



METABOLIC AND WEIGHT LOSS CENTER

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- Don't let barriers from the past bring you down after surgery. See how you can create a supportive environment at home and work for your healthy lifestyle goals.
- See our Featured Product of the Month.
- See our Featured Recipe of the Month.



How to Set Up Your ENVIRONMENT for Weight-Loss Success!

You made the decision for weight-loss surgery. You made changes to your diet and lifestyle. You consulted with your dietitian and set goals, but when you returned to home or work, you realized the environment and the people are still creating roadblocks to your weight-loss plan.

Although it is difficult, we need to face the challenge. It is important to remember why we chose weight-loss surgery and what we can do to overcome barriers in order to be successful. When beginning your new lifestyle, avoid falling into excuses you made in the past: "I have to buy junk food because my kids like it," or "I had to eat cake at work because we celebrated a co-worker's birthday." Our new choices should set an example for family, friends, and co-workers to embrace healthier options too.

**HERE IS HOW YOU CAN CREATE AN ENVIRONMENT
TO SUPPORT YOUR GOALS:**

What's Happening *this Month:*

- * **Post-Surgery Patients:** The first support group will be held on September 17 at 5 PM. Our open discussion will allow you to share experiences and ideas and ask questions of Dr. Chung and Caroline.
- * **Bariatric Advantage Products** are available for sale. Protein shakes, multi-vitamins, calcium, B12 and iron supplements can all be purchased in our office.
—Stay tuned for a taste test and presentation from our Bariatric Advantage Rep at one of Caroline's group sessions.
- * Check out our website for nutrition and diet resources. Go to "Educational Materials" and find information on pre- and post-op diets, protein shake ideas, meal and snack recipes, goal sheets and more!
- * **Pre-Surgery Patients:** Don't forget to sign up for your nutrition classes online. Caroline's July-October Pre-op Weight loss and Group class schedules are on the website.
- * **Information Sessions:** For those interested in learning more about weight-loss surgery and our program, sign up for a free information session on August 6, 20 or September 3 by visiting our website at www.capitalhealth.org/weightloss.

How to Set Up Your Environment for Weight-Loss Success! *cont'd*

>> AT HOME



Visit ChooseMyPlate.gov
for portion ideas
and other tips on how
to stay healthy.



Enforce Table Manners

Create ground rules for dinner. Everyone sits at the table for the entire meal and stays for at least 30 minutes. This time will allow your brain to receive the signal that your stomach is full and help avoid overeating. Whether you are preparing for or have completed weight-loss surgery, it is important to slow down the consumption process. Take smaller bites of food, put utensils down between bites, and enjoy conversation to slow your eating pace.

Plan Meals Ahead

Freeze single servings of meals as a backup plan on busy days. You will avoid ordering pizza or fast food out of convenience or eating impulsively because you have planned ahead. Healthy crock pot recipes, such as lean chili with vegetables, are easy to make in bulk and freeze.

If you do order out, remember the plate method to control portions, such as getting sauces on the side and wrapping up extra that does not fit in the portioned amount. If you still have trouble feeling inspired in the kitchen, ask your dietitian for easy no-cook meal ideas.

Attack the Snacks!

Snacking between meals can derail any well-intentioned diet. Stock items such as vegetables, fruit, low-fat yogurt and string cheese at eye-level for you and your family. When a snack craving hits, a healthy option will be within reach.

Avoid buying large bags of cookies and chips. Instead, purchase a single serving for when a craving strikes. If you have a sweet-tooth, try low-fat chocolate pudding or sugar-free frozen fudge bars. Stay focused on your plan by writing a list prior to shopping. This will keep you from forgetting items and prompt you to think of healthy ingredients.

Make Exercise a Habit

Make an appointment with yourself for daily activities to make exercise part of your routine. Go for a walk as soon as you get home from work or plan an activity with a friend or family member. On days you know your schedule is full, piggyback short walks or exercises on to other times — 10 minutes when you wake up, 10 minutes at lunch, and 10 minutes when you get home. Keep motivated through bad weather by placing your treadmill or stationary bike where it can be seen and set specific times for use. Increase your daily steps by marching in place while watching TV. This will keep you moving and help avoid snacking during the downtime.

How to Set-up your Environment for Weight-Loss Success! cont'd

>> AT WORK AND SCHOOL

Pack Your Lunch

You control the ingredients in homemade meals. Use your pre-made frozen meals for lunch options. See our previous newsletters, website or ask your dietitian for more recipes. If you forget to pack, use this as an opportunity for activity and choose a lunch spot ½ mile away and enjoy the walk!

Take a Break

Whether at home or at work, take regular breaks to stand throughout the day or use the stairs. Combat a stationary office job by keeping comfy shoes for a quick walk around the building, and encourage others to join you. Set an alarm to remind yourself to take these short breaks throughout the day.

