

The TOPS Reminder

A newsletter for Western Massachusetts Counties

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us June 2016

“Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.”

-Dale Carnegie

The FOUR KORNER KOPS HONOR SOCIETY

Will hold a meeting August 27th at Mt Tom State Park, the cost to get into the park is \$5 a car, if you are handicapped it is free. Think about carpooling, you could always park your car at Rite Aides' parking lot and ride in together. Meeting will start at 11 am to 3pm. Please call Ruth Greene at 413-642-5686 or email her at ruth12425@verison.net to see what you can bring for the picnic. Your yearly dues of \$10 are due at this meeting chapters should take every effort to help if there is money in their treasury. Paying even part of the yearly membership will show the KOPS how much they are appreciated. Reminder if you are a few pounds away from your goal you're a welcome to see what they are all about. KOPS supporting other KOPS

Chapter Visits

August 8th 187 North Adams

June 29th Workshop

I want to thank chapter MA 0383 Easthampton for hosting my inspirational workshop. I really



appreciate your help. Carolyn Bellany from MA 0395 Greenfield, our state royalty spoke of her journey. We talked about the fact that there is no “magic” pill and we can give you the tools but the members are the ones that need to do it.



“If it’s to be it’s up to Me
“Weight loss and KOPS charms



were awarded to the best losers,
Marsha Dube, Denise Morgan
from 0211 Chicopee and Jeanette

Fletcher from 0412 Westfield won for the KOPS. Marsha and I were TOPS winners Marsha lost 44 pounds and I lost 3.50.

FYI

Anyone that knows me knows I love my coffee, Dunkin Donuts is the best. They gave me a coupon for a frozen coffee for ½ price everyone likes a deal. One place didn't have calorie count but for a medium pre-sweetened 750 calories large over 900, I didn't use their coupon. Their new teas have 90 calories, with real fruit and apple juice. The best drink is water but if you are going to treat yourself ask them the calories so you know what you are eating or drinking.

Zucchini Fries with Roasted Garlic Aioli and Sriracha Mayo For Zucchini Fries:

1 cup plain bread crumbs (homemade or store bought)
1/4 cup grated Parmesan or pecorino
1 teaspoon crushed red pepper (scale back to 1/4 teaspoon if you're adverse to spice)
1/8 teaspoon dried oregano
1/8 teaspoon salt
Dash of pepper
2 large eggs, beaten
4-5 zucchini

Preheat oven to 425°F. Line a baking sheet with parchment paper or spray it with cooking spray. On a plate, mix together the bread crumbs, Parmesan cheese, red crushed pepper flakes, oregano, salt and pepper. In a small to medium bowl, beat the two large eggs.

Cut the zucchini into batons. One by one, dip the zucchini batons in the beaten eggs and transfer to the plate with the bread crumb mixture, being sure to coat the zucchini thoroughly. Place the bread crumb covered zucchini on the baking sheet and bake for 15-20 minutes, checking on them after 10 and flipping them to ensure thorough baking. Remove and serve with sauces.

For Roasted Garlic Aioli:

1 whole head garlic
1 tablespoon olive oil
3/4 cup mayonnaise
Salt and Pepper
1 sprig of chives, diced

Preheat oven to 400 F.

Lop off the top of the garlic, exposing the cloves, and discard. Pour the olive oil on top and add dash of salt and pepper. Wrap it in foil or parchment and bake for 45 minutes. Let cool.

Take the garlic out of its shell and add to a food processor, along with mayonnaise, salt and pepper. Pulse until smooth. Transfer aioli to a bowl and stir in chives.

For Sriracha Mayonnaise:

1/2 cup mayonnaise
1 tablespoon of Sriracha
Dash of salt

Add all three ingredients to a small bowl and mix. If you like it more spicy, add more Sriracha.

Elections

Please send L-1 to Rosie and chose a designate to get into leaders' area. Please do an audit and send copy to Rosie.at least one time a year.

White bread could be your enemy.

