



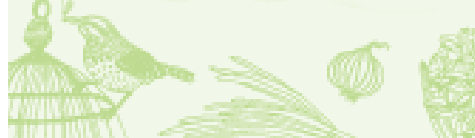
METABOLIC AND WEIGHT LOSS CENTER

What's Happening this Month:

IN THIS ISSUE

- Studies show mindful eating is the way to long-term weight maintenance. This is why our program promotes training your brain to eat mindfully. Read more about the basics steps in getting started.
- Recipe of the Month
- Product of the Month
- See our Spring Sale on Quest Bars!

- * Don't Miss Our Support Groups in April and May!
 - Our April support group will be on **Wednesday, April 22 at 5PM!** Our Bariatric Advantage rep will be there with great information on maintaining long-term health post-weight loss surgery and samples/giveaways. Also great for pre-op patients to try are multivitamins, calcium chews and protein shake samples.
 - Location: Capital Health Medical Center – Hopewell, Oncology Conference Room
- * Don't forget you can swap clothes in the "Capital Closet" from 4:30 – 5 PM before the support group. Bring in your clean clothes that no longer fit and "shop" for clothes that might be your size.
- * If you cannot make April's Support Group, attend **Wednesday, May 20 at 5PM!** We will have a motivational speaker talking about "Navigating Life After Surgery"— since the journey after surgery is not as quick as the surgery itself.
- * **Friday, May 29** is our fashion show—"Runway to Health!" We are organizing this event for a chance to have fun together as a program, reward our patients for all of the hard work they have put in for the past year and provide an opportunity for other's to find out more about our program. Lord & Taylor is kindly throwing a fashion show party for us! There will be giveaways, delicious sensible appetizers, music and most importantly, FUN! The event will be held at Capital Health Medical Center – Hopewell in the NJ PURE Conference Center at 5 PM. Hope to see you there!
- * Upcoming Free Information Sessions for Those Interested in Weight-Loss Surgery: **Wednesday, April 8, April 22, May 6 and May 20, all at 6 PM** in the NJ PURE Conference Center at Capital Health Medical Center – Hopewell



Mindful Eating 101

What is mindful eating?

Mindful eating = internally regulated eating; something with which we were born. When you were an infant, you cried when you were hungry and stopped when you were full. As we grow up, we start to lose this regulation due to external influences.

When we were young, we might have heard...

- ... "If you finish your plate, you can have dessert"
- ... "If you finish your homework, you can have ice cream" which now causes us as adults to reward or console ourselves with food
- Or maybe you heard ...
- ... "If you don't eat all your vegetables, you cannot leave the table" which may have caused you to have a negative attitude toward food your body needs. And now, as an adult, you don't eat those foods.

We can't expect that whoever raised us taught us everything perfectly, but now as adults, we can teach ourselves to eat mindfully. Mindful eating can be beneficial to anyone whether you are looking to lose weight, had weight-loss surgery, or neither. Our program promotes mindful eating because it is not a "diet." It is something that, if we can train ourselves

Mindful Eating 101 cont'd

to do it, we can stick to it for a lifetime to make sound food choices. Diets we know to be temporary. Follow these basic steps to begin working toward mindful eating.

1. EAT WHEN YOU ARE HUNGRY! As soon as you hear your stomach growl, start to get a slight headache or feel weak or irritable...make sure to eat. This is a survival mechanism—do not ignore it. If we avoid ignoring those signs, we will avoid being ravenous at our next meal/eating event. Food fixes hunger—use food for only hunger. Decide where you are on the hunger scale before and after eating. On a scale of 0-10 (0 = empty/ravenous and 10 = over-full/sick), decide where you are before, during and after meals. We should eat at the first signs of hunger (3-4).

2. MAKE EATING AN EVENT — Instead of meals and snacks, our program uses the term eating event, because if you claim you love food, then you should spend time with it and enjoy it. Just like if you love watching football, you dedicate time to it, plan events around the game, etc. Make food an event by taking at least 20 min to eat your meals and snacks. Slow down your eating!

— Put your fork down between each bite. Enjoy conversation. Take dime-sized bites and savor the flavor of each bite. Use your non-dominant hand to eat, or chopsticks.

3. AVOID OVEREATING — We should stop eating when we are content/satisfied (6-7 on the hunger scale), not full. This takes practice because we are used to stopping when we are over-full (9-10 on the hunger scale). If you are genuinely still hungry after taking 20 minutes to eat your “plate method,” eat more of the low-calorie/low-carb foods group—like vegetables! After surgery, one extra bite can make you

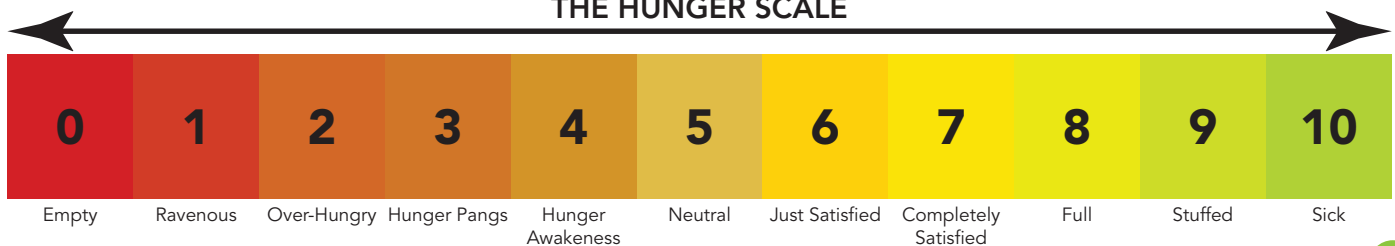
feel uncomfortably full. Train yourself to stop when you are content, so that you are in the habit for the years after surgery.

