

# The TOPS Reminder

A newsletter for Western Massachusetts Counties

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## KOPS Honor Society

I'm excited to say we have started our KOPS Honor Society; the name is The Four County KOPS. For the first meeting I will be your Kaptain and we will need to find someone to take on this position. Ko-Kaptain is Jeanette Fletcher, Kashier is Amy Garron, Keeper of the minutes is Denise Morgan and our photographer is Carol Whitehead. Thank you to all that volunteered to help out. Our next meeting will be August 29<sup>th</sup> at Stanley Park. A letter will be sent to all leaders and KOPS to give you more information.

## Trying to Avoid Gluten?



An estimated two million Americans - about one in 133 people - have celiac disease, an inherited, autoimmune disorder that tends to run in families. Symptoms are caused by eating foods that contain gluten, and, like many

autoimmune conditions, the symptoms can initially be triggered by physical and emotional stress.

People with [celiac disease](#) should follow a gluten-free diet for life. Even a small amount of gluten can cause problems and result in damage to the small intestine. The good news is that following a gluten-free diet can greatly improve and even completely resolve symptoms, heal existing intestinal damage, and prevent further problems.

There have also been enough small studies and many anecdotal success stories that the University of Arizona Integrative Medicine fellows have shared to support the existence of a less-severe condition known as non-celiac gluten sensitivity. If you feel like this may be affecting you, a three-week trial of gluten elimination is worth considering.

Use the following as a guide to a gluten-free diet:

1. Avoid all foods containing wheat, oats, barley and rye.
2. Read labels carefully. Gluten can turn up in cold cuts, soups, dressings, candies and soy sauce. Be aware of ingredients such as starch, modified food starch, hydrolyzed vegetable protein (HVP), hydrolyzed plant protein (HPP), texturized vegetable protein (TVP), binders, fillers, excipients, extenders, malt and natural flavorings, all of which may indicate the presence of gluten.
3. Look for grocers that specialize in gluten-free products - mixes for pancakes, muffins, pizza dough and bread are available. Realize that these are processed foods and should

only be enjoyed on occasion. Instead focus on eggs, fish, organic meats, nuts, fruits and vegetables.

4. Know where gluten can be hidden in products we use every day, such as stamp and envelope adhesive and medicines.

The Celiac Disease Foundation ([www.celiac.org](http://www.celiac.org)) and the Celiac Sprue Association ([www.csaceliacs.org](http://www.csaceliacs.org)) have more information on gluten-free foods.

### Western MA Get Together

I was talking to a leader of one of my chapters and we thought it would be nice for all of my chapters to get together. We thought maybe a picnic and a walk. We would find a place after we find out what chapters are interested in attending. Please let me know if you are interested or not so we can plan.

### Marge Liberty

Marge of TOPS 0412 Westfield passed away March 4<sup>th</sup>, 2015. She was our treasurer for 18 years and did an amazing job. She will be greatly missed by her TOPS Pals. Marge

always had a smile on her face and an infectious laugh. She was a gifted quilted and painted on ceramics. Miss you Marge.



Picture Judy Valente, Marge Liberty, Kellie

### How Much Oatmeal You Need to Lower Your Cholesterol

By Cleveland Clinic

Oatmeal is a good breakfast, whether you make it simple or dress it up with lots of fruit and nut toppings. Here's the other beautiful thing about oatmeal: If you eat one and one-half cups of it each day, you can lower your cholesterol by 5 to 8 percent.

It contains soluble and insoluble fiber, two types that your body needs. Insoluble fiber, which is also found in the skins of many fruits, helps keep us regular. Soluble fiber, which is also found in beans, oranges, and pears, helps prevent disease and lower cholesterol.

Getting both types of fiber is a big win for your body, and there's another benefit: Fiber can also aid weight loss. It helps you feel full and satisfied.