By Corine Gatti



4 Reasons to Skip the White Bread for Good

You remember white bread? Big, fluffy, with white cloud color, and a thin brown crust that was part of most America's daily diet. Then we have those soft harmless dinner rolls, or a bagel with lox on Sunday morning. Then all of sudden a shift in the force happened! Researchers and the media reported that these refined delights are no good. Sorry to dash dreams, but no can do. White breads are simply no good for you. Medical News Today shared that the convenience of sliced bread is convenient, but high in corn syrup with no nutritional value, and gives us no fuel, so we feel tired and hungry all the time. "Highly processed carbohydrate like white breads, refined pasta, cakes, donuts and candy bars are like cheap fuel - they are digested very quickly and may give you a quick surge of energy, but you are left feeling hungry, drained or craving more fuel soon after." Not convinced?

Here are other reasons to ditch the white stuff.

Depression

White bread might cause depression research suggests. The more white rice, pasta, and bread people ate, the quicker they developed depression. Refined carbohydrates are also expected to disrupt bacteria in the gut. The American Journal of Clinical Nutrition studied the link between depression and the dietary glycemic index in 2015. "The results from this study suggest that high-GI diets could be a risk factor for depression in postmenopausal women. Randomized trials should be undertaken to examine the question of whether diets rich in low-GI foods could serve as treatments and primary preventive measures for depression in postmenopausal women." Try adding more whole grains. They reduce mood swings and anxiety and they have high levels of tryptophan. Some foods are natural anti-depressants like nuts, fish, or fruit. Eating blueberries can improve memory help with depression. Attack the stress hormone cortisol with fruits like blueberries—they are packed with vitamin C and can lower anxiety.

Grains

Look for whole grains in the natural state like whole wheat, whole oats, and brown rice breads. Choosing these types of breads will give the boost needed and fiber. If you read through ingredients that are unrecognizable, move on. Eat more fruits, nuts, grains like quinoa, and leafy greens to support the body. Look into buying cookbooks that will guide

you into making healthier meals with less sugar and sodium. Start making small changes now, and they will add up to better habits later! Start by cutting back the morning toast and use wheat bread. Instead of a bread overload, go for a salad with protein. Start adding and taking a way from bad eating habits. What would help is making a food journal to keep track of everything that is being eaten.

Diabetes

White bread can increase the risk of diabetes. Since processed foods spike sugar levels, the insulin is pulled into the blood. The American Diabetes Association found that more deaths per year are diabetes related. "Having diabetes nearly doubles your chance of having a heart attack. The good news is that good diabetes control can reduce your risks for diabetes complications." Bottom line is what you eat influences our health, and by choosing to incorporate lentils, cinnamon, molasses, rye, or millet can help you handle diabetes naturally. Studies have also found that when unhealthy fats in one's diet is replaced (yes, unhealthy fats still need to be eliminated) with healthy olive fats or olive oil, LDL cholesterol levels could drop by

Sugar

We come back to sugar. The National Center for Biotechnology found: "A higher national dietary intake of refined sugar and dairy products predicted a worse 2-year outcome of schizophrenia. A high national prevalence of depression was predicted by a low dietary intake

of fish and seafood." People in the U.S. ingest an estimated 60 pounds of a sugar every year! Taking in all refined carbs and sugars aggravates the inflammatory messengers called cytokines—leading to issue for the brain, mood, and joints. Eating foods like white bread also can cause weight gain, but watch out how much whole grain bread you eat. "Whole grains provide more vitamins, minerals, and fiber than refined. But overdoing whole wheat bread can add pounds, too. So account for it in your daily calorie budget," WebMD reported. Take back your health with these tips, and cut back on white bread and other foods that are hurting the body. Don't wait until it is to late! "Most days, eat from each food group—grains, protein foods, vegetables and fruits, and dairy. Listen to your body. Eat when you're hungry. Stop when you feel satisfied," WebMD offered.

A Healthy You

What we've learned over the years is that white bread is not the best for you. Finding healthier options will help your body and develop better choices. You can replace chips with kale or vegetable chips, soda with raw coconut water, eat as much food in the natural state, and replace processed foods with whole grains.



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

Terri