



capita**health**

**METABOLIC AND
WEIGHT LOSS CENTER**

FEBRUARY 2023

609.537.6777

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LOVE YOURSELF WHILE LOSING WEIGHT

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February is often known for being a month dedicated to love. With Valentine's Day at the heart of the month, we usually focus on showing others how much we love them and put their needs or wants ahead of our own. This February, we encourage you to be your own Valentine and show yourself the love as part of your health journey.

How can this help with weight loss? Self-love and respect are closely tied to how we see and treat ourselves. If you don't truly love the person you are and respect your body, you'll struggle to do what's best for you. This includes taking good care of your body and ultimately achieving your weight loss goals. When your weight loss is fueled by negative mind chatter and self-hatred, everything about your effort becomes punishment. When you really love yourself, you realize you and your body deserve nothing but the best, which includes good nutrition and movement.

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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 Bariatric Support Group for post-weight loss surgery patients is Thursday, February 23 from 5 – 6 p.m. All support groups are 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!
- * Are you or someone in your life thinking about weight loss surgery? Schedule a virtual information session with our Bariatric Surgeon Dr. Chung on Tuesday, February 7 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.



LOVE YOURSELF WHILE LOSING WEIGHT *continued*



When you understand that you are a unique, amazing individual worthy of self-care, you will want to give your body only the best! Here's what can happen when you show yourself more love:



You appreciate your meals. Each meal becomes a moment to stop, refuel your body, and take care of yourself. Nourishing your body fuels your metabolism and makes weight loss start happening. When you give your body something, it does something for you.



You care about which foods you are putting into your body. When you have more love for yourself, you recognize that your body only deserves the best—lean protein, fiber, and fruits, veggies and whole grains that are rich in vitamins and minerals. Healthy food is no longer a punishment, and you can have special treats once in a while because they are good for the mind.



You move your body and enjoy it! Exercise will no longer be looked at as punishment. With self-love you realize all the amazing things your body does and how strong it can become. Our bodies need to move to perform at their best, so give yours the gift of motion more often in ways you enjoy.



You'll hydrate with the good stuff because you want your mind and body to feel their best. You deserve better than juice, sodas, and other high-calorie beverages. When you start your self-love journey, your water bottle will be wherever you are.



You'll sleep better. Self-love is giving your body and mind the gift of the proper amount of sleep. Better sleep leads to better days, less stress, more energy, better health—and guess what—weight loss!

Your self-love journey will help you see that you are worthy of self-care, which in turn will help you reach the health and weight loss goals you have desired for so long. So instead of looking to the next unrealistic fad-diet for answers, look inside yourself for the solution to better health and know that we're always here to help you along the way!



Product of the Month ProCare Health Vitamins

ProCare Health Vitamins has come out with a new chewable multivitamin with iron designed just for bariatric patients. This type of vitamin in other brands is often missing the iron, but in two ProCare Bariatric Multivitamin Chews you will get 22.5 mg of iron. Talk to your bariatric team to see if this is a good post-op multivitamin option for you. If so, you can purchase them at www.procarenow.com or at ProCare Health's Amazon store!



RECIPE OF THE MONTH



Pozole means “hominy” and is a traditional soup or stew that comes to us from Mexico. There are many ways to make pozole, but the one common ingredient is hominy. Hominy is produced from dried maize (corn) kernels that have been treated with an alkali. Traditionally, pozole is made with a meat (pork or chicken) and topped with shredded lettuce or cabbage, chili peppers, onion, garlic, radishes, avocado, salsa and/or lime. This stew is perfect for a cold, February night and is very satisfying, thanks to all the protein and fiber it contains.

The pozole recipe we share here is made in an Instant Pot or pressure cooker. You can also make it in a regular pot or Dutch oven. This takes longer, but it is worth the effort and saves you another day or two of cooking with leftovers! Make the recipe faster by using pre-cooked rotisserie chicken.

MEXICAN POZOLE

Image and recipe adapted from skinnytaste.com

Prep Time: 10 minutes ■ Cook Time: 50 minutes

NUTRITION INFO – PER SERVING
Makes 8 ½ cups, about 6 servings

365 CALORIES ■ 16g FAT ■ 33g CARBS
22g PROTEIN ■ 4g SATURATED FAT
882mg SODIUM ■ 7g FIBER

INGREDIENTS

- 1 ¼ lbs. boneless pork shoulder (or boneless chicken breast), trimmed of fat and cut into 4-inch pieces
- Kosher salt and fresh cracked pepper
- 1 tbsp olive oil (divided)
- 1 medium white onion (chopped)
- 4 garlic cloves (minced)
- 2 tbsp chili powder
- 4 cups low-sodium chicken broth
- 2 cups water (add a little more liquid if using pot or Dutch oven)
- two 15 oz. cans hominy, drained and rinsed
- 4 oz. diced avocado and lime wedges (for serving)
- cilantro for garnish
- pickled red onions (optional) for topping

DIRECTIONS

1. Season the pork with salt.
2. Press sauté (if using Instant Pot) and heat half of the oil. Otherwise do this step in a large pot/Dutch oven.
3. Add the pork and cook until pieces are browned on all sides (about 8 minutes); transfer to a plate.
4. Add remaining oil, onion, garlic, and chili powder and sauté until soft (about 4 minutes).
5. Add broth and water, cook, stirring and scraping up browned bits with a wooden spoon.
6. Return pork to the pressure cooker or pot. Secure lid.
7. Cook under high pressure until meat is tender (about 45 minutes). Quick or natural release. If using a pot/Dutch oven, make sure to add a little more liquid than the recipe and cover/cook for 2 hours.
8. Remove from heat, vent pressure, and then remove lid.
9. Skim fat, if any.
10. Using two forks, shred pork, then stir in hominy and heat through.
11. Serve with avocado and lime and garnish with cilantro. We also like pickled red onions on top for extra flavor!