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**METABOLIC AND  
WEIGHT LOSS CENTER**

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## THE 411 ON FIBER

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Fiber and protein are the two most important things to help keep us full for longer, and they work best when eaten together. By keeping us full and satisfied, a healthy amount of fiber in your diet can help with portion control at meals. You might notice that when you just have a piece of white toast in the morning you feel hungry soon afterward. This is because your body burns through white starches faster than those with fiber. To understand why, let's take a closer look at how fiber works for you.

### What is Fiber?

Fiber is a part of plant foods that our body cannot absorb. In addition to giving us that full feeling that helps with weight loss, fiber is important for our gut health too. Not having enough of it in your diet can increase the risk of constipation and hemorrhoids.



### How much do you need?

**Women:** 20–25 grams of fiber per day

**Men:** 30–35 grams of fiber per day

## 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 **February 28 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.
- \* 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 **February 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.
- \* 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.



# THE 411 ON FIBER

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## Types of Fiber

**Insoluble fiber** remains mostly intact in water. It prevents constipation and increases the bulk of stool.

**Soluble fiber** dissolves in water. It can help to lower the bad cholesterol in your body and stabilize blood sugar levels.

## Benefits of Fiber

**Helps to stabilize blood sugar levels:** As mentioned previously, your body burns through white starches much faster than starches that are higher in fiber. When eating a starch with more fiber (like beans or whole wheat bread), your blood sugar does not rise as high or as quickly as it would when you have a piece of white bread or a pastry.

**Supports healthy cholesterol levels:** Adding 5–10 grams of soluble fiber per day can help reduce your bad cholesterol (LDL) up to 5–11 points, possibly more. Soluble fiber helps to bind the bad cholesterol from your blood and remove it from your body.

**Supports normal bowel movements:** Fiber is great for gut health and promoting normal bowel movements. If you struggle with irregular bowel movements or intermittent constipation, you may be lacking fiber in your diet.

**Can aid in weight loss:** Our bodies digest low-fiber carbs a lot faster than those with more fiber content. The best combination for fullness is fiber and protein.

## Importance of Hydration

With more fiber in your diet, it is important to drink enough fluids. Without adequate fluid intake, constipation can be an issue. It is recommended to get at least 64 ounces of sugar-free, caffeine-free fluid per day.



## Sources of Fiber

Main sources of fiber are fruits, vegetables, whole grains, and legumes. You can also check the nutrition labels of products for dietary fiber. Look for products that have at least 2–3 grams of fiber per serving. Here are some ideas for foods higher in fiber:

**High-fiber starches:** Whole-wheat pasta, whole-wheat bread, oatmeal, potatoes with skin, corn, peas, lentils, beans

**High-fiber fruits:** Pears, apples, oranges, bananas, prunes, blackberries, raspberries, cherries, dates, kiwi

**High-fiber vegetables:** Brussel sprouts, carrots, winter squash, broccoli, cauliflower, spinach, kale, tomatoes

**Other:** Avocado, nuts (considered fat sources – always measure because they are higher in calories)

## Are You Getting Enough Fiber?

One way to track your fiber intake is using the Baritastic app. After downloading the app, enter the Capital Health code (76777) to join and set your fiber goals—20 grams a day for women and 30 grams each day for men. You can also use the Baritastic app to log your food and get recommendations from your dietitian, be reminded of program events and updates, and explore healthy recipes!

## What About Fiber Supplements?

It is always best to get your nutrients from food sources, but if you are struggling to get adequate fiber in your daily meals, discuss taking fiber supplements with your doctor or dietitian.

# RECIPES OF THE MONTH



## GROUND TURKEY SKILLET WITH SWEET POTATOES AND BLACK BEAN

Prep Time: 5 minutes ■ Cook Time: 25 minutes

### NUTRITION INFO – PER SERVING

Makes 4 servings / Serving Size: 1 ½ cups

394 CALORIES ■ 41g CARBS ■ 28g PROTEIN  
14.5g FAT ■ 3g SATURATED FAT ■ 635mg SODIUM  
84mg CHOLESTEROL ■ 10g FIBER ■ 7.5g SUGAR

*Image and recipe adapted from SkinnyTaste.com*

### INGREDIENTS

- 14 oz. sweet potatoes, peeled and diced ½ inch, from 2 medium
- 1 lb. 93% lean ground turkey
- ¼ cup chopped onion
- 2 tbsp tomato paste
- ¾ cups canned black beans, rinsed and drained
- ¾ cups corn kernels, fresh or frozen
- 1 large diced tomato
- 1 jalapeño, diced
- 1 clove garlic, minced
- 2 tbsp chopped cilantro, plus more for garnish
- 1 ½ tsp cumin
- 1 ¼ tsp kosher salt (optional, can avoid to reduce amount of sodium in meal)
- ½ cup chicken broth
- lime wedges, for serving
- 4 oz. avocado, sliced

### DIRECTIONS

1. Spray oil in a large skillet and place on high heat.
2. Brown the turkey and season with 1 teaspoon salt and 1 teaspoon cumin, breaking the meat up until the turkey is cooked through (about 5 minutes).
3. Push the meat to the side, spray the other side with oil and add the onion and tomato paste. Cook 1 minute.
4. Add the sweet potatoes, black beans, corn, tomato, jalapeño pepper, garlic, cilantro and stir in chicken broth.
5. Add the ¼ teaspoon salt (or to taste) and ½ teaspoon cumin.
6. Mix and cover, cook low 12 to 14 minutes or until the sweet potatoes are tender.
7. Serve with avocado, lime wedges and more cilantro.

# RECIPES OF THE MONTH

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## TROPICAL CHIA PUDDING BREAKFAST BOWL

Prep Time: 10 minutes ■ Refrigeration Time: 2 hours

### NUTRITION INFO – PER SERVING

Makes 2 servings / Serving Size: 1 bowl

305 CALORIES ■ 35g CARBS ■ 18g PROTEIN  
13g FAT ■ 4g SATURATED FAT ■ 10mg SODIUM  
7mg CHOLESTEROL ■ 12g FIBER ■ 19g SUGAR

Image and recipe adapted from [SkinnyTaste.com](http://SkinnyTaste.com)

### INGREDIENTS

- ¼ cup chia seeds
- 1 cup unsweetened almond milk, vanilla
- 1 cup nonfat plain Greek yogurt
- 1 tbsp sweetener (monk fruit sweetener, stevia, coconut sure, maple syrup, or honey)
- 1 medium kiwi, peeled and sliced
- 1 cup cubed mango
- 2 tbsp dried unsweetened coconut, shredded

### DIRECTIONS

1. In a large Mason jar or container, add the chia seeds, almond milk, yogurt and sweetener of your choice.
2. Whisk until thoroughly combined, scraping sides of the jar with a spoon or spatula (if needed) to incorporate all the chia seeds.
3. Refrigerate for at least 2 hours or up to overnight.
4. Meanwhile, toast the coconut in a small skillet over medium low heat until golden brown (about 4 minutes). Let cool and store in a zip top bag or small Tupperware container until ready to use.
5. When ready to eat, transfer pudding into 2 small serving bowls, about 1 cup each.
6. Top each with kiwi, mango and shredded coconut, dividing the fruit evenly among the 2 bowls.



### Product of the Month

#### Weekly Meal Planner for Fridge

Make meal planning fun with a magnetic meal planner for your fridge! These are available from Amazon, Walmart, and other retailers for as little as \$15.

