisor.com/drw/ecs/Va2/home.html>



Westfield 411 Poker Contest

If a TOPS had a "loss" or "Turtle" for the week's Weigh-In. They could draw a card. For KOPS they had to "Go Below" Goal or "Maintain" to draw.

At the end of 8 weeks players had to make their best poker hand. Our winner was Mary Hall with a full house (3 tens & 2 Queens). Her prize was the book "Eat This, Not That".



Finalists in the Poker game with 5 or more cards were: Bill Carroll, Betty Begley, Debbie Pelletier, Mary Hall (winner), Elaine Bowler, Christy Giles & Betty Sikes!



MA 0211CHICOPEE

Tina Bardzik was a member of our chapter a few years ago. She needed to leave to take care of her family. Her grandson Nickolas graduated high school and wanted to serve his country but his mother made him go to HCC for 2 years before he enlisted in the Army. He has been in Germany and is now in Afghanistan. At present he is a Corporal but soon he will reenlist to become a Sergeant.



Our 10 members each brought supplies for Nickolas and his unit. Dr. Peterson, my dentist of Valley Dental donated packet of toothbrushes, toothpaste and dental floss.

Remember

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



Terri