



**METABOLIC AND
WEIGHT LOSS CENTER**

**What's Happening
this Month:**



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- * Make sure to download the Baritastic app and join using our Capital Health code (76777). Use the app to log your food and get recommendations from your dietician, be reminded of program events and updates, and access recipes!
- * Our March support group for post—weight loss surgery patients is March 28 from 5–6 p.m. in our office (suite 356).
- * If you had surgery and are not a member of our Post-Op Online Support Group, the Capital D.R.E.A.M. Team, please e-mail Caroline Lazur at clazur@capitalhealth.org so she can e-mail you the link and accept your request. This is a great way to obtain support from our program and other post-op patients in our program right at your fingertips, 24/7!
- * Our March information session for those interested in weight loss surgery with our program will take place on March 28, 2018 from 6–8 p.m. in the Cancer Center Conference Room.
- * Don't forget to "Like" Capital Health Metabolic & Weight Loss Center on Facebook for healthy lifestyle tips, motivations and program updates.

**NATIONAL NUTRITION MONTH
GO FURTHER WITH FOOD**

BY KAITLIN POILLON, Dietetic Intern

Every year during the month of March, **THE ACADEMY OF NUTRITION AND DIETETICS** celebrates National Nutrition Month. While healthy eating should be your goal year round, National Nutrition Month emphasizes the importance of good nutrition, developing physical activity habits, and living a healthy lifestyle daily. We love having a month to highlight all of the benefits of optimal nutrition and living an overall healthy lifestyle!

This year's theme, **"Go Further with Food,"** reminds us that food can have a huge impact on our health and in our lives and that healthy food does not have to be boring! Fruits and veggies are always what we need more of on our plate. They are rich in fiber (which keeps us full), low in calories, and high in vitamin and mineral content. So to take better care of your health, increasing fruits and veggies is a great way to start!



HEALTH-IFY YOUR PLATE EASILY AND DELICIOUSLY THIS NUTRITION MONTH!

BY CAROLINE LAZUR, RD and KAITLIN POILLON, Dietetic Intern

MAKE YOUR PLATE MORE COLORFUL:

Fruits and veggies come in all different shapes, sizes, and colors. Enjoying an assortment of all these options in your diet increases your chances of getting all of the vitamins and minerals that your body needs to protect you from disease. Make it a goal to try one new fruit or veggie this month.

TIPS FOR TRYING NEW FRUITS OR VEGGIES:

— **Go to your local farmers market** and pick out a veggie or fruit you have never tried. Research a simple recipe and ask your Capital Health dietitian for preparation tips.

— **Join a Boxed Share Membership/CSA program.**

Try Honey Brook Organic Farm in Pennington, NJ and fill out an application on their website. They also offer instruction on how to prepare what's in season.

— **Try a FarmBox Direct Subscription** for a week or month and have local, in-season produce delivered to your door!

MAKE IT EASY:

— **Buy pre-cut and prepped fruits and veggies** and keep them in the front of your fridge. Your health is worth the slightly higher cost and you're more likely to eat and cook with them (and less likely to waste) when the chopping is already done for you!

— **If you buy whole fruits and veggies, prep/chop them before you put them away!** When you're hungry for a snack, having a healthy option ready to eat will help you avoid going for easier, higher calories snack food like canned nuts, pretzels, or chips.

— **Try prepared pasta and riced veggie alternatives:**



o **Bagged Broccoli Slaw** (steamed) makes a great pasta alternative when you add tomato sauce. You can also eat it uncooked as a salad (with light salad dressing), no chopping or dicing required!



o **Packaged riced cauliflower or broccoli** can be found in the fresh produce section—our favorite is Green Giant brand frozen riced cauliflower and/or broccoli.

o **Spiralized zucchini** (or any spiralized veggie) makes a great pasta alternative.

SPRUCE UP YOUR VEGGIES (FRESH OR FROZEN) WITHOUT A FUSS WITH THESE IDEAS:

o Try different cooking methods—roasting, grilling, sautéing, or using an Instant Pot! (see our product of the month).



o Experiment with seasonings like **Mrs. Dash** (we like tomato basil garlic or southwest chipotle) or **McCormick's Perfect Pinch Salt Free** line (we like fiesta citrus). If salt use isn't a big concern, try seasoning blends with salt like Italian, Cajun, and lemon pepper. Just make sure to measure!

