

The TOPS Reminder

A newsletter for Western Massachusetts Counties

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us July 2015

KOPS Honor Society

Our Four Kounty KOPS Honor Society keeps on growing. We are now up to 11 members and our next meeting is August 29th at Stanley Park. We are having a picnic, why not join us and see what we are all about. More to come

Chapter Visits

Thank you for having me visit your chapter. I'm always happy to come and visit you to see how you are doing or do my Area Captain Program. I wish you success for the rest of the year. If you ever need anything I'm only a phone call away. I would love to help out with installations or award ceremonies.

Elections

I want to thank all the outgoing officers for last year's dedication to your chapter. I also want thank this year's officers for stepping up to the plate and running for an office. Please remember even though your' Weight recorder and Assist

Weight recorder are appointed by the leader; they are a part of the board.

Western MA had five Members attend IRD

Marty Glaser 4yr KOPS, 2010 MA Runner Up King, Kathy Porrovecchio 10yr. KOPS, Gloria Freyhagen a 4 yr. KOPS all from 0395 Greenfield, Jeannette Fletcher 5 yr KOPS from Westfield 412 All participated in the KOPS circle of Light. Lenore Glaser vowed to be in the circle next year. YOU CAN DO IT!

Our Runner –up Queen Beverly Holmes from 82 Reading, represented MA as our Royalty.



Rosie was on stage for Coordinator, Before and After and her most precious award her Century award.



FALL RALLY info

Everyone should have received a copy of the Fall Rally information. I sent it out thru email and the committee sent it out snail mail. If you would like to see what is going on you can read it on your own at www.matops.com. If you are the only one in you chapter that wants to go let me know I might find room in a car for

Inspiration Workshops Raffle

I have acquired many beautiful brand new Items for my baskets; Exercise dvd's, Vera Bradley lunch tote, Yankee Candles, Avon, Mary Kay, Kitchen choppers, cutting board and much more. I will be asking your leader to sell tickets real soon.

Frosted Carrot Cake

Prep: 20 minutes
Cook: 25 minutes
Cool: 1 hour

Ingredients:

Frosting

1/3 cup reduced-fat cream cheese
3 tbsp. [light whipped butter](#) or [light buttery spread](#) (like Brummel & Brown)
1/8 tsp. vanilla extract
1/4 cup powdered sugar

Cake

1 3/4 cups moist-style yellow

cake mix (about half a box)
1 1/2 cups shredded carrots, finely chopped
1/2 cup egg whites or fat-free liquid egg substitute
1 tsp. cinnamon
3/4 tsp. baking powder
1/2 tsp. vanilla extract

Topping

1/2 oz. (about 2 tbsp.) chopped walnuts

Directions:

Preheat oven to 350 degrees. Spray a 9" round cake pan with nonstick spray.

In a large bowl, combine all frosting ingredients *except* powdered sugar. With an electric mixer set to medium speed, beat until smooth, 1 - 2 minutes. Continue to beat while gradually adding powdered sugar. Beat until smooth, another 1 - 2 minutes. Cover and refrigerate.

Combine cake ingredients in a large bowl. Add 1 cup water, and whisk until smooth. Pour batter into the cake pan.

Bake until a toothpick inserted into the center of the cake comes out clean, 24 - 26 minutes.

Let cake cool completely, about 30 minutes in the pan and 30 minutes out of the pan on a cooling rack.

Plate cake, and spread the top with frosting. Sprinkle with walnuts. (Refrigerate leftovers.)

MAKES 8 SERVINGS

Serving Size: 1/8th of cake

Calories: 220

Fat: 7.5g

Sodium: 415mg

Carbs: 34.5g

Fiber: 1g

Sugars: 20g

Protein: 3.5g

PointsPlus® value 6*

How to Make Low Fat Burgers for your Summer outings



Brian MacDonald/
Photodisc/Getty Images

I happen to like veggie burgers and turkey burgers, but sometimes I yearn for a juicy, beefy hamburger. The trouble is, a burger made from 4 ounces of regular ground beef (70 percent lean, or 30 percent fat, depending which way you look at it) can contain as much as 34 grams of fat, which is more than half the daily value of fat and almost two-thirds the daily value of

saturated fat. And that's before adding cheese, bacon, mayo or other fat-laden toppings.

