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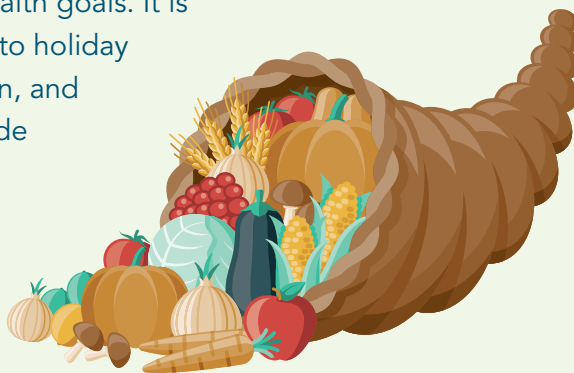
What's Happening *this Month:*

- * 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 dietitian, be reminded of program events and updates, and access recipes!
- * Our November Support Group for post-weight loss surgery patients is Wednesday, November 30 from 6 – 7 p.m. This support group will be held virtually, so please check our online support group or your e-mail (check junk mail!) for the link to access, or message your dietitian to receive the link.
- * If you had surgery and are not a member of our Post-Op Online Support Group, the Capital Health D.R.E.A.M. Team, please send an email to clazur@capitalhealth.org so Caroline can send 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, 24/7!
- * Is someone in your life thinking about weight loss surgery? Schedule a virtual information session with our Bariatric Surgeon, Dr. Chung, on Tuesday, November 1 from 7 – 8:30 p.m. To register, visit capitalhealth.org/weightloss or call our office to speak to Brelynn, our coordinator, 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! This program features Robard's great tasting New Direction Products! Weekly visits with our dietitians help you develop an individualized plan and lifestyle skills to help you lose weight and keep it off! To get started, call our office at 609.537.6777 to schedule your screening with Dr. Anwar.

HANDLING THE HOLIDAYS

by Emily Santora, Clinical Dietitian

The holidays are fast approaching, and holiday meals can be daunting while trying to lose weight and maintain your health goals. It is always good to go into holiday gatherings with a plan, and we're happy to provide some helpful tips to help you handle holiday gatherings and meals.



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HANDLING THE HOLIDAYS *continued*



SOCIALIZE AWAY FROM THE SNACK TABLE

Talking with family or friends next to the appetizers can lead to mindless eating. While talking, you can often not realize how much you are snacking. To avoid this, socialize away from the snacks. Go on a walk, weather permitting, or socialize in another room away from the food.



USE THE PLATE METHOD

The plate method is a great tool all year round, but at holiday gatherings it is an especially helpful way to ensure you have a balanced meal. You can still enjoy all foods being served, but the plate method helps you focus on portion control. You can also use a smaller plate or take half of a serving at first so when you go back for seconds, your overall food intake is at a healthier level.



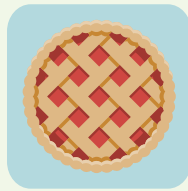
BRING A HEALTHY OPTION TO THE PARTY

To give yourself some control over the food choices at your holiday event, bring a healthy snack to share! A salad, veggie tray, fruit tray, or charcuterie board with meats, cheeses, crackers, fruit, or nuts are great options that can be customized however you like. Doing this provides healthy eating alternatives and your host will appreciate it too!



PLAY GAMES OR ACTIVITIES

A lot of holiday bonding occurs around food. Find other activities that can be done instead. If at a party, bring a pack of cards or a board game for everyone to play. This will distract from the snacking and promote bonding between friends and family.



CHOOSE FOOD THAT'S BEEN WORTH THE WAIT

Think before you eat. If you see a food option that you have been looking forward to all year and you know that eating it is an indulgence that will have been worth the wait, go ahead and enjoy! Try to avoid the mindless snacking on foods that you don't really enjoy and leave you wondering "Why did I even eat that?" The goal is to avoid any feelings of guilt and enjoy holiday foods while still being mindful.



Product of the Month Exercise App Subscription

Exercise apps for mobile devices can help users stay motivated to exercise throughout the holidays and winter months, with a range of workout options. Many of these apps offer a variety of exercise videos that can be used to work out at home or on the go. Visit your favorite app store to learn more about the apps below and find one that's right for you!

Exercise Apps examples include:

- The Peloton App
- Apple Fitness +
- Sworkit
- HASfit
- FitOn
- Nike Training
- Club Fitness



RECIPE OF THE MONTH



TURKEY PUMPKIN WHITE BEAN CHILI (Slow Cooker or Instant Pot)

Recipe and image from hungry-girl.com

Prep Time: 5 minutes ▪ Cook Time: 4 hours

NUTRITION INFO – PER SERVING

Serving size: 1 cup | Makes 9 servings

272.5 CALORIES ▪ 31g CARBS ▪ 32g PROTEIN ▪
12g FIBER ▪ 2.5g FAT ▪ 499mg SODIUM ▪
2.5g SUGAR

INGREDIENTS

- Cooking spray
- 2 lb. 99% Lean ground turkey
- 1/2 tsp olive oil
- 1 small onion, chopped
- 3 garlic cloves, minced
- 1 tsp chili powder, to taste
- 2 bay leaves
- 1 1/2 tsp cumin
- 1 tsp oregano
- two 15 oz. cans white northern or navy beans, rinsed and drained
- 15 oz. can pumpkin puree
- 4.5 oz. canned chopped green chilies
- 2 cups low sodium chicken broth
- Kosher salt and pepper to taste
- Chopped cilantro, red onion or chives for topping
- Greek yogurt or low-fat sour cream for topping, optional

CROCK POT DIRECTIONS

1. Heat a large heavy sauté pan over high heat and lightly spray with oil.
2. Add meat and cook, breaking it up until white (about 5 minutes). Add to crock pot.
3. Add oil to the sauté pan, then onions and garlic, and sauté about 3 – 4 minutes. Add cumin and sauté another minute. Add to crock pot.
4. Add beans, pumpkin puree, green chilies, broth, chili powder, oregano, and bay leaves to crock pot.
5. Cover and cook on high for 4 hours or low for 8 hours.
6. Remove bay leaves and adjust seasoning to taste before serving. Enjoy!

INSTANT POT DIRECTIONS

1. Press “sauté” button and lightly spray pot with oil. Add meat and cook, breaking it up until white, (about 5 minutes). Set aside.
2. Add oil to the pot, then onions, garlic. Sauté about 3 - 4 minutes. Add cumin and sauté another minute. Return meat to the pot.
3. Add the beans, pumpkin puree, green chilies, broth, chili powder, oregano, and bay leaves.
4. Cover and cook on high pressure for 25 minutes. Allow steam to release slowly using natural release method.
5. Remove bay leaves and adjust seasoning to taste before serving. Enjoy!