



Our Theme for 2011 - 2012 is: "Our Road to Success"

June Juice from Your Area Captain...


Teri Boyd

June 2011

National Fresh Fruit and Vegetables Month

Issue Number 70

Thank You!!

Just wanted to say a Huge Thank You to all my chapters for the donations to the Area Captain IRD  Fund, both money donations, basket donations, Quilts and Miscellaneous Crafts and coming to SRD and buying tickets for the Area Caption IRD Raffle. You truly are a wonderful supportive family and I love and appreciate you all!

Upcoming Workshops

- Working on a "Contest" Workshop are you interested in something like this?
- What are some topics you'd like to see covered?

East Valley KOPS Society 2011 Meetings

July 27 ~ **September 28** ~ November 30

The Golden Corral
1868 N Power Rd
Mesa, AZ
10:30 am to eat
11:30 pm meeting

We meet in the meeting room at the East end of the building.

All KOPS and TOPS members within 10 pounds of goal are welcome to attend, and then we hope you'll join us we have a lot of fun things planned.

“Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.”

~ Ralph Waldo Emerson

“A man who wants something will find a way; a man who doesn't will find an excuse.”

~ Stephan Dolley Jr.

Upcoming Events

■ **IRD 2011 ~ Happy Days with TOPS**

- Milwaukee, WI
- July 7, 8, and 9, 2011

Note Worthy News from Your Fellow Chapters

Please let me know if you have news to share

- For the Month of May these KOPS had Anniversaries;
 - AZ 0020 Scottsdale Ellie Parsons 1 year
- June Chapter Anniversaries;
 - AZ 0069 Casa Grande June 24 ~ **46** years

More information about Super Foods

Nuts about nuts? For a guilt-free treat, eat pistachios. They have just 160 calories per one-ounce serving. Looking for a snack that's filling and kind to your waistline? Treat yourself to a handful of pistachios – the so-called skinny nut. Out of all nuts, pistachios have the fewest calories – just 160 per one-ounce serving (about 50 nuts). This “skinny nut” is also packed with the same antioxidants found in other nuts such as walnuts and almonds. A new USDA study found that the fat in pistachios may not be completely absorbed by the body, which means they could have even less than 160 calories per serving. More research is needed to tell for sure. Still, because you have to pry them out of their shells, pistachios take longer to eat than other snacks and tend to discourage overeating. In fact, research shows that snackers consume 41 percent fewer calories when eating pistachios over other, already-shelled nuts. The ever-growing pile of discarded shells also helps us better visualize how much we've already eaten, so we'll be less likely to mindlessly devour the entire bag.

~ Cleveland Clinic Wellness

Top 10 Super foods **Taste of Home**

1. Tomatoes – Vitamins A and C, Potassium, Beta-carotene, lycopene and fiber. There's more lycopene in cooked tomatoes than raw, so you can feel good about using canned tomatoes and paste, tomato juice and ketchup.
2. Salmon – Vitamins A, B6, B12 and D, Phosphorus, potassium, selenium, Omega-3 fatty acids and protein. Salmon is rich in the omega-3 fatty acids DHA and EPA, which studies have identified as the most beneficial of the omega-3s.
3. Blueberries – Vitamins A, C and E, magnesium, manganese, potassium, fiber and beta-carotene. Have cancer-fighting properties and can also improve memory.
4. Spinach – Vitamins, A, C, K, folate, riboflavin, thiamine, calcium, iron, magnesium, zinc, beta-carotene, fiber and lutein. The magnesium in spinach helps to lower high blood pressure.
5. Oats – Vitamins E, thiamine, manganese, magnesium, phosphorus, selenium, zinc, fiber and protein. Enjoying oatmeal on a regular basis may decrease insulin resistance and help stabilize blood sugar.
6. Soy – Vitamins K, folate, calcium, iron, potassium, selenium, fiber, omega-3 and protein. Soy is the highest – quality source of cholesterol-free, vegetarian protein.
7. Olive oil - Vitamin E, antioxidants and monounsaturated fats. Olive oil is easily digested and aids in fat digestion by stimulating the gallbladder.
8. Broccoli – Vitamins A, C, K, folate, phosphorus, potassium, fiber, lutein and beta-carotene. Broccoli has properties that kill bacteria known to cause ulcers and some stomach cancers.
9. Black Beans – Vitamins Folate, thiamine, iron, magnesium, potassium, fiber, flavonoids and protein. If you like the convenience of canned black beans but are watching sodium levels, try canned organic black beans, which tend to have less salt.
10. Walnuts – Vitamins A, E, folate, riboflavin, thiamine, calcium, Magnesium, phosphorous, potassium, fiber, omega-3 and protein. Walnuts are the only nut with a significant amount of ellagic acid, a cancer-fighting antioxidant.

Worthy Websites Worth Checking Out

- www.whywelovetops.com
- www.mypyramid.gov
- www.sparkpeople.com

Hey, if I haven't been to your chapter yet, or haven't scheduled a visit to present ...**Super Foods**....please call or email me and let's set up a date for me to come and spend a bit of time with your chapter and share some really good information.

If you attended the Exchange System/Portion Distortion workshop, here is the information from Nancy Cowperthwait about the Peanut Butter she spoke of; **PB2**. This was mentioned in the TOPS News/ June 2010. And the website to check out for more information is: www.bellplantation.com. Thank you Nancy ☺

Please let me know of any Health Fairs in your area, or if you hold an Open House I'd love to come and help.

I'm here for you and I'd love to hear how you're doing!

I care,

Your TOPS Friend and Area Captain,

Teri