



## METABOLIC AND WEIGHT LOSS CENTER

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- Don't be the one fooled this April! Reset your thinking to achieve your ultimate health goal.
- Apps for April! Check out these top health and fitness apps rated by registered dietitians.
- See our Featured Recipe and Product of the Month.



## What's Happening this Month:

- \* Remember to check out the Capital Health Metabolic & Weight Loss Center's Facebook Page! "Like" us to follow our Blog with more tips and ideas to stay on track with your healthy lifestyle plan. Also visit our website for previous blog entries and monthly newsletters.
- \* Thanks to everyone who participated in the Nutrition Month Contest! Congrats to our winner who received a first month supply of vitamins and minerals free after their surgery!
- \* Sign up for your nutrition classes online. Caroline's April-July Pre-op Weight loss and Group class schedules are now up on our website.

## April Fools

Don't be the one fooled this April by old diet myths and ways of thinking. Here's how to reset your thinking so you can feel good about changing your lifestyle and stay on track!

**APRIL FOOLS:** "I was losing weight but now my weight plateaued. There's no point in sticking to this plan."

**New Mind-Set:** It is true that our metabolism adapts as you lose weight. But your weight may just be coming off more slowly as your body gets used to your healthy eating and fitness plan. Don't get frustrated and give up. You may need to increase the time or intensity of your exercises or make some changes in your eating plan. Record your food intake and ask your dietitian for some suggestions in your diet.

**APRIL FOOLS:** "I can't eat fried foods, carbs or dessert"

**New Mind-Set:** No food should be off limits. Deprivation leads to binge eating. Instead of banning foods from your diet, give yourself permission to have a treat sometimes. If you go for that "treat" food everyday, ask your dietitian for a lower calorie alternative.

## + Motivation Corner

"Never trade what you want the most for what you want at the moment."

"There are seven days in the week, SOMEDAY isn't one of them."

## April Fools cont'd

**APRIL FOOLS:** "I'm hungry, but I should wait until dinner."

**New Mind-Set:** "I should eat at the first signs of being hungry." Your body sends signs that you are hungry by making your stomach rumble or making you feel a slight headache. If you wait past these first signs, you end up making bad choices when you're starving. It's best to have a snack to tide you over. Don't feel guilty if you're physically hungry and not just mentally hungry.

**APRIL FOOLS:** "I can't exercise because the bad winter made my walking path uneven."

**New Mind-Set:** All these excuses or negative thoughts—especially about those that are outside of your control—make you want to plant yourself on the sofa. The next time your inner voice is making excuses, fight that inner voice and say, "This challenge is going to make me stronger and healthier!" Remind yourself that getting out to walk, jog or go to the gym shows your dedication to your health, and take pride in that. Most of us aren't in tune with that manipulative little voice that tells us we shouldn't exercise or we should eat that bag of chocolate candy. Once you are, you can fight it and reframe it to get rid of those self-imposed limits.

**APRIL FOOLS:** "I feel too guilty when I take "me" time."

**New Mind-Set:** "Taking "me" time to improve my health will allow me to be around longer for those that I love and also set a good example for them. If you're miserable because you skipped your walk to watch a movie with your family but feel too guilty taking time for yourself, how happy are those around you going to be? To stay positive, think of your walk, exercise routine or even relaxing activity as a free therapy session. Exercising or meditating helps us to de-stress and improves our mental and physical health. I think your family and friends would rather be

around you after an hour long walk when you're in a good mood and have more energy than after you skipped a long walk and feel on edge. Family members and friends might make it easier for you to stick to your routine if they decide to jump on board with you and become your "fitness buddy."

If you need more oomph to start your healthy lifestyle changes or to continue with the changes you made, psych yourself up with music, motivational quotes, thoughts/pictures of vacations or items you will buy yourself if you achieve your goals. Make a written contract with yourself and tell yourself you CAN and WILL. Focusing in the moment about what you could do right now and what is realistic will help you be successful and help you avoid distractions. Also, remember it is essential to get adequate sleep for energy, motivation, focus and to prevent poor eating habits.

**APRIL FOOLS:** "Everything about my body is disgusting."

**New Mind-Set:** Say farewell to the "Fat Talk." Talking about your body in a corrupting way won't help you reach your goal. It just leaves you falling further into a rut of unhealthy habits. A lot of people (especially women) don't even realize they do this! Stop the self abuse by changing the conversation. Close your eyes and think about the one thing you are most proud of about yourself, how much closer you've come to reaching your goal or your favorite thing about yourself. You would never tell a friend they have disgusting thighs, so why would you say that to yourself? Instead say, "Sure I am overweight but I have a plan. I am going to eat better, workout with friends, and do something about it." Stop attacking yourself or participating in negative self-commenting!

## Apps for April and your Health!

There are many apps for smartphones, tablets or iPads that are designed to help us with our health goals. Read reviews from other users or ask your healthcare provider or registered dietitian if you are unsure about a new app you found. Here are the highest rated apps reviewed by dietitians.