Burger - Low Fat Recipes

True, some of the fat from the burger drips away in the cooking process, but it's still a high base from which to start.

You could stick with veggie burgers or lean turkey burgers—I stress "lean" because ground turkey isn't necessarily much lower in fat than ground beef, unless you opt for ground white-meat turkey. But if you want a burger with a beefy taste, consider using lean or extra-lean ground beef, which are 90 percent and 95 percent lean, respectively.

Do Low Fat Burgers Make Dry Burgers?

The main complaint with low fat burgers made with lean ground beef is that they tend to be dry and crumbly, but that needn't be the case. All ground beef, no matter what its fat content, must be cooked to a safe 160 degrees, but low fat burgers take a little less time than regular burgers to reach that temperature, so be sure use a thermometer to check for doneness a minute or two ahead of time.

How Else Can We Ensure Moist, Flavorful Low Fat Burgers?

Do consider adding moistening ingredients to the mix such as tomato sauce, bbq sauce, sautéed mushrooms and onions, shredded carrots or zucchini, and mashed beans. More unusually, some people like to mix in blueberries or cherries, which would certainly boost our intake of antioxidants. Adding sauces, fruits or vegetables to the patties is also a good way of using less meat in the first place, thus saving even more saturated-fat calories.

Do add some hot sauce, cumin or some Cajun seasoning to the mix for a great boost of flavor. Mince some garlic and either jalapeno or serrano chile peppers for some added heat.

Don't over-mix the ingredients.

Don't press out the juices when cooking.

Topping Your Low Fat Burgers

Use flavorful low fat toppings instead of the usual bacon and cheese: try chutney, salsa, slices of tomato and other veggies, and low-fat versions of mayo or sour cream. Brush some honey mustard dressing on top the burgers. Or go Hawaiian and

add grilled pineapple rings. These are just a few possibilities.

If you still hanker after a traditional bacon and cheese topping, consider using Canadian bacon, or turkey bacon, and a single slice of strong-flavored reduced-fat cheese. Finally, as you're trying to make a healthier burger, why not boost your intake of fiber at the same time and serve your low fat burgers on toasted whole grain buns.

Inspirational Workshop

October 3, 2015 is our next workshop. Bring a non TOPS member and they will be put in a drawing to win a membership, a \$32.00 value. If you bring a guest and they join that day they will be put in for a drawing for another gift.

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



Terri

11 Things Nutritionists Order at Starbucks

By Brianna Steinhilber

1 / 11 Get Your Caffeine Boost, Without the Crash

When you're on the way to an early morning meeting, experiencing the mid-afternoon slump, or fading fast during a long road trip, there is no better sight than the shining, green Starbucks sign. The chain has quickly grown from a coffee shop to a full-on cafe with a menu stacked with sandwiches, baked goods, and snacks to complement your cravings for caffeine. But ordering smart can mean the difference between lasting energy and a blood-sugar crash that will send you back for another double espresso an hour later. To help you navigate the menu, we asked 10 nutritionists to weigh in on what they order when they need a tasty pick-me-up.

2 / 11 Tall Decaf Skim Latte and a KIND bar

"If I need a pick-me-up, I'll order a tall decaf skim latte and I grab a KIND bar," says Bonnie Taub-Dix, RD, an [Everyday Health columnist](#). "Yes, even decaf can provide energy, thanks to the protein in the milk and the KIND bar, as well as the fat from the nuts in the KIND bar — they provide [energy](#) and satiation that lasts." During the warmer months, she adds a [refreshing sip](#) to her order. "In summer's heat, my favorite beverage is Tazo Passion tea. I even make a tall pitcher of Tazo Passion at home, and I add a medley of cut fresh fruit — kind of like a mock sangria!"

