

The TOPS Reminder

A newsletter for Western Massachusetts Counties

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us November 2016
Just a little reminder after the first bite it all taste the same.

The FOUR KORNER KOPS HONOR SOCIETY

The Honor Society will hold their holiday meeting at the Collegian Court in Chicopee. The meeting will begin at 12:30; on December 3. Located at Collegian Court, 89 Park Street, Chicopee. Please bring a \$5 gift bag and \$1 scratch ticket for the "Right family Christmas" If this is your first meeting since last year your \$10 dues are needed at this time. If you are close to your goal you are welcome to join them to see what they are all about, you just need to pay the \$3 meeting dues. What do you have to lose; maybe you will make a few new friends.

Resume workshop

Will be held January 7th at 9:30 in Greenfield at the Mill House. Cost is \$5 for mailing and donation of the room.

Chapter Visits

I enjoyed visiting all of you and wish you a happy and healthy holiday season. I have 100 % visitation again this year. I enjoyed going to the award ceremonies and thank you to the chapters that invited me to their holiday party. If you ever need my help I'm only a call away.

Why Thanksgiving should be national 'cheat day'

Posted by David Ruth-Rice
November 26th, 2015
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If you're worried about all the extra calories you'll

likely consume on Thanksgiving, nutritionist Roberta Anding says don't stress about it. She thinks Thanksgiving Day should be crowned America's national "Cheat Day."
Her advice: Indulge and enjoy, but consider staying away from the leftovers. "Holidays are supposed to be enjoyed with food and family. It is part of every single culture worldwide," she says. "I don't think you should be counting calories on Thanksgiving. You shouldn't be thinking, 'That's 250 calories.' Enjoy it. It is one day and then it is done."

'You can't gain five pounds in one day'

Anding says the average Thanksgiving dinner is around 2,000 calories, but it's not that one holiday meal that is making nearly three-fourths of Americans overweight or obese. "You can't gain five pounds in one day," says Anding, a

lecturer in kinesiology at Rice University and dietitian and sports nutritionist for the Houston Astros baseball club. “It defies the law of calories in, calories out.

“I don’t think you should be counting calories on Thanksgiving. ... Enjoy it. It is one day and then it is done.”

“I don’t think one day blows you out of the water, as long as it’s that singular meal and it’s not the leftovers and the pies the next day and the pies the day after that. I think it’s the leftovers that often get people,” adds Anding.

“If you just do the math ... if that was your only day that you did that, in reality you can make adjustments for that, and you can compensate for that over the next week or two to keep yourself weight-neutral. And that to me is oftentimes the goal during the holidays.

[Why gratitude comes with a sweet tooth]

“The American way is ‘more is better,’ and that’s what I think hurts people in the long run,” Anding says. “A day becomes a week, and that becomes more difficult to undo.”

This is “food season”—the time of year when tempting treats abound, so it can become very difficult to make it a singular event, she said.

“Enjoy the holiday, eat what you want that day, but the next day go right back on your regular plan.”

Anding says that people often feel obligated to eat everything, even if they don’t like it. “I like pumpkin pie, but I don’t love it. So I’m not going to eat pumpkin pie just because it’s there. I’m going to eat apple pie, which I really do love. To me, it’s choosing what you love; don’t choose everything. If my favorite thing on Thanksgiving is stuffing and I don’t care about dinner rolls, then I’ll enjoy the stuffing.”

How about a post-turkey day walk to burn off some of the calories?

“A walk around the block after a 2,000-calorie meal isn’t going to do a lot in terms of calorie burning,” she says. “Exercise is good for so many reasons besides just calorie burning. Consider it part of your holiday stress-reduction plan and a good excuse to get away from the tempting leftovers.”

Source: Rice University

Amy Garron from 0211 Chicopee shared that her family plays a game of touch football before dinner and they take a family walk after eating.

Terri I was watching TV and the host said, we all have wonderful traditions and food but it is nothing until you sit down and share it with family and friends.

4 Tips For A Healthy – Yet Satisfying – Thanksgiving

Published: 11/19/2016

This tip is courtesy of Dr. Weil on Healthy Aging

Don’t let the temptation of holiday foods ruin your [heart-healthy diet](#). Try these suggestions for a healthy Thanksgiving event.

