



capita**l**health

**METABOLIC AND
WEIGHT LOSS CENTER**

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IN THIS ISSUE

We hope everyone enjoyed the holidays and is off to a great start in 2015! One thing we would like everyone to remember in the month of January is that although everyone around us is making the goal to lose weight this year, we should set small goals all year long in order to ultimately achieve weight loss. Remember that your goal should not be so focused on the numbers on the scale, instead, our goal should be to work toward exercising and eating for what we ultimately want—health and quality of life! Focus on the benefits we receive from losing weight to keep us motivated and not go back to old habits. Read our habit-changing facts and tips to help you make and achieve goals not just at the start of the New Year, but all year round.

FACTS

IT TAKES 60 – 90 DAYS to create a new habit.

—You have to keep after it! If you forget your goal at times, or if at first you don't figure how to make it work with your life, don't give up. Keep at it. Find ways to remind you of your goal and motivation such as quotes and photos of what you ultimately want.

SUBSTITUTING HEALTHY HABITS for unhealthy ones gives us the ultimate prize of more stamina, better quality of life and a healthier you.

—We all say we want that, but then do not always put it into action or know how. Follow our simple tips below so you **CAN** achieve that prize.

What's Happening *this Month:*

***2015 Support Group Dates:** Clear an hour of your schedule for January 21, February 18, March 18 and April 22 from 5 – 6 PM for our post-op support groups in 2015. Pre-op patients are also welcome.

** Sign up online under "Patient Classes" on our website or e-mail Caroline. The groups will be held in the Oncology Conference Room at Capital Health Medical Center – Hopewell.

** 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.

***We sell Quest Bars!** Come buy a single bar or variety box for an on-the-go, high protein/high fiber option.

***Bariatric Advantage products are available for sale.** Protein shakes, multivitamins, calcium, B12 and Iron supplements can be purchased in our office. Make sure you have what you need before your pre-op appointment.

***Check out our website for Nutrition and Diet Resources.** Go to "Educational Materials" and find information on your pre-op diet, post-op diets, protein shake ideas, meal and snack recipes, goals sheets and more.

***Free Information Sessions:** For those interested in learning more about weight-loss surgery and our Metabolic and Weight Loss Center, sign up for a free information session at capitalhealth.org/weightloss. Next dates are Wednesdays, February 4 and 18 at 6 PM.

***Visit our website at capitalhealth.org/weightloss** and "Like" Capital Health Metabolic and Weight Loss Center on Facebook for additional support, motivation, recipes and program updates.

AN UNHEALTHY HABIT is attractive because it gives instant gratification. But you pay later.

—In contrast, a healthy habit means you put off gratification but get a much more important reward in the future.

LEARNING HOW TO SET AND ACHIEVE GOALS in your own life will allow you to live a more satisfying life.

—Learn what works for you and setting small goals all year long for the rest of our life will help you achieve the things you want and lead to a more satisfying life.

TIPS

THINK OF YOUR TASK as replacement rather than deprivation.

—Replace your old habit with what you can do now that you have lost weight or will be able to do once you have lost weight. For instance, if you broke the habit of emotional eating and lost weight but have the urge to go back, replace it with running up and down the stairs or rolling around the floor with your children, something you were not able to do before but can now. If you're just at the start of your weight loss journey, replace those habits with looking at photos of your children or places you want to travel, or maybe read some motivational quotes.

BREAK A BIG GOAL into smaller, short-term goals.

—Going "cold turkey" usually does not lead to success. Suppose you're drinking four sodas a day and you want to get down to four a month. Reduce to three a day and so on and so forth. You'll see the benefits and feel more motivated to move toward your longer-term goals.

TELL SOMEONE you trust.

—Avoid telling someone who will sabotage you. Be accountable to someone all the time (it could be your bariatric dietitian). It's very

difficult forming a healthy habit if you don't have support. For example, you might not want to tell your co-worker your goal who has sabotaged your diet in the past by encouraging you to "just order out" with her for lunch because you had just lost some weight. Another example may be that spouse who is trying to avoid eating junk food at night while the other one is not. This is when you have to find some inner strength, some self-motivation and push through it. And couples counseling could be beneficial to set up a safe setting where you can ask your spouse: "Can you be supportive and only eat junk food outside of the house?"

ALLOW A "CHEAT" every so often.

—If you made and planned your meals at home all week instead of dining out every day and also exercised, allow yourself to go out with a friend for a meal if invited. Or if you have been avoiding sweets all week and also exercising, let yourself have that small piece of cake at a family party on the weekend. As long as most days you are sticking to your plan and exercising, one small "cheat" is not going to sabotage your entire goal.

TURN TELEVISION/sitting time into exercise time.

—Try and make sure you exercise and then use your favorite show at night as your reward. Or if you do not have the time before bed for both—record the show or watch it online on the weekend versus skipping exercise to watch it. Or as some of our patients showed us in our Winter Workout Raffle, kill two birds with one stone by exercising while watching television (if you have the space). Work on your task before you go right to the couch to relax.

RECIPE of the Month

EMBARRASSINGLY EASY CROCK POT SALSA CHICKEN THIGHS

— *Skinnytaste.com*

Make this recipe in bulk and use for different meal ideas. Try tacos in low-calorie tortillas (80 calories or less) or lettuce wrap, and add veggies and a dollop of fat-free Greek yogurt for toppings (make sure you get enough protein first). Put on top of a salad with tomatoes, low-fat cheese or avocado (choose 1) and also a great recipe to use for your Stage III/soft foods diet.



SERVINGS: 6 ■ Size: scant 1/2 cup ■ Old Points: 4 pts
Points+: 4 pts ■ Calories: 187 ■ Fat: 8 g ■ Carb: 3 g
Fiber: 1 g ■ Protein: 30 g ■ Sugar: 0 g
Sodium: 315 mg ■ Cholesterol: 127 mg

INGREDIENTS

- 1-1/2 lbs lean skinless chicken thigh filets
(try Perdue Fit and Easy)
- 1 cup chunks salsa
- Adobo seasoning (or salt) to taste
- 1/4 tsp garlic powder
- 3/4 tsp ground cumin
- Salt, to taste

DIRECTIONS

1. Season the chicken with adobo (or salt), then place in the crock pot and top with salsa, garlic powder and 1/2 tsp cumin.
 2. Cover and cook LOW for 4 hours. When cooked, remove the chicken and set on a large plate; shred with two forks. Pour the liquid into a bowl and reserve, then place the shredded chicken back into the crock pot, adjust salt to taste and add remaining 1/4 tsp cumin.
 3. Pour 3/4 cup of the reserved liquid back into the crock pot and cover until ready to serve.
- Makes about 2 3/4 cups chicken.

+ Motivation Corner

It's not a diet. It's not a phase. It's a permanent lifestyle change.

I will not feel deprived when I turn down junk food. I will feel empowered that I made the healthy choice.

There's no diet that will do what healthy eating does. Skip the diet and just eat healthy.



Featured Product of the Month

STARKIST TUNA CREATIONS

These pouches of tuna are great to grab when you are in a rush or to keep around in case you did not plan ahead. They come in different flavor varieties such as Sweet and Spicy, Ranch Tuna, Herb & Garlic Tuna, Hickory Smoked Tuna, Lemon Pepper Tuna. We loved the Sweet and Spicy! You do not even have to add a fat or pack additional seasonings. Starkist does it for you and all the varieties range from 80-110 calories and 16-19 grams of protein per pouch.