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3 / 11 Grande Iced Americano and Protein Bistro Box

"When I go to Starbucks, I grab a grande iced Americano and top it with coconut milk," says [Frances Largeman-Roth](#), RD, an author and nutrition consultant in New York City. "I also love their Protein Bistro Box for breakfast or a late morning snack. It's 380 calories and 13 grams of protein, so it's a good [post-workout snack](#). I also sometimes eat half of it and save the rest for later, which is nice when you're on the go. I love that you get an egg, some fresh fruit, cheese, and a small piece of muesli bread, plus a peanut butter packet that you can save for another time."

4 / 11 Cool Lime Refresher and Sweet Greens Evolution Juice

At the Starbucks counter, Jenna Braddock, RD, author of the blog [Make Healthy Easy](#), is going green. "I am loving the new Refreshers line from Starbucks — they are relatively low in calories, at only about 50 calories per 16 ounces, and still give you a little caffeine pick-me-up," she says. "Since I love mojitos, my favorite is their Cool Lime flavor, which has real lime in it."

"I also really love that Starbucks is carrying Evolution Fresh juices," Braddock says. "The best one is the Sweet Greens and Lemon, because it's 50 calories and packed with veggies like celery, cucumber, and spinach. I always grab this when I'm traveling and away from my home blender."

5 / 11 Whole Milk Cappuccino and Oatmeal With Nuts

"My go-to at Starbucks is a decaf whole-milk cappuccino and their oatmeal with nuts on top," says Katherine Younger, RD, author of the blog [Kath Eats Real Food](#). "I'm a decaf drinker because caffeine gives me major jitters, and the whole milk tastes the best and provides some staying power. I don't put in any sugar or sweeteners, as I've learned to love coffee's taste. Plain [oatmeal](#) gets in some whole grains, and the nuts on top add a little more [protein](#) and fat for satiety."

6 / 11 Protein Bistro Box

"I try to keep my flour product consumption low to nil because I find I feel very bloated after eating those foods," says [Cassandra Forsythe](#), PhD, RD, and author of Women's Health Perfect Body Diet. "When [eating out](#), I like to choose items that are a foundation of protein and produce." So what's the best option if you're trying to steer clear of muffins and sandwiches? "The Protein Bistro Box is rich in high-quality protein with the boiled egg and cheese. Although you might think this Bistro Box is unhealthy with its 19 grams of fat, those fat calories come from the egg yolk, which is rich in the antioxidants lutein and zeaxanthin, as well as vitamins. The cheese fat is also a smart choice given that dairy fat consumption has been shown to be associated with lower blood pressure and reduced risk of [diabetes](#) and heart disease."

7 / 11 Spinach and Feta Breakfast Wrap and a KIND Bar

"When I am looking for a savory [breakfast on-the-go](#), I like to order the Spinach and Feta Breakfast Wrap," says [Erin Palinski-Wade](#), RD, CDE author of Belly Fat Diet For Dummies. "I try to get in a serving of veggies with every meal, so this option really helps. In addition, it contains a great balance of filling protein along with whole grains to give me a natural energy boost. And the [fiber](#) in the wrap keeps me full for hours."

Tempted to order a sugary baked good? "I have a major sweet tooth, so whenever I walk into Starbucks, I am always tempted to grab a huge cookie," Palinski-Wade admits. "So instead, I love to grab the KIND Nuts and Spices Salted Caramel & Dark Chocolate Nut Bar. It completely satisfies my sweet tooth, but with only 5 grams of sugar plus protein-rich nuts, I feel energized instead of guilty after indulging!"

8 / 11 Egg and Cheddar Breakfast Sandwich and Tall Nonfat Latte

"One of my very favorite on-the-go [breakfast meals](#) is an egg sandwich, so I always get the Egg & Cheddar Breakfast Sandwich," says Maureen Namkoong, MS, RD, manager of fitness and nutrition at Everyday Health. "It fills me up and tastes great, and it isn't too different from what I often eat at home in the morning." To round out the meal, Namkoong adds a tall nonfat latte. "Not only does it make the meal feel special, but it also adds protein to keep me going longer," she says.

