

**NOVEMBER 2013 - TOPS Norfolk and Bristol Counties**  
**Gail Lewis – Area Captain**

Hey Everyone.....Happy November and the beginning of something always new as we approach the holidays. Are you ready to approach the holidays sensibly? Are you equipped with the right tools (and I'm not talking about a knife and fork)? Come to inspiration workshop and get the tools you need. Hope to see you there.

**Thought for the month (stolen from Barbara Pacheco):**  
**We make a living by what we get – we make a life by what we give.**

***INSPIRATION WORKSHOP***

Thank you to everyone who came out to the workshop in Duxbury this past weekend. We had a great time and we all learned a lot. Thanks to our guest speaker, Beverly Sullivan from Dracut. She was awesome. We do not have a date for our next workshop but hopefully it will be at the beginning of February to help celebrate heart month. We are pretty sure Carver will be hosting the next one - if you would like to host a workshop, let me know – we have been traveling all through the south shore for workshops and it's working out great. All you need to do is set up the date with the place you want to meet and let me know when, where and how much. We can go from there. Thanks again everyone for your support.

***NEW MEMBERS***

Just a reminder about a special drawing for new members at SRD this spring....read on. Rosie Smith, our Massachusetts Coordinator, has a special drawing she will be doing at SRD in the Spring. For every new member you have at your chapter, a ticket will be entered for your chapter at a special drawing being held at SRD. For example, if your chapter has 5 new members, your chapter will have 5 tickets put into this special drawing that is worth \$100 dollars (it's cash people) that will be given to your chapter to do as you want. What a great way to raise money for your chapter. Get the word out to your community about TOPS and see if you can get some new members in.

***TOPS WEB site:***

Make sure you visit the Massachusetts WEB site - [www.MATOPS.com](http://www.MATOPS.com) - lots of great things posted out there.

***RESUME WORKSHOP*** We will be having a resume workshop again in January – the date will be January 4<sup>th</sup> in East Bridgewater (at my house) and January 5<sup>th</sup> in Buzzards Bay (at Barbara's house). You can go to either workshop – we will both be there to help. As we did last year, we can double check your calculations on the

computer so we encourage everyone to come. If you want to do your own resume, that is great – I would love it if you sent (or dropped off) your chapter's resume and I'll just double check your figures to help Rosie out. Let me know either way – we're pretty flexible. Thanks in advance for your cooperation.

## ***SRD***

SRD next year will be very close to our area.....it will be at the Sea Crest Hotel in Falmouth on March 29 and 30. Barbara Pacheco and I are the chair people for this convention and are hoping to have a great representation from our area. Now is the time to think about some kind of fund raising events that you can do to raise some money to either send people from your chapter or pay part of the registration for your members. Any kind of fund raising can be done – be creative and work at it. Hey, it may keep you out of the refrigerator for a while!!!

I also will be looking for some help to run this convention. Are you willing to give a little time at SRD to help? Please let me know – I'll be asking until March for help. Please consider it and send me an email or call. Thanks.

# **INSPIRATION**

## **9 Foods to Help You Lose Weight**

By Shelley Levitt

Losing weight is a matter of simple math. To drop pounds, you need to eat fewer calories than you burn. There's no way around that. But what you eat can have an impact.

"Certain foods can help you shed body weight," says Heather Mangieri, a spokesperson for the Academy of Nutrition and Dietetics, "because they help you feel full longer and help curb cravings."

Some even kick up your metabolism. So consider this list when you go to the supermarket:

1. Beans - Cheap, filling, and versatile, beans are a great source of protein. Beans are also high in fiber and slow to digest. That helps you feel full longer, which may stop you from eating more.
2. Soup - Start a meal with a cup of soup and you may end up eating less. It doesn't matter if the soup is chunky or pureed, as long as its broth based. You want to keep the soup to 100 to 150 calories a serving. So skip the dollops of cream and butter.
3. Dark Chocolate - Want to enjoy chocolate between meals? Pick a square or two of dark over the milky version. In a Copenhagen study, chocolate lovers who were given dark chocolate ate 15% less pizza a few hours later than those who had eaten milk chocolate.
4. Pureed Vegetables - You can add more veggies to your diet, enjoy your "cheat" foods, and cut back on the calories you're eating all at the same time. When Penn State researchers

added pureed cauliflower and zucchini to mac and cheese, people seemed to like the dish just as much. But they ate 200 to 350 fewer calories. Those healthy vegetables added low-cal bulk to the tasty dish.