4. AVOID EATING WHEN YOU ARE MENTALLY HUNGRY AND NOT PHYSICALLY HUNGRY — When you are bored, upset, stressed, happy or something just looks good, try and decide if you are actually hungry. Take a deep breath, drink some fluid and decide. If you are not hungry but are still looking for something to eat, make a list of things you can do instead of eating (see our July 2014 newsletter for ideas) or remove yourself from the situation.

5. THINK ABOUT WHAT OUR BODY NEEDS VERSUS EATING BASED ON CRAVINGS — The plate method (1/4 plate lean protein, 1/4 plate starch and half of our plate veggies and/or fruit) helps us to choose the food our body needs and also helps control portion size. Limit fried foods and choose lean/low-fat proteins. Measure out fats and try to choose whole grains versus refined/enriched grains for your starch.

6. POSITIVE SELF-TALK AND MEDITATION — While you are eating, remind yourself why you are eating slow, why half of your plate is vegetables, why you no longer have fried foods or a plate piled high with food...it is because you are taking care of yourself! Think about what the good food is providing for your body and how eating slow controls your portion sizes and allows you to savor the flavor of your food. Practicing these skills day to day will lead us to overall health. Every time we go back to a bad habit, do not be hard on yourself. Be nice to yourself and try to do better the next meal. Just think of it as weakening a muscle a little bit and tomorrow you need to re-work that muscle to strengthen it. Find what motivates you to keep going each day.

THE HUNGER SCALE



RECIPE of the Month

BAKED CRAB CAKES WITH CHIPOTLE LIME SAUCE — *Weight Watchers*

We love serving three of these crab cakes with a salad for a meal or try just two on their own as a snack!

Preparation time: 20 minutes. Cooking time: 24 minutes.

Entire recipe makes 8 servings. Serving size is 3 crab cakes with sauce.



PER SERVING: 154.5 calories ■ 3.5g fat
12g carbohydrates ■ 18g protein ■ 0g fiber

DIRECTIONS

1. Preheat oven to 400 degrees.
2. In a large bowl, mix together the crab, breadcrumbs, ¼ cup yogurt, ½ of the lime juice, egg, egg white, scallions, cilantro, chopped red bell pepper and salt and pepper.
3. Cover and let chill in refrigerator for an hour.
4. Spray a large cookie sheet with non-fat cooking spray.
5. Shape evenly into 16 patties and set on cookie sheet.
6. Bake for about 12 minutes on each side.
7. To make Chipotle lime sauce, puree remaining ingredients (jarred pepper, ¼ cup yogurt, mayo, lime juice, Chipotle seasoning, garlic) in a small blender until smooth.
8. Drizzle sauce over crab cakes or serve on the side to dip and enjoy immediately.

INGREDIENTS

- 16 oz. lump crab meat
- 1/2 large red bell pepper, finely chopped
- 1/3 cup jarred roasted red bell peppers, drained
- 4 scallions
- 2/3 cup Panko breadcrumbs
- 1/4 cup cilantro, finely chopped
- 1 egg
- 1 egg white
- 1/2 cup plain, non-fat Greek yogurt
- 1 tbsp mayonnaise
- 2 tsp Chipotle pepper seasoning
- 1 garlic clove
- Juice from 1 lime
- Salt and pepper to taste



Featured Product of the Month

Getting tired of your multivitamin texture and taste?

Try Bariatric Advantage multivitamin crystals, now sold in our office. The multi-formula powder mix is mixed in water which may be a nice alternative to a pill. Only three daily servings gives you a complete high-potency multivitamin with 1500 mg. of elemental calcium (citrate) 900 IU vitamin D3, 900 mcg. B12, 300 mg. potassium, 9 mg. of thiamine, and more. They come in Wild Berry and Citrus Splash flavors! An additional chewable iron is the only addition you need.

Spring Quest Bar Sale

We're excited it is finally spring so we are having a sale on Quest bars all month! All boxes of Quest bars will be \$25 plus tax for the month of April. Pick up a few boxes of your favorite flavors or mixed flavored boxes.

Also don't forget to try Quest chips and Quest protein powder.



+ Motivation Corner

"The more you eat, the less flavor; the less you eat, the more flavor."
—Chinese Proverb

"One should eat to live, not live to eat."
—Benjamin Franklin

"When walking, walk. When eating, eat."
—Rashaski (Zen Proverb)