9 / 11 Reduced-Fat Turkey Bacon Breakfast Sandwich and Seasonal Harvest Fruit Blend

"I go for the reduced-fat turkey bacon breakfast sandwich, seasonal harvest fruit blend, and a grande nonfat cappuccino," says Kelly Kennedy, MS, RD, and manager of nutrition at Everyday Health. "For only 400 calories, I get a delicious and nutritious breakfast combo. The

egg and turkey bacon on the breakfast sandwich give me a protein boost to help me stay full and energized until [lunch](#), while the fresh fruit adds valuable vitamins, minerals, and fiber. A cappuccino makes my breakfast feel luxurious, and the skim milk adds protein and calcium to really round out this meal!”

10 / 11 Protein Bistro Box and Almonds

When the munchies hit, [Christopher R. Mohr](#), PhD, RD, a nutrition spokesperson and consultant, reaches for snacks that pack a protein punch. And that means another vote for the Protein Bistro Box. “When I’m in a pinch, I’ll turn to their box that includes a hardboiled egg, some cheese, peanut butter, a bit of fruit and a few other foods,” he says. “If the location doesn’t have that, I’ll simply grab a bag of almonds, which they almost always have — perfectly-portioned protein, and certainly convenient

11 / 11 Oatmeal and Sugar-Free Vanilla Latte

“The classic whole-grain oatmeal for a breakfast, or even as a [hearty snack](#), always gets my vote because it is what I would make for myself at home,” says Sheri Iodice, RD, a dietician at Everyday Health. “The combination of oats, fruit, and nuts provides a terrific mix of lean protein, energy-rich carbs and [heart-healthy](#) lean protein, with the bonus of no added [sodium](#). With a nonfat, sugar-free vanilla latte, I’d be charged up and ready to go.”

Inspiration Workshop at Shriner's Hospital on June 27





10 Myths and Facts About Water

By [Wyatt Myers](#) | Medically reviewed by [Niya Jones MD, MPH](#)

We all need water to live, but how much do we really know about it? From the truth about drinking eight glasses of water per day to refilling plastic bottles, here's what you should know about water benefits.

For something so seemingly simple and essential as drinking water, plenty of myths and misconceptions exist about possible water benefits and harms.

Learn how to separate the myths from the facts about drinking water.

1. Everyone needs to drink eight glasses of water a day.

Myth. Though water is the easiest and most economical fluid to keep you hydrated, the latest Institute of Medicine recommendation is that women should strive for about two liters or eight glasses a day and men should aim for three liters or 12 glasses a day of any fluid, not just water. “No one can figure out where this ‘eight glasses of water’ came from, but I believe it came from the old RDA [recommended daily allowance] for water that matched water requirements to calorie requirements,” notes Georgia Chavent, MS, RD, director of the Nutrition and Dietetics Program at the University of New Haven in West Haven, Conn. “The new requirement from the Institute of Medicine is much more generous and includes recommendations for total beverage consumption, not just water.”

2. Drinking water flushes toxins from your body.

Fact. Though water doesn't necessarily neutralize toxins, the kidneys do use water to get rid of certain waste products. If you don't drink enough water, your kidneys don't have the amount of fluid they need to do their job properly. “If the body does not have sufficient water, then metabolic wastes will not be removed as efficiently as they should,” explains Amy Hess-Fischl, RD, CDE, of the University of Chicago Kovler Diabetes Center. “In essence, the body would be holding in toxins instead of expelling them, as is required for proper health.”

3. Bottled water can cause tooth decay.

Myth. Bottled water in and of itself doesn't cause the teeth to decay, but it usually doesn't contain any fluoride, which is added to tap water to help prevent tooth decay. “Fluoride is an important element in the mineralization of bone and teeth,” says Constance Brown-Riggs, RD, CDE, author of *The African American Guide To Living Well With Diabetes* and a nutritionist and certified diabetes educator in New York City. “With the increased consumption of bottled water, which is not fluoridated, there has been an increase in dental caries [cavities].”