5. Eggs and Sausage - A protein-rich breakfast may help you resist snack attacks throughout the day. In a study of a group of obese young women, those who started the day with 35 grams of protein -- that's probably way more than you're eating -- felt fuller right away. The women were given a 350-calorie breakfast that included eggs and a beef sausage patty. The effect of the high-protein breakfast seemed to last into the evening, when the women munched less on fatty, sugary goods than the women who had cereal for breakfast.

6. Nuts - For a healthy snack on the run, choose a small handful of almonds, peanuts, walnuts, or pecans. Research shows that when people munch on nuts they automatically eat less at later meals.

7. Apples - Skip the apple juice or the applesauce and opt instead for a crunchy apple. Research shows that whole fruit blunts appetite in a way that fruit juices and sauces don't. One reason is that raw fruit contains more fiber. Plus, chewing sends signals to our brain that we've eaten something substantial.

8. Yogurt - Whether you prefer Greek or traditional, yogurt can be good for your waistline. A Harvard study followed more than 120,000 people for a decade or longer. Yogurt, of all the foods that were tracked, was most closely linked to weight loss.

9. Grapefruit - Yes, grapefruit really can help you shed pounds, especially if you are at risk for diabetes. Researchers at the Scripps Clinic in San Diego found that when people ate half a grapefruit before each meal, they dropped an average of 3 1/2 pounds over 12 weeks. Drinking grapefruit juice had the same results. But be careful: You cannot have grapefruit or grapefruit juice if you are on certain medications, so check the label on all your prescriptions or ask your pharmacist or doctor.

Shop Smart - Remember to load your shopping cart with lots of lean protein, fresh veggies, fruit, and whole grains, says food scientist Joy Dubost, PhD, RD. "The overall nutritional composition of your total diet remains the most important thing when it comes to lasting weight loss."

## **YOUR BRAIN ON SUGAR**

I received a rebuttal this month on the October sugar article I sent out. I welcome anything you send me – this comes from a nutritionist and diabetes educator from our area – thank you so much. Here it is.

Hi I read your email today. I read all emails about sugar and insulin with reservation As a diabetes educator I cringe when I see explanations of insulin and sugar.

“Artificial sweeteners travel to the part of the brain associated with desire but not

to the part responsible for reward,"  
This is an interesting idea.

“Nor do they trigger the release of the satiety hormones that real sugar does, so you're more likely to consume more calories.”; I rarely feel satiety if I eat something sweet like a cookie or a piece of fruit. I think the difference between a cookie and a piece of fruit is that there is more chewing with the eating of fruit and much less with a cookie. From the fruit I get the chewing satisfaction I sometimes need and that is satisfying. But not satiety. Sometimes we just want something to chew and fruit fits the bill. So with fruit I don't believe satiety hormones are released just the satisfaction of having chewed happens but the stomach doesn't feel full. And so, real sugar from any source doesn't, I think, cause the release of satiety hormones.

Sugar I think results in the least “satiety”. Protein and fat provide satiety because they take the longest to digest. Several hours. While sugar is digested very quickly leaving the stomach empty very soon. The stomach contracts when empty and tells the brain we need food.

A balanced meal with sugar (carbs), protein and fat provides satiety and all the nutrients we need.

But fruit or prepackaged snacks touting "natural sweeteners" contain just fructose, which is metabolized in the liver, not the muscles. The result: bloat, or even the runs.

Its true if you eat a lot of fruit you could have the runs or gas.

But I'm not sure that the information about the chemistry of fructose is scientifically accurate here. All nutrients pass from the digestive tract through the liver. The liver is the chemistry factory of the body. Many amino acids are broken down and rebuilt into different proteins the body needs. Sugar is stored there which is just as it should be. The liver stores sugar and normalizes the amount of sugar available in the body whenever the body is in need of more sugar. (Such as at 2AM in the morning.) We eat different sugars every day and the body breaks them down to the sugars we need. Examples, lactose which contains galactose, table sugar which contains fructose and glucose, and starches which contain chains of glucose. Fructose and glucose are metabolized in the body to provide energy. In a different way but both are used for energy.

*Closing's* At the close of all the workshops and TOPS events, there are two closings

that are typically used. I was asked to please send them on the news letter. Here they are.

**#1**

You take my hand and I'll take yours and we'll start out today.

For a helping hand is what we need to help us on our way.

The way to goal is a lonely road – we need someone to care.

Reach out my friend and take my hand and then we're almost there.

**#2**

I give to you a helping hand to steady you when you fall.

To lift you up when you are down – to encourage you when you stall

I can not do it all for you – only you can lose that weight

But I'll be there if you need me – before it is too late.

And when at last you reach your goal – and become an honored KOPS

I'll be there to applauded for you and give the credit to TOPS.

**That's it for November – have a great month. Gail Lewis – [gailstops@verizon.net](mailto:gailstops@verizon.net)**