



capita**health**

**METABOLIC AND  
WEIGHT LOSS CENTER**

JUNE 2023

609.537.6777

[capitalhealth.org/weightloss](http://capitalhealth.org/weightloss)

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## Healthy Me, Healthy Summer 2023

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Vacations and travel can often throw us off of our healthy eating plan. For summer 2023, make good health your travel companion wherever you go. This does not mean you cannot enjoy yourself on vacation, but you cannot simply set up an out-of-office message for your health. With some planning and work, you can incorporate good health into your vacation in little ways that add up to you feeling your best when break is over.

Try these travel tips to stay on track with your weight loss goals:

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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 Tuesday, June 20 from 6–7 p.m. All support groups are held virtually, so please check the Baritastic app, our online support group or your e-mail (check junk mail!) for the link to access, or message your dietitian to receive the link.

\* Our Medical Weight Loss Support Group for all New Direction Patients is May 24 from 4:30–5:30 p.m. All support groups are held virtually, so please check the Baritastic app or your email (check junk mail!) for the link to access. Email registered dietitian Emily Santora at [esantora@capitalhealth.org](mailto:esantora@capitalhealth.org) if you need the link. Our Medical Weight Loss 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.

\* 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](mailto: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, June 6 at 7 p.m. To register, visit [capitalhealth.org/weightloss](http://capitalhealth.org/weightloss) or call our office to speak to Brelynn, our coordinator, at 609.537.6777.



### Healthy Snacks

Whether you're traveling by plane, car, or train, it is important to have healthy and convenient snack options packed with protein and healthy carbohydrates to keep you feeling satisfied and full. Pack your own snacks to avoid fast foods and other less healthy options. The examples below include non-perishable items that travel well along with great choices you can find along the way!

#### Non-Perishable Protein

- Beef jerky
- Protein bars (250 calories or less, with at least 10 grams of protein)
- Vacuum-sealed salmon or tuna packets
- Protein shakes that do not require refrigeration prior to opening (such as Premier Protein products)
- Dry-roasted edamame

#### Protein You Can Find at a Rest Stop or Airport (or pack in a cooler)

- Greek yogurt
- String cheese
- Hard-boiled eggs
- Lean meats like turkey or grilled chicken (for salads or on whole-grain bread or wraps)
- Protein shakes

#### Healthy Carbohydrates

- Apples
- Oranges
- Bananas
- Light popcorn, Popchips, or Popcorners
- Rice cakes
- Pre-portioned pretzel packs
- Dried fruit with no added sugar
- Carrot sticks/veggies



#### Healthy Fats

- Trail mix or nuts (choose varieties that are pre-portioned with lower sugar content)
- Squeeze packs of peanut butter
- Hummus

#### Putting It All Together

Try these suggestions for turning your healthy components into tasty snacks:

- Spread salmon or tuna packets on rice cakes
- Squeeze a packet of peanut butter on your banana or apple
- Beef jerky or string cheese pairs well with popcorn
- Protein shake and an orange
- Turkey and cheese on whole-grain bread or wrap (with mustard, lettuce and tomato)
- Hummus with popped chips and carrot sticks

### Vacation Mentality and Eating

No matter where you go, life still happens when you are trying to reach your weight loss goals. Vacations are opportunities to enjoy yourself and relax, but you also want to be your best self whenever you get away.





Use the tips below to help you feel your best and make the most out of your much deserved break:

### Mindful Eating

When you go outside your comfort zone and indulge in new and exciting foods on vacation, mindful eating is a great tool that turns dining into a memorable experience that allows you to truly enjoy the special flavors of vacation!

- Eat slowly and savor the flavors and aromas of the special foods you enjoy so you can have a better memory of what you eat.
  - ... Take the time to put the fork down between each bite to enjoy the conversation and live in the vacation moment.
  - ... This also helps you better assess your fullness so you do not feel uncomfortably full or sick.
- Make your choices worth it and indulge in foods that are really special to you.
- Foods that are part of a vacation tradition or unique to the place/culture are visiting can be choices that are most worthwhile.

### Routine

Try to fuel your vacation energy and keep your appetite controlled by eating every 3–5 hours. On days off, we tend to have larger meals in the morning and at dinnertime. To change this pattern, try to have a snack or small meal between main meals to help keep your hunger levels controlled and make better choices later in the day. Pack some of the snacks mentioned earlier if you are unsure about when you will have a chance to eat.



### Balance

When enjoying meals on vacation, it's important to make an effort to balance the foods you want with fruits and vegetables as sides or snacks. We all know they have amazing health benefits, but they also help you stay full and eat less of the more decadent foods on your plate. Fruits and vegetables also just make you feel better by providing fiber which, when paired with plenty of fluid, can help manage vacation bloat or constipation that can occur if you overeat.

### Exercise

Staying active on vacation can be easy when you make it all about having fun! Enjoy excursions, go walking or hiking to explore your new environment, or make swimming or your favorite sport a part of your daily activity.

### Remember to Hydrate

Increase your water intake up by bringing a reusable water bottle with you wherever you go. To avoid frequent stops, or if you are unsure when you will encounter a bathroom, try to limit most of your drinking to when you get closer to your destination. Drinking lots of fluids is especially important if you're traveling somewhere warm, but it also helps reduce bloating and keeps your energy levels up in your travels! If you're drinking alcohol, make sure to have water between drinks to stay hydrated and avoid overdoing the alcohol. (You also want to make sure you feel good for all you have planned the next day!)

### There's No Place Like Home

The most important part of vacation is getting back to your normal eating patterns when you get home. The transition from vacation mode to real life can be tough, so don't beat yourself up as you work to get back on track. Remember how much you enjoyed your time away and rededicate yourself to your routine. Plan ahead and have a grocery order ready for you when you get home and an appointment with your dietitian on the books soon after you get home to ensure you have a plan to return to self-care.

## RECIPE OF THE MONTH



### FRUIT AND NUT BUTTER SMOOTHIE

Try this recipe to help celebrate National Smoothie Day on June 21 or enjoy it as a great grab-and-go breakfast as part of your vacation getaway!

*Prep Time: 10 minutes*

#### NUTRITION INFO – PER SERVING

Makes 1 servings

359 CALORIES ▪ 46g CARBS ▪ 19g PROTEIN  
14g FAT ▪ 2g SATURATED FAT  
85mg SODIUM ▪ 10g FIBER

*Image and recipe adapted from Eatingwell.com*

#### INGREDIENTS

- 1 cup hulled strawberries, fresh or frozen
- ½ medium banana
- ½ cup diced mango, fresh or frozen
- ½ cup nonfat plain Greek yogurt
- 1 tbsp natural nut butter, such as cashew or almond
- 1 tbsp ground flaxseed (flaxmeal)
- ¼ tsp vanilla extract
- 4 ice cubes or 1/2 cup water

#### DIRECTIONS

1. Combine strawberries, banana, mango, yogurt, nut butter, flaxmeal, vanilla and ice cubes (or water) in a blender.
2. Puree until smooth.



### Products of the Month

#### Stackable Travel Snack Containers

These handy travel containers are great for packing snacks on the go. Available from a range of manufacturers on Amazon.com or similar retailers.