### Calorie Counter & Diet Tracker by My Fitness Pal *For Food Tracking*



RD RATING:

4.5 STARS



Study after study has confirmed the benefits of keeping track of the food you eat and the activity you do. It's simple - the more consistently you track your food intake, the more likely you are to lose weight. *My Fitness Pal is free and offers:*

- » Food/calorie intake tracking on your phone or using their website [www.myfitnesspal.com](http://www.myfitnesspal.com).
- » Create a profile that helps you personalize your weight loss goals.
- » Daily and weekly nutrient intake analysis to see what nutrients you may get too much or too little.
- » More than 3 million foods in their food database, a barcode scanner feature, and ability to add foods that are not in the food database.
- » Support and motivation from other people. Read the discussion forum for tips, share tips and exchange encouragement.

### eaTipster *For Nutrition and Diet Tips*



RD RATING:

5 STARS



Dietitians of Canada created this app to make it a little easier for you to eat healthy. Dietitians serve up a trusted new tip for you each and every day. *eaTipster is free and offers:*

- » A nutrition tip every day.
- » Ability to add tips to your favorites so you can go back to tips you like.
- » Share tips with friends, via Facebook, Twitter, e-mail and text.
- » Set daily reminders to receive new daily tips to suit your routine.

### C25K *For Exercise*



C25K- Couch to 5K is designed to get just about anyone from the couch to running 5 kilometers or 30 minutes in just 9 weeks. The app for this program helps you track your calories and distance as well as goals. You can listen to your favorite music through your headphones while you workout and follow the programs convenient audio alerts that tell you to walk faster, slower or jog at different intervals.

### Runtastic *For Exercise*



Runtastic is not just for runners! It allows you to track cardio workout progress for many cardio activities including walking, running, jogging, bicycling etc. The app features a voice coach and lets you know when you complete each mile. It also cheers to encourage you, help you create routes or find exercise routes with the GPS on your phone, and plays your music while you do your cardio. You can follow how far you have gone, how many steps you took and how many calories you burned.

# FEATURED RECIPE OF THE MONTH

## HEALTHIFIED ASPARAGUS-ZUCCHINI EGG BAKE

From [livebetteramerica.com](http://livebetteramerica.com)

*[This recipe is great for brunch, lunch, or dinner!]*

Servings: 8 ■ Prep Time: 30 Minutes ■ Total Time: 1 Hr. 15 Mins.

Nutrition Information (1 Serving):

Calories 80 ■ Total Fat 2g (Saturated Fat 1g, Trans Fat 0g)

Cholesterol 5mg ■ Sodium 420mg ■ Total Carbohydrates 7g

(Dietary Fiber 1g, Sugars 3g) ■ Protein 10g



### INGREDIENTS

Nonstick cooking spray

12 ounces fresh asparagus or (1) 9-ounce package

Green Giant® frozen asparagus cuts

1 small yellow sweet pepper, cut into 1/4-inch-wide strips

1/2 of a small zucchini, halved lengthwise and cut into  
1/4-inch-thick slices (about 1/2 cup)

1/3 cup chopped onion

1/4 cup chopped bottled roasted red sweet peppers, drained

1/2 cup shredded reduced-fat mozzarella cheese (2 ounces)

2 cups refrigerated or frozen egg product, thawed

1/2 cup fat-free milk

1 tablespoon snipped fresh dill or 1 teaspoon dried dillweed

3/4 teaspoon salt

1/2 teaspoon ground black pepper

2 tablespoons Gold Medal® all-purpose flour

3 tablespoons finely shredded Parmesan cheese

Fresh dill sprigs (optional)

### DIRECTIONS

Preheat oven to 350°F. Lightly coat a 2-quart rectangular baking dish with nonstick cooking spray; set aside.

If using fresh asparagus, snap off and discard woody bases. If desired, scrape off scales. Cut into 1-inch-long pieces.

In a large saucepan, bring about 1 inch water to boiling. Add asparagus, yellow sweet pepper strips, zucchini, and onion. Return just to boiling; reduce heat slightly. Cover and boil about 5 minutes or until crisp-tender. Drain well. Stir in roasted red sweet peppers. Spread asparagus-pepper mixture evenly in baking dish. Sprinkle with half of the mozzarella cheese.

In a large bowl, whisk together egg product, milk, snipped or dried dill, salt, and black pepper until well mixed. Whisk in flour, making sure it is completely combined. Pour egg mixture over vegetables in baking dish. Bake, uncovered, about 35 minutes or until slightly puffed and top shakes set. Sprinkle with remaining mozzarella cheese and the Parmesan cheese. Let stand for 10 minutes before serving. If desired, garnish individual servings with dill sprigs.

### FEATURED PRODUCT OF THE MONTH

#### ARCTIC ZERO ALL NATURAL FROZEN DESSERT

PER SERVING (1/2 cup):

37 calories, 0g fat,

80mg sodium, 6g carbs,

2g fiber, 5g sugars, 3.4g protein

—PointsPlus® value 1\*

Ice cream with 150 calories for an entire pint?!? Each 1/2 cup serving is only 37 calories! It's a great alternative for those in need of a guilt-free ice cream fix. It's also great for a low-calorie base for smoothies and shakes.

The Chocolate Peanut Butter and Coffee flavors are our favorite! Look for it at ShopRite, the Pennington Market, or Big Bear Natural Foods in Ewing, NJ or order online at [articzero.com](http://articzero.com)