

# The TOPS Reminder

A newsletter for Western Massachusetts Counties

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I can't believe its 2014, let this year be our year. In life there are many ups and downs and zig zags in our lives. Just like exercise, journaling, measuring your food portion control but mostly always educate you, and be open minded. Each week your TOPS meetings are a tool, as one of my leaders told me we can't make you lose. But, we want to build your self-image so YOU can help yourself become the person you want to be .If someone offers you something you don't want or suggests a restaurant that is not good for you, ask to take turns picking restaurants and just say "No thank you "if you choose.

## Resume Workshop

I want to thank the leaders and weight recorders that gave part of their Saturday to get together. It was nice to see new faces there. We are all volunteers from the Area Captain to the chapter board so when you give up part of a Saturday, it's appreciated. I called, wrote on face book,

and emailed please respond to my attempts to get in touch

## My 2014 for myself and at TOPS

My goal for TOPS is to start a KOPS Honor Society. I have 2 members that are very interested about being on the board. The problem is covering the four counties where do we meet? I'm going to visit one of the others to see how they are run. One thing we don't want to meet at a restaurant except for the holiday meeting.

My goal for this coming year is to put me first and not let what people say influence me in a negative way. Area Captains and leaders need help as much as everybody else, sometimes my leaders tell me this.

They say not to make a resolution to lose weight because it will set you up for failure but I've had 2 years of gains. My goal is to not gain but I would like to lose 24 pounds. **I am worth it!!!**

## CONGRATULATIONS

### MA 0395 Greenfield

Kathy Porrovecchio, Leader  
What a year, I'm so excited and proud of the chapter. You might hear how well they did at SRD, defiantly after. This chapter has 35 members, just this year 8 new members joined. This chapter meets on Wednesday; Kathy makes sure with her board that a contest is in progress to motivate the chapter. When Kathy took over she made a dart like circle with 10 smaller circles representing 1lb each. Her goal was for each TOPS member to lose 10lbs. The KOPS were happy to encourage and support them because that's what a KOPS is suppose to do. The members that reached the 10 lbs will receive a 10 lb loss Pinnate. The KOPS are not forgotten there are 13 KOPS; Eunice Stanley and Margo Worden just became reinstated, and 2 new KOPS. The KOPS are Betty Howe and Lucille Paquette. The KOPS have a special meeting the last week of the month before the chapter

meeting begins, they call it  
“The KOPS Korner”

Congratulation to Janice  
Peters for reaching your  
personal goal!!!

I’m happy and proud of you  
for not giving up😊

Congratulations to Julie  
Cardaropoli for a **SUPER  
DUPER YEAR!**

I’m proud of your hard work!  
December 18th a no GAIN  
meeting 😊

MA 0395 Greenfield you are  
What TOPS should be!!!!!!

## **Why Fruits and Vegetables Are Vital**

Eating a diet rich in fruits and  
vegetables is important for  
good health. Find out why  
experts say Mother Nature's  
bounty packs better nutrients  
than supplements.

By Melanie Winderlich

Medically reviewed by Pat F.  
Bass III, MD, MPH

If we are what we eat, then  
many of us must be tripping  
all over the place due to a  
lack of balance. That's  
because the average  
American eats about three  
servings of fruits and  
vegetables per day — a stark  
contrast to the Department of  
Health and Human Services  
(HHS) and the U.S.

Department of Agriculture's  
(USDA) new guidelines  
stating that we should be  
eating 5 to 13 servings of

nature's best, depending on  
the number of calories you  
need.

So if we want to grow to be  
strong like Popeye, why can't  
we just down some  
supplements instead of  
devouring a pile of spinach?  
Nutrients in fresh fruits and  
vegetables work together.

Kristine Wallerius Cuthrell,  
MPH, RD, a research  
nutritionist and senior project  
coordinator for Hawaii Foods  
at the Center on the Family at  
University of Hawaii at  
Manoa, says that in the past  
five to 10 years, many large  
research studies have found  
that vitamin supplements  
don't provide the benefits that  
foods do. The 2005 Dietary  
Guidelines for Americans,  
created jointly between HHS  
and USDA and reviewed  
every five years, say that  
foods are the best sources of  
nutrients because they contain  
naturally occurring  
ingredients, like carotenoids  
and falconoid.

"In addition to the substances  
we are aware of, there are  
many present in fruits and  
vegetables that have yet to be  
discovered. Food and the  
nutrients they contain aren't  
consumed singly, but with  
each other. As such, they may  
act in synergistic ways to  
promote health," Cuthrell  
says. For instance, eating  
iron-rich plants, like spinach,

with an iron-absorbing  
enhancer, like the vitamin C  
in orange juice, is great for  
people who don't get enough  
iron (typically young  
women).