**Source:** Cleveland Clinic, 2015. Oatmeal: How Much You Need to Lower Cholesterol. <http://health.clevelandclinic.org/2015/02/oatmeal-how-much-you-need-to-lower-cholesterol-infographic/>

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### Oatmeal Chocolate Chip Cookies Recipe



#### **Quick Info:**

- Servings
- Contains Nuts
- Contains Wheat/Gluten
- Contains Dairy
- Vegetarian
- GERD-Friendly

#### **Nutritional Info (Per serving):**

Calories: 102, Saturated Fat: 2g, Sodium: 45mg, Dietary Fiber: 1g, Total Fat: 5g, Carbs: 14g,

Cholesterol: 7mg, Protein: 2g

Carb Choices: 1

**Recipe Source:**

[EatingWell.com](http://EatingWell.com)

**Prep Time:** 15 mins

**Cook Time:** 45 mins

**Total Time:** 1 h

## **Ingredients**

- 2 cup(s) oats, rolled, not quick-cooking
- 1/2 cup(s) flour, whole-wheat pastry, \*
- 1/2 cup(s) flour, all-purpose
- 1 teaspoon cinnamon, ground
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup(s) tahini (sesame seed paste), \*\*
- 4 tablespoon butter, unsalted, cold, cut into pieces
- 2/3 cup(s) sugar, granulated
- 2/3 cup(s) sugar, brown, light, packed
- 1 large egg(s)
- 1 large egg white(s)
- 1 tablespoon vanilla extract
- 1 cup(s) chocolate chips, semisweet miniature, semisweet or bittersweet
- 1/2 cup(s) nuts, walnuts, chopped

## **Preparation**

1. Position racks in upper and lower thirds of oven; preheat to 350°F. Line 2 baking sheets with parchment paper.

2. Whisk oats, whole-wheat flour, all-purpose flour, cinnamon, baking soda and salt in a medium bowl. Beat tahini and butter in a large bowl with an electric mixer until blended into a paste. Add granulated sugar and brown sugar; continue beating until well combined—the mixture will still be a little grainy. Beat in egg, then egg white, then vanilla. Stir in the oat mixture with a wooden spoon until just moistened. Stir in chocolate chips and walnuts.

3. With damp hands, roll 1 tablespoon of the batter into a ball, place it on a prepared baking sheet and flatten it until squat, but don't let the sides crack. Continue with the remaining batter, spacing the flattened balls 2 inches apart.

4. Bake the cookies until golden brown, about 16 minutes, switching the pans back to front and top to bottom halfway through. Cool on the pans for 2 minutes, then transfer the cookies to a wire rack to cool completely. Let the pans cool for a few minutes before baking another batch.

\*Ingredient notes: Whole-wheat pastry flour, lower in protein than regular whole-wheat flour, has less gluten-

forming potential, making it a better choice for tender baked goods. You can find it in the natural-foods section of large super markets and natural-foods stores. Store in the freezer.

\*\*Tahini is a paste made from ground sesame seeds. Look for it in natural-foods stores and some supermarkets

MAKES 1 SERVING

## **Westfield 0412** **Donates to** **Stockings For** **Soldier**

The chapter collected enough full size shampoos, powders, sunscreen and bug lotion. White socks, winter hats, gloves, playing cards and office supplies. They donated 3 large baskets



**Chapter 0383**  
**Easthampton to**  
**Host an Inspiration**  
**Workshop**

On May 20<sup>th</sup> we will have an evening workshop. The chapter has arranged for a nutritionist to speak. The cost is \$4, remember to bring in weight slip from last workshop. I will also

Honor those members that took my challenge over the holidays.

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



**Terri**

**With gluten-free being a hot buzzword and dietary trend, people are frequently looking to non-wheat flours. We've sifted through the info (tee-hee!), and here are a few that are on-trend and worth checking out...**

**Wheat-Flour 411:** For comparison's sake, here's how wheat flour stacks up. A 1/4-cup serving of all-purpose wheat flour has 110 calories, 0.5g fat, 0mg sodium, 22.5g carbs, 0.5g fiber, 0g sugars, and 3.5g protein (**PointsPlus®** value 3\*). The same amount of *whole*-wheat flour has an extra 3g fiber (**PointsPlus®** value 3\*).