4. Drinking water can help keep your skin moist.

Myth. While it used to be believed that staying properly hydrated led to youthful, vibrant skin, the reality is that the amount of water you drink probably has very little to do with what your skin looks like. “Unless the individual is severely dehydrated, drinking large quantities of water will not prevent dry skin,” Hess-Fischl says. “Basically, the moisture level of skin is not determined by internal factors. Instead, external factors such as skin cleansing, the environment, the number of oil glands, and the functioning of these oil-producing glands

determine how dry the skin is or will become. The water that is consumed internally will not reach the epidermis [the top layer of the skin].”

5. Drinking water helps you lose weight.

Fact. Drinking water won't specifically trigger weight loss, but it can aid in the process. Water replaces other calorie-laden beverages in the diet, causing you to reduce your overall number of calories. Plus, it can make you feel fuller, so you may eat less at each meal. Water, particularly cold water, may even play a role in increasing your metabolism. “A new study seems to indicate that drinking water actually speeds up weight loss,” says Tanya Zuckerbrot, MS, RD, owner of Tanya Zuckerbrot Nutrition, LLC, in New York City. “Researchers in Germany found that subjects of the study increased their metabolic rates [or the rate at which calories are burned] by 30 percent after drinking approximately 17 ounces of water.”

6. Yellow urine is a sign of dehydration.

Myth. It can be, but not all yellow urine is cause for alarm. “Dark yellow urine may be a sign of dehydration,” says Zuckerbrot. “The kidneys filter waste products and reabsorb water and other useful substances from the blood, so they control the volume and concentration of urine output. Dehydration leads to increased urine concentration, turning your urine dark yellow. Ideally your urine should be straw yellow in color.” Other factors, though, such as taking a multivitamin, can also lead to yellow urine.

7. If you're thirsty, you are already dehydrated.

Myth. If you start to feel thirsty, then you are headed in the wrong direction and should grab a drink of water, but thirst doesn't necessarily mean you're dehydrated. “Thirst begins when the concentration of [substances in the] blood has risen by less than 2 percent, whereas most experts would define dehydration as beginning when that concentration has risen by at least 5 percent,” notes Hess-Fischl.

8. You need sports drinks, not water, to function at a high level in athletics.

Myth. Sports drinks may have fancier advertising campaigns, but water is really all you need to get the fluid necessary to participate in most athletic endeavors. “Adequate fluid, especially water, is most important for athletes of all ages as it is the single most important way the body has to transport nutrients and energy and remove heat during exercise,” says Chavent. “A sports or vitamin beverage may taste better, but is not necessary for hydration and is expensive.” Keep in mind though that people who run marathons or compete in highly strenuous activities may need to supplement their water intake with sports drinks to offset the salt they lose due to heavy sweating over long periods of time. This doesn't apply to most people who are simply exercising to get fit at the gym, for instance.

9. It's possible to drink too much water.

Fact. People with certain health conditions can put themselves at risk of complications if they drink too much water. “People with some heart conditions, high blood pressure, or swelling of the lower legs [edema] need to avoid excess water,” says Hess-Fischl. “If you have a history of kidney problems, especially if you have had a transplant, consult your doctor before increasing your fluid intake.” Hess-Fischl adds that you shouldn't drink too much water while eating, as it dilutes your stomach acid and can cause digestion problems.

10. You should not reuse plastic water bottles.

Fact. Plastic water bottles can present a couple of risks to people who drink their contents and then fill them up time and again. “These bottles leach chemicals into your water after multiple uses,” Hess-Fischl explains. “The bottle, if not properly cleaned, may also harbor bacteria from your mouth.”

Water is essential to survival — use these facts to figure out if you need to increase your intake or feel reassured that you’re drinking enough.

KOPS Honor Society Meeting

