

### Events this Week

#### Keeping Your New Year's Resolutions Quick Tips Display

Stop by our table for information on helpful strategies for making changes and sticking to them.

Monday, January 7:  
11:30am – 1:30pm  
Cafeteria

Step Ahead can come to you! Contact us to schedule a workshop for your group. Call us at 508/856-2319 or 800/522-4617, or email at [info@stepaheadprogram.com](mailto:info@stepaheadprogram.com).

## Have a game plan for the play-off parties!

It's a great time to be a sports fan! The local teams are doing well, and the season of watching games together is in full swing from now through March Madness and baseball opening day. A lot of food and drink calories usually come along with the fun – in fact, more food is eaten on Super Bowl Sunday than any other day except Thanksgiving!

### Have a game plan!

Schedule in more exercise. And before a game or party, decide how much you want to eat. Choose snacks and drinks that don't pack a high-calorie punch.

### Healthy snacking

- Make pizza using a whole wheat crust (Boboli crust or pizza dough) Top with grilled or roasted veggies and reduced fat cheese.
- Fill a football-shaped snack bowl with cut fruit instead of chips.
- Use ground turkey instead of hamburger in your favorite chili recipe.
- Use reduced fat or fat free sour cream in your dip (you won't notice the difference!)
- Have healthy dippers: colorful vegetables; baked chips; chips and crackers with 2g fiber.

- Enjoy shrimp cocktail.
- Serve peanuts in the shell instead of mixed nuts or dry roasted peanuts.
- Eat hummus with veggies or whole wheat pita.
- Have trans-fat free popcorn (Paul Newman's or Smart Balance).

### Healthy sipping

- Calorie free water or sparkling waters (plain or flavored)
- Sugar-free (diet) sodas and iced tea
- Tomato juice or V8 juice

Remember, alcohol calories do count. A 12 oz. beer has at least 150 calories, light beer has 110 calories and a 5 oz. serving of wine has at least 100 calories. If you do drink alcohol, do so in moderation.

### Healthy serving

- Put food on a plate to keep track of what you eat and how much.
- Use smaller lunch or snack plates instead of larger dinner-sized plates. Use small serving dishes and glasses or cups too.
- Put ALL the food and beverages in a room where you're not watching the game.

## Recipe of the Week

Save this and all the January recipes for your football parties!

### Smoked Salmon Party Dip

Serve with a variety of cut vegetables and crackers with at least 2g fiber per serving

- 1 cup reduced fat cottage cheese
- 1 cup light or fat-free sour cream
- 4 ounces smoked salmon, chopped
- 4 medium green onions (green and white parts), finely chopped
- 2 teaspoons lemon juice
- ¼ teaspoon garlic powder

- In a food processor or blender process the cottage cheese for 30 seconds or until smooth. Transfer to a medium bowl.
- Stir in the remaining ingredients. Cover and refrigerate until ready to serve.

### Nutritional Information (per 2 Tablespoons):

Calories: 35  
Total Fat: 1.3g  
Saturated Fat: .7g  
Carbohydrate: 2.4g  
Dietary Fiber: 0g  
Protein: 3.7g

Recipe adapted from *The New American Heart Association Cookbook*

## Tip of the Week

Going to a party? BYO! Offer to bring a dish to share, something that works with your eating plans, but that others will enjoy too. Try something from [StepAheadprogram.com!](http://stepaheadprogram.com/Step%20Ahead%20recipe%20page.htm)  
(tip adapted from [www.eatingwell.com](http://www.eatingwell.com))