

OCTOBER 2016 - TOPS Norfolk and Bristol Counties

Gail Lewis - Area Captain

THOUGHT for the Month:

Fall has arrived. Behold the changing leaves, and enjoy the crisp breeze. Let your eyes take in the bursts of color. Transformation is afoot and hope is in the air.

FALL RALLY - October 22, 2016

Fall Rally is just around the corner - are you planning on coming? Taunton 439 led by Deb McGuire, are hosting the event at the Double Tree Hotel in Leominster MA. Forms are due so get them in as soon as possible. Hope to see you all there. Let me know if you need any additional information.

INSPIRATION

Here is the latest from TOPS about pumpkin FLAVERING and pumpkin. I thought it was a good article worth repeating.....read on.....

It's that time of year again; pumpkin flavored things seem to be everywhere you turn. Pumpkin lattes, pumpkin cream cheese, pumpkin candy... the list goes on. According to Registered Dietitian and nutrition expert for TOPS, Dena McDowell, these foods have nothing to do with actual pumpkin. They are loaded with sugar and calories. Real pumpkin, however, has many nutritional benefits. Add some real pumpkin into your diet this fall and start reaping the benefits of this natural superfood.

4 Healthier Ways to Get Your Pumpkin Fix

- Boost your fiber for the day by adding pumpkin puree to yogurt.
- Try using pumpkin puree as a substitute for oil or butter when baking homemade muffins or cookies. It will make a great seasonal sweet treat.
- Enjoy a hearty soup or stew made with pumpkin.

- Don't forget about the seeds! Lightly coat pumpkin seeds with olive oil and a seasoning of your choice and bake.

HALLOWEEN TIPS

Halloween is a day that tests the willpower of even the strongest—and lithest—among us. So though we might resist a triple fudge bar on our best day, few people are above a little professional help when it comes to resisting the temptation of buckets (and buckets) of candy on the 31st. Susan Albers, author of *Eating Mindfully* and a psychologist at the Cleveland Clinic, shared some tricks to keep us from gorging on all the treats.

Shop at the last minute. "Skip all those early-bird sales on candy and buy it the day of, because if it's around your house, you're just going to eat it. This is one occasion when it's okay to be last minute."

Hide it. "Once it's in your house, keep it out of sight, out of mind. Or, as you're passing it out, put it in an opaque jar. We tend to eat less when it's not in a clear jar because we're not looking at it. We're often triggered to eat just by seeing food."

Don't play favorites. "It's important to buy your least-favorite kind of candy. Buy one you can pass up. If you want to feel good about what you're eating, buy pure, dark chocolate— anything with 60 percent cacao or above has some health benefits. Nougat and nuts really increase the fat and sugar content."

Picture something else. "When you start to think about candy, it triggers that neurocircuitry in your mind of craving it. Some studies say if you replace the candy image with a neutral image, like a meadow or a rainbow, you can cool down that craving because it blocks those sensory images."

Actually taste it. "Take mindful bites of candy and focus on what you taste. You may be surprised by what you actually like or don't like. I've done tasting workshops at Halloween with candy corn, and people often realize it doesn't taste as good as they thought it did. It has a weird aftertaste."

Be less dominant. "Another trick to stop popping those M&Ms in your mouth is to eat with your nondominant hand. There's a study that says it can reduce what you eat by 30 percent because it stops that automatic motion. It's a very easy tip for a party."

Make a deadline. "Give yourself a deadline for getting the candy out of the house—say three weeks, before the turkey arrives. Or if by two weeks you have too much left, bring it into work or donate it. Have a strategy, like when you clean out your closet. And remember, it's okay to throw away candy."

That's it for October. Let me know if you need anything.
Gail Lewis (508) 577-9460 gailistops@verizon.net