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HEALTH-IFY YOUR PLATE EASILY AND DELICIOUSLY THIS NUTRITION MONTH! — continued

- If you're feeling saucy, toss your veggies in some low-fat marinara.



— **Dei Fratelli** and **Classico** make some really delicious sauces with 70 calories or less per 1/2-cup serving. Another option? **Amy's Organic Chunky Tomato Bisque** — this guilt-free soup (130 calories and 3.5g fat per cup) works perfectly as a creamy red sauce.

- If red isn't your color, try mixing things up with a little low-calorie marinade like **Lawry's Teriyaki Marinade with Pineapple Juice** (only 20 fat-free calories per tbsp.) or **Mrs. Dash Garlic Lime Marinade** (each tbsp. has 30 calories and 1.5g fat). Just because they're technically marinades, that doesn't mean you can't add just a splash to steamed veggies for flavor!



- Treat your hot veggies like their cooler counterparts by tossing them in some low-cal salad dressing. We love **Newman's Own Sesame Ginger** salad dressing, which tastes great on just about every veggie and has only 35 calories and 1.5g fat per 2-tbsp. serving. We also recommend **Newman's Own Honey Mustard** dressing (70 calories and 4g fat per 2-tbsp. serving).



- Butter up, but keep it simple with a small amount of light whipped butter or light buttery spread. **Brummel & Brown** or **Land O Lakes Whipped Light Butter** each have about 45 calories and 5g fat per tbsp., and a little goes a long way. Or use a few spritzes of **I Can't Believe It's Not Butter! Original Spray**—just know that the calories can add up if you use more than a 5-spray serving. Top off your buttery veggies with some reduced-fat Parm-style topping!

If you like to cook but just have been in a funk with creativity, try some of our favorite websites for fruit and vegetable recipes:

- Skinnytaste.com
- CookingLight.com
- EatingWell.com
- DiabeticLivingOnline.com

You can also search for “My Plate Recipes” on [Pinterest](#) or [Google](#).





Product of the Month INSTANT POT

Do you ever get home from work or running errands and feel as though there is not enough time to cook a fast, healthy dinner for you and your entire family? If so, you need an Instant Pot! With many different versions of the product to choose from, the Instant Pot combines five cooking appliances into one: pressure cooker, slow cooker, rice cooker, steamer, and warmer. According to the manufacturer, "The Instant Pot line of products are truly tools for a new lifestyle and especially cater to the needs of health-minded individuals..."

Always refer to the instruction guide before using. To see how the Instant Pot works and for tips on getting started, visit the manufacturer's website at instantpot.com.



RECIPE of the Month

TURKEY CHILI IN THE INSTANT POT MAKES 3-4 SERVINGS

BY KAITLIN POILLON, *Dietetic Intern*



PREP TIME: 5 MINUTES

COOK TIME: 20 MINUTES

DURATION: 15-30 MINUTES

COOKING TECHNIQUE: PRESSURE COOK

MAIN INGREDIENTS: BEANS, SPICES, TURKEY

INGREDIENTS

- 1 lb. ground turkey (93% lean)
- 4-5 oz. water
- 15 oz. chickpeas (or your favorite white bean) pre-cooked in your Instant Pot,
- 1 yellow bell pepper diced (add another, if you really like them)
- 1 medium onion, diced
- 2-3 cloves garlic peeled and not chopped
- 1 1/2 tsp cumin
- 1/8 tsp cayenne
- 2 cans (10 oz.) tomatoes with chilies
- 1 can (5.5 oz.) tomato juice
- 12 oz. vegetable stock
- 2 1/2 tbsp chili powder

DIRECTIONS

1. Add ground turkey and water into Instant Pot. Select the "manual" option, secure the pressure valve, and set time to cook for 5 minutes.
2. After cooking turkey/water, allow to rest for 5-10 minutes, then quick release the pressure. Open the Instant Pot and break up the ground turkey.
3. Add the remaining ingredients. Select the "manual" option again, then set the cooking time for 5 minutes. When time is up, allow to rest for 10-15 minutes. Then, release pressure and open lid.
4. Stir and enjoy!