



**METABOLIC AND
WEIGHT LOSS CENTER**

**What's Happening
this Month:**



IN THIS ISSUE

- Is Losing Sleep Keeping You From Losing Weight?
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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 May Support Group for Post — Weight loss surgery patients is May 22, from 5 – 6 p.m. in our office, Suite 356.
- * Is someone in your life thinking about weight loss surgery? Bring them to Dr. Chung's information session on May 22 from 6 – 7 p.m. in the Cancer Center Conference Room. To register, call our office to speak to Amy at 609.537.6777.
- * For individuals interested in weight loss without surgery, or for bariatric patients experiencing weight regain, try our Medical Weight Loss Program, featuring great tasting Robard's New Direction Products! Weekly visits with our dietitians help you develop skills to help you lose weight (and keep it off) and customize the meal replacement plan to meet your needs! Call our office at 609.537.6777 to schedule your first appointment with Dr. Chung.

**TRY THE ZZZ'S DIET TO IMPROVE
YOUR HEALTH**

BY STEPHANIE GALLAGHER, Sodexo Dietetic Intern

Studies have linked the number of hours we sleep to the number we see on the scale. And although we spend about a third of our life sleeping, most of us do not know what sleep actually does for our health. Research has indicated that sleep is primarily a "brain-focused phenomenon."

Our brain is the largest consumer of energy throughout the day, and as a result waste (in the form of toxins on the brain) is produced. Sleep allows our brains to remove the toxins that have built up from use during our waking hours and helps our bodies to function more efficiently.

In addition to leaving you feeling foggy and drowsy throughout the day, a poor night's sleep hampers your decision-making and lowers your mental and physical energy levels. When the body is unable to be satisfied from sleep, its natural response is to pleasure feed and seek energy (food), which is why sleep deprivation has also been associated with increased risk of weight gain and obesity.

Studies have shown an increase in hunger hormone levels and decreased levels of the satiety hormones in sleep deprived individuals, often leading to the consumption of more carbohydrates and unhealthy fats.

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TRY THE ZZZ'S DIET TO IMPROVE YOUR HEALTH *continued*

The impaired decision making that comes with a lack of proper sleep can also lead to choosing convenience foods often in the form of simple carbohydrates (cookies, cakes, crackers, chips, pretzels etc). Consuming simple carbohydrates is like setting a piece of paper on fire – they are easily broken down and digested, but in one hour or less that energy has been used and you need more. There is no satisfaction.

With proper sleep, we have the ability to control cravings. We're more likely to make informed food decisions and eat more complex carbohydrates (whole grains, beans, oats, potatoes, corn) combined with protein that will keep our fire going for 3-4 hours. According to studies published by the Sleep Research Society, individuals who slept four hours or less over a five-day span consumed an additional 300 calories each day (and gained more than ½ lb.) compared to those who slept seven hours or more. So when it comes to your weight and overall health, sleep should be a priority.

Follow these steps for healthy sleep habits:

1. Stick to a sleep schedule that includes consistent times for going to bed and waking up, even on the weekends.
2. Practice a relaxing bedtime routine. Winding down helps your body get into "sleep mode" and separates it from activities that can cause excitement. Avoid electronics during this time; the light from these screens activate the brain.
3. Even though you may have trouble sleeping, avoid naps. Napping can make it more difficult to fall asleep at night.
4. Exercise daily at any time during the day, but not at the cost of your sleep. Exercise is proven to help us fall asleep and stay asleep.
5. Avoid alcohol, cigarettes, caffeine, and heavy meals in the evening. Alcohol, cigarettes, and caffeine can disrupt sleep. Heavy and spicy meals too close to bed time can cause indigestion and abdominal discomfort, making it uncomfortable to sleep.
6. Sleep comfortably. Mattress and pillows must be comfortable and supportive. A good quality mattress' life expectancy is about 10 years. A bedroom should be cool, between 60-67 degrees.
7. Work towards **7-10 hours of sleep per night** for the best health benefits.



Product of the Month BARIATRIC ADVANTAGE

Bariatric Advantage now offers a one-a-day capsule multivitamin that includes all the vitamins and minerals you need after weight-loss surgery. Available with and without iron. Available now in our office for \$21.95 + tax (one-month supply).



RECIPES of the Month

What better way to save time in the evening than trying healthy crockpot meals? This month, we are featuring two crockpot recipes that can be made in advance and stored in plastic freezer bags. The more time you save on cooking, the more time you have to wind down for bed and get a good night's sleep!

COOL RANCH SHREDDED CHICKEN TACOS



NUTRITION INFO
PER 4 OZ. SERVING
188 CALORIES
8 g TOTAL FAT
5 g CARBOHYDRATES
28 g PROTEIN

Cook fresh or freeze and cook later. Serve with 1 tortilla or 1/2 cup of rice and salad.
Makes 8 servings.

INGREDIENTS

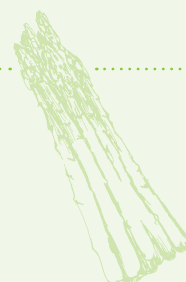
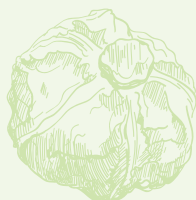
- 2 lbs. boneless skinless chicken breasts
- 3 tbsp olive oil
- 2 tbsp red wine vinegar
- 1 taco seasoning packet (or this homemade version: 1 tbsp *chili powder*, 1 tsp *pepper*, and ½ tsp of each of the following – *salt*, *ground cumin*, *red pepper flakes*, *paprika*, *oregano*, *garlic powder*, *onion powder*)
- 1 dry ranch seasoning packet (or this homemade version: 1 tbsp *dried parsley*, 1 tsp *garlic powder*, 1 tsp *onion powder*, 1 tsp *dried onion flakes*, ¾ tsp *dill*, ½ tsp *pepper*, and ½ tsp *salt*)

DIRECTIONS

Combine all ingredients in crockpot and cook on “low” setting for 6-8 hours. Shred chicken and mix with sauces and spices left in crockpot.

TO FREEZE AND COOK LATER

Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months. When ready to cook, thaw overnight in refrigerator and follow cooking directions above.





EASY AND HEALTHY CROCKPOT STEAK ITALIANO MARINARA



NUTRITION INFO
PER 3 OZ. SERVING
197 CALORIES
11 g TOTAL FAT
4 g CARBOHYDRATES
21 g PROTEIN

*Cook fresh or freeze and cook later. Steak that literally melts in your mouth!
Serve it over zoodles. **Makes 10 servings.***

INGREDIENTS

- 2 lbs. boneless sirloin tip steak, cubed
- 1 small yellow onion, diced (one cup)
- 2 oz. fresh baby spinach
- 4 cloves garlic, minced
- 28 oz. can crushed tomatoes*
- 1 tbsp Italian seasoning
- 1 tsp basil
- 1 tsp salt
- ½ tsp pepper
- ½ tsp crushed red pepper flakes

DIRECTIONS

Combine all ingredients in crockpot and cook on “low” setting for 6-8 hours. Serve over egg noodles or zucchini “noodles” with a fresh garden salad.

TO FREEZE AND COOK LATER

Combine all ingredients in a gallon-sized plastic freezer bag and freeze for up to three months. When ready to cook, thaw overnight in refrigerator and follow cooking directions above.

**Tip: If making fresh, pour half of crushed tomatoes into crockpot. Next, stir seasonings into remaining crushed tomatoes in the can and pour into crockpot. It will save you from using a bowl to mix the sauce in a bowl that you’ll have to wash later!*