Stick to a Schedule

Eating at planned times helps control cravings. Be sure to set a specific time each day for your meals. Bring healthy options, such as vegetables or almonds, as an afternoon snack to avoid the temptation of the vending machine. Remember to keep food stored away from your desk or office to limit constant snacking.

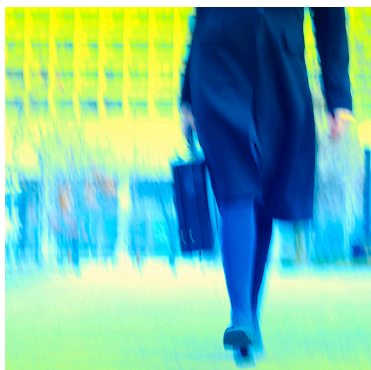
Bring Healthy Items to Events

When that co-worker's birthday comes around, bring fresh fruit salad or a low-calorie dessert option to the celebration. For larger gatherings, volunteer to bring a salad or vegetable dish to ensure a healthy option will be available.

Keep Motivation Close

Post quotes or pictures on your notebooks, bulletin board, computer screen, or phone to help you stay motivated and positive when at work, school or home.

Remember that committing to surgery is the first step in a process. You will experience temptation to stray from a diet and lack of motivation to stick with an exercise routine. However, each day you overcome these challenges is a step toward creating new, healthy habits. Step by step, your goals will transform into achievements.





Featured Products of the Month



+ Motivation Corner

"Good habits are as addictive as bad habits but much more rewarding."

—unknown

"No matter how slow you are going, you are still lapping everyone on the couch."

—unknown

"Sacrifice is giving up something you liked for something that matters more."

—unknown

"We are what we repeatedly do."

—unknown



HEALTHY STEPS KITCHEN PRODUCTS BY JOKARI

Healthy Steps features an entire line of kitchen products designed to help you prepare and serve properly portioned food at home. These products eliminate the need for calorie counting and memorizing serving size and allow you to enjoy the food you prepare.

For example, the slotted spoon for vegetables and solid spoon for starches (like rice or potatoes), are both designed for one level spoonful to equal one serving of the dish. The protein server is sized for a single serving of meat or fish. A specially designed pasta basket allows you to measure, cook, and strain a correctly-portioned serving of any pasta and doubles as a vegetable or fish steamer. Go to myhealthysteps.com or amazon.com to purchase sets of these kitchen products.



RECIPE of the Month

CAULIFLOWER "FRIED RICE" Modified — original recipe from Skinnytaste.com

This recipe is a great alternative to lower the carb and caloric intake and increase the fiber of traditional fried rice. This dish provides a good source of protein and can be used for the Stage 3/Soft Foods diet stage. Follow the asterisk (*) for further modifications to fit your Stage 3 diet. Remember, chewing 20-25 times is KEY to tolerating regular food during this stage, and controlling your eating pace is important for mindful eating pre- and post-surgery. Enjoy!



Servings: 4 ■ Serving Size: heaping 1 1/3 cups ■ Old Points: 2 pts ■ Weight Watchers Points+: 3 pts ■ Calories: 108 ■ Fat: 3 g ■ Protein: 9 g ■ Carb: 14 g ■ Fiber: 6 g ■ Sugar: 1 g ■ Sodium: 868 mg ■ Cholesterol: 47 mg

INGREDIENTS

1 medium head (about 24 oz) cauliflower, rinsed
1 tbsp sesame oil (peanut or canola oil works as well)
2 egg whites
1 large egg
Pinch of salt
Cooking spray
1/2 small onion, diced fine
1/2 cup frozen peas and carrots
2 garlic cloves, minced
5 scallions, diced, whites and greens separated
3 tbsp soy sauce, or more to taste (Tamari for Gluten Free)

DIRECTIONS

Remove the core and let the cauliflower dry completely. Coarsely chop into florets, then place half of the cauliflower in a food processor and pulse until the cauliflower is small and has the texture of rice or couscous — don't over process or it will get mushy.* Set aside and repeat with the remaining cauliflower.

** Stage 3/soft foods diet: If you are just starting this stage, and have not tested too many textures, process cauliflower for a few additional pulses.*

Combine egg and egg whites in a small bowl and beat with a fork. Season with salt.

Heat a large saute pan or wok over medium heat and spray with oil. Add the eggs and cook, turning a few times until set. Set aside.

Add the sesame oil and sauté onions, scallion whites, peas and carrots and garlic about 3 to 4 minutes, or until soft.*

** Stage 3/soft foods: Cook vegetables until very soft, 6-7 min.*

Raise the heat to medium-high. Add the cauliflower "rice" to the sauté pan along with soy sauce. Mix, cover and cook approximately 5 to 6 minutes, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside.*

**Stage 3/soft foods: Cook on lower heat to avoid making "rice" crispy. Only cook until just heated through.*

Add the egg then remove from heat and mix in scallion greens.*

**Stage 3/soft foods: Avoid fresh scallion greens.*