Fruits and vegetables may  
prevent many illnesses.  
Eating fruits and vegetables  
may reduce your risk of  
cardiovascular diseases,  
stroke, type 2 diabetes, and  
even some forms of cancer.  
The Nurses' Health Study and  
Health Professionals Follow-  
up Study examined nearly  
110,000 people over the  
course of 14 years. Part of the  
study revealed that the more  
fruits and vegetables people  
ate daily, the less chance they  
would develop cardiovascular  
diseases.

The relationship between  
fruits and vegetables and  
cancer prevention has been  
more difficult to prove.  
However, recent studies show  
that some types of produce  
are associated with lower  
rates of some types of cancer.  
For example, the World  
Cancer Research Fund and  
the American Institute for  
Cancer Research suggest that  
mouth, stomach, and  
colorectal cancers are less  
likely with high intakes of  
non-starchy foods like leafy  
greens, broccoli, and cabbage.  
Though studies have been  
mixed, lycopene, a carotenoid  
that gives tomatoes their red

color, may help stave off prostate cancer.

Fruits and vegetables are great for watching your weight. They're low in fat and calories, and loaded with fiber and water, which create a feeling of fullness. This is particularly helpful for dieters who want more filling calories. Plus, that fiber helps keep you "regular."

### **Fruits and Vegetables:**

#### **Get Your Fill**

When adding fruits and vegetables to your diet, remember that variety is the spice of life. It's important to eat produce of various colors because each fruit or vegetable offers a different nutrient — think of it as nutritional cross-training. Trying new foods can be exciting, and be sure to sample every color in the produce rainbow.

The right number of servings of fruits and vegetables for you all depends on your daily caloric intake needs. A good way to find out how many servings you should be eating is by using the CDC's online serving calculator. Or make things even simpler by eating a fruit or vegetable at every meal and snack.

Don't let season, accessibility, or cost affect your fruit- and vegetable-friendly diet. If finding fresh produce is difficult, choose frozen,

canned (low-sodium), or dried varieties. Also, 100 percent juice counts toward your servings, though it doesn't offer the full fiber of whole fruit.

The power of prevention may lie in a salad bowl or a plate of fruit. When we take advantage of produce, our bodies return the favor by reducing our risk of developing various illnesses

Increases in plasma lycopene concentration after consumption of tomatoes cooked with olive oil.

Fielding JM, Rowley KG, Cooper P, O' Dea K.

Lycopene is the main carotenoid in tomatoes and it has been hypothesised to be responsible for reducing the risk of some cancers and heart disease. The cooking of tomatoes with olive oil is a characteristic combination in the Southern Mediterranean diet. Previous studies have shown that the absorption of lycopene is greater from processed tomatoes than fresh tomatoes, since the processing breaks down the tomato cell matrix and makes the lycopene more available. The aim of the present study was to determine whether consumption of diced tomatoes cooked with olive oil resulted in higher plasma lycopene concentrations than

consumption of diced tomatoes cooked without olive oil. Plasma lycopene concentrations were measured after 5 days on a low lycopene diet and again after a five-day dietary intervention, in healthy subjects, who consumed one meal per day of tomatoes (470 g) cooked with or without extra virgin olive oil (25 ml olive oil). There was an 82% increase in plasma trans-lycopene ( $P < 0.001$ ) and a 40% in cis-lycopene ( $P = 0.002$ ) concentrations in the 11 subjects who consumed tomatoes cooked in olive oil. There was no significant change in trans-lycopene ( $P = 0.684$ ) and a 15% increase in cis-lycopene ( $P = 0.007$ ) concentrations in 12 subjects consuming tomatoes cooked without olive oil. We conclude that the addition of olive oil to diced tomatoes during cooking greatly increases the absorption of lycopene. The results highlight the importance of cuisine (i.e. how a food is prepared and consumed) in determining the bioavailability of dietary carotenoids such as lycopene. I just started using olive oil, don't like it but since I started I lost 5.25 pounds.

## Recipes to keep you

### Warm

Get out your crock pots!  
We've got two terrific new slow-cooker recipes that'll get you through the last stretch of winter. They'd also be PERFECT for any game-day celebration...

#### *Hungry Girl's Tex-Mex Chicken Stew*

Want to dig into some hearty, zesty, comfort-food goodness? One bowl of THIS stew, coming' right up!

1/8th of recipe (about 1 1/4 cups): 234 calories, 4g fat, 713mg sodium, 21g carbs, 4.5g fiber, 6g sugars, 27.5g protein -- Points Plus® value 5\*

Prep: 20 minutes  
Cook: 3 - 4 hours or 7 - 8 hours

#### Ingredients:

1 1/2 lbs. raw boneless skinless chicken breasts, halved  
1 tsp. ground cumin  
1 tsp. chili powder  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
One 15-oz. can black beans, drained and rinsed  
One 14.5-oz. can diced tomatoes, drained  
One 7-oz. can diced green chilies, drained

1 cup frozen sweet corn kernels  
1 cup chopped onion  
1 cup chopped bell pepper  
1 tsp. chopped garlic  
1/8 tsp. cayenne pepper  
4 cups reduced-sodium chicken broth  
1/2 cup light sour cream  
1/2 cup shredded reduced-fat Mexican-blend cheese  
1/2 cup chopped cilantro  
Optional seasonings: salt and black pepper

#### Directions:

Season chicken with cumin, chili powder, garlic powder, and onion powder.