### **Coconut Flour**

*1/4 cup, average: 130 calories, 4g fat, 48mg sodium, 18.5g carbs, 12.5g fiber, 3g sugars, 6g protein -- PointsPlus® value 3\**

**The Need-to-Know Info:** Coconut flour is a bit lower in carbs than traditional wheat flour, which makes it good for blood-sugar control. And it's loaded with fiber -- specifically inulin, a type of fiber that's *great* for satiety... but not great for people with digestive sensitivities. It's also less allergenic than most nut flours. It's not exactly low in fat, but it isn't high either. There's a slight coconut flavor and scent... We likey!

**How to Use It:** Here's the thing -- coconut flour is *crazy* absorbent. So you need to balance that out with more liquid in recipes -- you can't swap out regular flour on a cup-for-cup basis. We find it works really well in cakes and muffins. Try it out in this [PB Protein Mug Cake](#) or this [So Delicious Cinnamon Cake in a Mug](#) (made with both coconut and whole-wheat flours)!

**Where to Find It:** [Bob's Red Mill](#) -- a supermarket staple -- makes coconut flour, and [Nutiva](#) also has a popular version. If you wanna save some dough (pun intended), go online and scope out deals... [Amazon](#) has some smart finds!

### **Garbanzo Bean Flour (a.k.a. Chickpea, Besan, or Gram Flour)**

*1/4 cup, average: 110 calories, 2g fat, 5mg sodium, 18g carbs, 5g fiber, 3g sugars, 6g protein -- PointsPlus® value 3\**

**The Need-to-Know Info:** Just as garbanzo beans are nutritious, so is garbanzo bean flour. It has fewer carbs and more fiber than wheat flour. Bonus? It tends to be cheaper than other alternative flours. It's widely used in many cuisines across the globe, but not so much in the States. Get with it, USA!

**How to Use It:** While it doesn't measure cup-for-cup like regular wheat flour, the difference isn't quite as significant as it is with coconut flour: You'll want to use slightly less chickpea flour than you would the

regular kind. It is a bit heavier, though, so increase any rising agents (like baking powder) if you're going for a fluffy texture. GB flour is also a smart way to thicken soups and stews. And give it a try in these amazingly delicious [DIY veggie patties](#) -- just use it in place of the gluten-free all-purpose flour.

**Where to Find It:** [Bob's](#) has a version, and [several brands are sold on Amazon](#). And since it's a staple of Indian cooking, there's a good chance you can find it in the ethnic-foods aisle of a well-stocked grocery store. Make note of all the different names this flour goes by (above) before you go shopping!

### **Almond Flour**

*1/4 cup, average: 160 calories, 14g fat, 5mg sodium, 6g carbs, 3g fiber, 1g sugars, 6g protein --  
PointsPlus® value 5\**

**The Need-to-Know Info:** Now, you might have noticed that this is *much* higher in fat than the other flours here. Well, it is made from *almonds*. But it's also very rich in nutrients, super low in carbs, and high in protein. Our take? Mix it with lower-fat flours to create a super blend!

**How to Use It:** Almond flour isn't great for bread baking, but other than that, it's pretty versatile. If you want to use it in recipes calling for wheat flour, just reduce the liquid and increase the rising agent. Your batter might look thicker than you expect, but just go with it. Also, use plenty of nonstick spray, because this stuff sticks.

**Where to Find It:** Hit up natural-foods stores -- there's [your old pal Bob](#), hooking you up again, and a version by [King Arthur Flour](#). Or bargain hunt [on Amazon](#). Fair warning: This stuff is pretty pricey. Once you get it, store it in the fridge or freezer so it doesn't go bad; that would be tragic.

### **Quinoa Flour**

*1/4 cup, average: 128 calories, 2g fat, 10mg sodium, 22g carbs, 2.5g fiber, 1g sugars, 4g protein --  
PointsPlus® value 3\**

**The Need-to-Know Info:** You've heard all about how nutritious quinoa is -- it's a complete protein, which is especially great for vegetarians -- so obviously that applies here as well. In the stats department, quinoa flour is actually pretty similar to whole-wheat flour.

**How to Use It:** It works really well in quick-bread-style recipes, like muffins. You may need to increase the egg amount as a binding agent -- food that falls apart will only bum you out. And you'll also want to up the rising agent, because it can get dense.

**Where to Find It:** No surprises here... For brands like [Bob's Red Mill](#) and [Ancient Harvest](#), check out natural-foods stores, or [stock up via Amazon](#).