

The TOPS Reminder

A newsletter for Western Massachusetts Counties

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WHAT IF YOUR SPOUSE CALLS YOU FAT?

Dear Mr. Manners: My husband told me last night that he thinks I've gotten fat. I'll admit that I've gained some weight but do you think a spouse should ever say that? – *Anonymous*

A: I only received strong yays and nays when I posed your question on my [Facebook](#) page. Fully half the comments gave two snaps to your husband for, as this one puts it, his "courage."

"Great question. It brings up a lot about love, trust, intimacy and, communication. To be honest, it took a bit of all the above plus, courage to do what her husband did."

The other half of my Facebook responders gave your husband two thumbs down:

"Absolutely not! A partner should never say that you have gotten fat, nor should anyone say this to anyone you love."

Frankly, I fall somewhere in between the extremes. After all, who better than a spouse to care about you enough to venture into such treacherous territory? I believe the health of spouses and other committed partners should be a regular topic of conversation. But this should never be a tit-for-tat argument.

Context and delivery clearly matter. [Jessica Fishman Levinson](#), an RD who specializes in [healthy weight management](#), told me: "There are better ways for the husband to have approached the topic to be more sensitive. He should approach it like other relationship issues, with 'I' statements, rather than 'you' ones. For example, 'I want to improve my health and start eating better and exercising more. I think it's something we should do together. What do you think?'"

I also asked another expert, Abby Ellin, the author of [Teenage Waistland](#), who writes frequently about body image and health. She explained: "A major part of the problem of telling a woman she looks fat is the negative associations we have with it. Fat is about so much more than weight. It's about gluttony, insatiability, laziness, and a lack of self-control. Fat is perceived as a moral failing." Agreed. There's a shaming aspect to the word "fat" itself, so I see little reason to bring it into any conversation about weight.

As we're all being bombarded with promises of a new year and [a new you](#), what are the rules?

1. **Take a good look in the mirror yourself before you make any judgments about others:** Chances are,

you're not as slim and trim as once-upon-a-time. Let he who casts the first stone be without too many "stones" himself. (I am referring here to the kind of "stone" that is the British unit of weight.)

2. **Any comments you make should focus on health and not appearance:** If you want to stay healthy and attractive to one another, communication and trust are key.
3. **Respect your partner's feelings. Do not judge:** Be sensitive. Think before you speak. Turn things around: How would you like your husband or wife to tell you such news?
4. **Make any weight loss effort a team effort:** Say to your sweetheart, "Together, we can work on a better eating-drinking-exercise-weight loss plan!" Join a gym together. Turn date night into a workout date. Nutritionist Levinson adds: "[Studies](#) have shown that social support helps people stick to their healthy lifestyle goals and maintain their weight once they reach their weight-loss goals."

KOPS HONOR SOCIETY

I have realized that there are not too many KOPS interested in a KOPS HONOR SOCIETY. Some of the reasons I have heard and respect is that meetings are held on Saturdays and we tried before and it didn't work. I'm a believer that if you have a few interested I should try to help them out. Just like the little engine that could if you think you can you will, even if you have to try and try again. I have chapters 0395, 0211, 0412 that are interested so I will start from there and hope others would join. This is a chance for KOPS to get their extra support.

Are Salad Dressing Making you heavy

6 Secrets of Homemade Salad Dressings and Sauces

Follow these guidelines when whipping up your own healthy recipes:

- **Cut down on oil.** A homemade salad dressing should contain more vinegar, lemon juice, or orange juice than oil to keep calories in check, says registered dietitian Dawn Jackson Blatner, RD, LDN, author of *The Flexitarian Diet* and spokesperson for the American Dietetic Association. You'll need to adapt standard recipes, which usually call for more oil.
- **Opt for flavor over fat.** When making salad

dressing recipes, Blatner recommends varying the vinegars and oils you use to keep your taste buds satisfied without adding a lot of extra fat. "Try balsamic, sherry, or apple cider vinegar, and experiment with olive, walnut, flax, and sesame oils," she suggests. With both dressings and sauces, Blatner says that fresh and finely chopped herbs can add a huge flavor boost, as well as healthy antioxidants.

- **Choose low-fat ingredients.** When using ingredients like sour cream, mayonnaise, or yogurt in your salad dressings and sauces, choose low-fat or non-fat versions to lighten the caloric load. And consider skipping fattening ingredients altogether. "Puree roasted vegetables, such as roasted red peppers, with a splash of broth for quick sauces," says Blatner. (Remove the charred skin before processing.)
- **Limit the salt.** Healthy recipes for salad dressings and sauces should not be loaded with sodium. This means adding little or no salt, and choosing low-sodium or no-salt-added ingredients, like low-sodium tomato paste or sauce.
- **Skim off fat.** When you make a meat-based sauce, cool it in the refrigerator

before you use it to separate out the fat. You can then skim the fat from the top of your sauce (where it will often harden) to dramatically reduce the fat content.

- **Use low-fat thickening agents.** Instead of using a butter-based roux to thicken a sauce, cut back on fat by thickening it with a small amount of cornstarch or flour. You can even get more creative. "For creamy dressings and sauces, use silken tofu or pureed cashews and water as the base," says Blatner.

Always have containers of your favorite homemade salad dressings and sauces available when you need them. Blatner says that you can keep a supply in the fridge for up to a week, and many sauces can be frozen. But don't overdo it: Simply use them to add moisture and flavor to fresh vegetables and cooked dishes.

CONGRATULATIONS!!!

To MA 395 Greenfield for being the David Fox Winners, with a loss of an average of **14.19lbs**



To view SRD pictures go to
www.MATOPS.com

Citrus, Turkey, and Spinach Salad Recipe



Total Time: 25 min.

Ingredients

8 cup(s) spinach, baby
8 ounce(s) turkey, breast (cooked)
2 grapefruit, pink, peeled and sectioned
2 orange(s), peeled and sectioned
1/4 cup(s) orange juice
2 tablespoon oil, olive
1 teaspoon honey
1/2 teaspoon poppy seeds
1/4 teaspoon salt
1/4 teaspoon mustard, dry
2 tablespoon nuts, almonds, sliced

Preparation

1. Place spinach in a large bowl. Add turkey, grapefruit sections, and orange sections.
2. For dressing, in a screw-top jar, combine orange juice, oil, honey, poppy seeds, salt, and dry mustard. Cover and shake well. Pour the dressing over salad; toss gently. If desired, sprinkle with almonds.

MA 0411 Contest

The Bean Game – We had white & black beans. For each ½ pound Lost, 1 bean would go in your team's jar, but if you gained; your beans go in the opponent's jar. Bill's team won with 205 beans to 159 beans.



July 18, 2014 - Bill Carroll received a charm for being a KOPS, 10 years consecutive. Congratulations Bill!



Remember

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



Terri