1. Don’t over salt your foods. Excessive [sodium](#) has been linked to high blood pressure and heart disease. Always taste the food before you add salt, and if you need to, do so sparingly.
2. Be stingy with less-healthy foods. Take it easy with carb-intensive dishes such as stuffing and dinner rolls.
3. Make vegetables the main attraction. Since excessive animal protein has been shown to raise levels of homocysteine, an amino acid that in high concentrations may contribute to heart disease, focus on veggies. A pumpkin or squash stuffed with [wild](#)

[rice](#), cranberries, apples, nuts and other ingredients that typically go into turkey stuffing is not only satisfying, but provides a festive look as well.

4. Make your own dessert. Refined carbohydrates, like those found in store-bought piecrusts, can increase triglyceride levels and lower HDL. Instead, make your own desserts that feature healthful ingredients such as [berries](#) and other whole fruits.

And once your meal is over, take a walk. It will help to help digest your food and walking is always a heart-healthy endeavor

Tasty Holiday Side

Dish: Butternut Squash

Published: 11/18/2016



This tip is courtesy of Dr. Weil !

Butternut squash is the quintessential cold-weather vegetable, the perfect complement to everyday cold-season family meals or lavish holiday celebrations. It can be pureed, mashed and baked into pies or breads, but I prefer this Italian-influenced version, which preserves the unique, yielding texture of the flesh. The nutty sweetness of the butternut finds the perfect counterpoint in tangy balsamic, rich olive oil and

sharp, aged cheeses. Don't forget to save the edible seeds – roast on a cookie sheet at 170° F for about 20 minutes.

Food As Medicine

Winter squashes, including the butternut, are rich sources of vitamin A; a cup of baked flesh provides 214 percent of the Daily Value of this vital nutrient. Also, though rich in carbohydrates, many of the butternut's carbs come from pectins that appear to have antioxidant, anti-inflammatory and insulin-regulating properties. Try Roasted Glazed Butternut Squash!



Easy 100-Calorie Snacks to Make at Home

Make your own snack packs at home to save money and lose weight



By [Malia Frey](#)

Updated October 30, 2016

Are you tempted to buy those 100-calories snack packs that you see in the grocery store? The processed cookies, snacks and chips are a good idea in theory, but many of them are filled with unhealthy ingredients and they leave you feeling less than satisfied at snack time. It's easy to eat too many packs and consume too many calories.

Have you ever thought of making your own diet-friendly snack packs at home?

You'll save money and save time if you use single-serving containers to pre-pack your own snacks. You can even use some of [my favorite healthy kitchen hacks](#) to make them more quickly. Then store the snack packs in your pantry or refrigerator so they are easy to grab on the go.

These are some of my favorite snack packs. The calorie counts are approximate as serving sizes of fresh fruits and veggies can vary. If you have a snack

idea that you want to share, post it on my Facebook page and I'll add it to the list.

Do It Yourself 100-Calorie Snack Packs

- 1 hard boiled egg with a small handful of grapes
- 2 hard boiled egg (whites only) with [low-calorie hummus](#).
- 1 tablespoon peanut butter spread into a celery stalk
- 1 cup of grapes and 5 almonds
- 3 cups air popped popcorn
- 1 tablespoon of chocolate chips and 5 large strawberries
- 1 banana
- 1 cup of [sugar snap pea pods](#) with 3 tablespoons of hummus

I never buy the 100 calorie packs ,too expensive I have always bought my snacks and counted them out and put them in a can on the porch.. You can do this with your veggies and fruits. Even if you over eat you know how much.

Thanksgiving Day Survival Suggestions

Remember to eat breakfast, with protein.

If cooking have a glass of water next to you or raw vegetables.

If you are the cook take time to sit down and eat with your guest.

If traveling bring healthy snacks, you will save money and many times stores are closed. (I remember the year Dave and I had spam for the holiday because the timeshares' restaurant was closed)

Find out what time you are going to be eating. I get to my relatives at 11 and we don't eat until 6. This year I'm cooking when I get there so I will bring a snack.



*HAND IN HAND
TOGEATHER WE CAN!*
Terri



HAPPY
THANKSGIVING
TO YOU AND
YOUR
FAMILIES!!
Terri & Dave