Place chicken in a crock pot. Add all remaining ingredients except broth, sour cream, cheese, and cilantro. Top with broth, and stir well. Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until chicken is fully cooked.

Transfer chicken to a large bowl. Shred with two forks -- one to hold the chicken in place and the other to scrape across and shred it. Return shredded chicken to the crock pot, and stir well.

Top each serving with 1 tbsp. each sour cream, cheese, and cilantro. Enjoy!

**MAKES 8 SERVINGS**

Top each serving with 1/4 tsp. hot sauce and 1 tbsp. blue cheese crumbles. Enjoy!

#### *Cornbread-Topped Dan-Good Chili*

Cornbread with chili is one of the best comfort-food duos of all time. And THIS is one of our best chili recipes of all time. Pssst... It's named after Mr. HG himself! YAY, DAN!!!

1/8th of recipe (about 3/4 cup chili and 1 piece cornbread): 198 calories, 1.5g fat, 963mg sodium, 41g carbs, 5.5g fiber, 13.5g sugars, 6.5g protein -- PointsPlus® value 5\*

#### Ingredients:

##### Chili

One 29-oz. can tomato sauce  
1 cup peeled and chopped carrots  
1 cup chopped onion  
1 cup chopped portabella mushrooms  
1 cup chopped red bell pepper  
1 cup chopped green bell pepper  
3/4 cup frozen sweet corn kernels  
3/4 cup canned diced tomatoes with green chiles  
1/2 cup canned black beans, drained and rinsed  
1/2 cup canned red kidney beans, drained and rinsed  
1/3 cup jarred jalapeño slices, drained and chopped

1 tbsp. chili powder  
1 1/2 tsp. crushed garlic  
3/4 tsp. ground cumin

#### Cornbread

1 pouch Betty Crocker  
Authentic Cornbread &  
Muffin Mix

1/4 cup fat-free liquid egg  
substitute (like Egg Beaters  
Original)

1/4 cup no-sugar-added  
applesauce

1 tbsp. jarred jalapeño slices,  
drained and chopped

#### Directions:

Add all chili ingredients to a  
crock pot, and thoroughly stir.  
Cover and cook on high for 3  
hours or on low for 7 hours.

To make the cornbread, in a  
large bowl, combine  
cornbread mix, egg substitute,  
and applesauce. Mix well.  
Fold in chopped jalapeño.

Add cornbread mixture to the  
cooked chili in the crock pot  
in 8 evenly spaced, evenly  
sized dollops.

Cover and cook on high for  
about 30 minutes, until  
topping is fully cooked.  
Enjoy!

**MAKES 8 SERVINGS**

HG FYI: This chili packs  
some heat! For a milder chili,  
use less jalapeño.

### **Subway Is NOT always good for US!**

New Fast-Food SHOCKERS,  
Plus DIY Swaps!

Subway's Fritos Chicken  
Enchilada Melt - Subway's  
latest sandwich sounds  
mighty tempting, but a six-  
inch sub has 580 calories and  
26g fat. BOO.

Instead, toss some shredded  
(or finely chopped) skinless  
chicken breast with red  
enchilada sauce. Pile that onto  
a 100-calorie flat sandwich  
bun or light flatbread,  
sprinkle with a little shredded  
reduced-fat Mexican-blend  
cheese, and top with a small  
handful of Fritos. Much  
better!

Green Giant Baked Sweet  
Potato Fries - Because we  
don't always have time to  
make Bake-tastic Butternut  
Squash Fries, there are these  
ready-to-eat crunchy snacks.  
In Original and Lightly  
Salted, a 1-oz. serving (about  
28 fries) has 130 calories and  
4g fat (PointsPlus® value 4\*).  
Not bad!

### **Berkshire Medical Center**

725 North Street  
Pittsfield MA 01201  
Attn: Jill Greene

As everyone knows Jill had a  
major car if you would like to  
send her cards and ask you  
chapter members to do this

also I think it would make her  
feel a little better.

As of the beginning of the  
week she was taken out of  
ICU today 2/18 ,the accident  
happened December 26th.

She is now speaking and  
answering questions to  
jeopardy .Her casts on her  
hands have been taken off.

She still has a long road to  
recovery. Please, put her in  
your prayers.

Thank you

### **Reinstated KOPS**

Mildred Billings MA 0411

### **NEW KOPS**

Deborah Nicholas Pittsfield

### **Remember**

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



### **Terri**