



METABOLIC AND WEIGHT LOSS CENTER



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Happy 2016
from Your Friends at the
Capital Health Metabolic
& Weight Loss Center!

STEP BACK Into Your Healthy Lifestyle with Our Reset Plan!

The holiday season is a time when we do our best to stay on track with our eating and exercise to avoid gaining significant weight, but it's unrealistic to say that our eating is going to be perfect. You will experience this throughout your life where you stray from your usual healthy choices for a short period of time (we say no longer than two weeks). The important thing is to not let these unhealthy behaviors and food choices continue and to get back on track to taking care of you! No matter how you did during the holiday season, we have to get back on track. If you already have a plan that is working, stick to it. If you don't, remember to think about your skills for success. Don't know which skills to start with? Try our restart plan (or jumpstart plan) on the next page to get yourself back on the journey to healthy living and taking care of YOU!

continued on the next page

JANUARY 2016

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What's Happening this Month:

- * Our Upcoming Support Group Dates: January 20, February 17, March 23, and April 20; 5 – 6 PM in the Radiation Oncology Conference Room at Capital Health Medical Center – Hopewell.
- * If you had surgery and would like to be a member of our Post-Op Online Support Group, The Capital D.R.E.A.M. Team, please e-mail Caroline (clazur@capitalhealth.org) so she can e-mail 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 at any time.
- * Upcoming Information Sessions for those who are interested in weight-loss surgery: January 20 and February 3 from 6 – 8 PM in the Radiation Oncology Conference Room at Capital Health Medical Center – Hopewell.
- * "Like" Capital Health Metabolic & Weight Loss Center on Facebook for healthy tips, motivation and updates.
- * **New Products:**
 - Bariatric Advantage 500 mg Calcium citrate chews now come in strawberry and chocolate (also available in Caramel, peanut butter chocolate and tropical orange)! \$31.70 plus tax
 - Mix & Match Packets of Quest Protein shakes (available in chocolate milkshake, vanilla milkshake, strawberry, salted caramel and peanut butter) \$35.88 plus tax for a box of 12
 - Chewable Iron from Bariatric Advantage in Strawberry

STEP BACK *cont'd*

TAKE THESE STEPS to RESET your healthy lifestyle:

STEP 1: Motivate yourself — Remind yourself of your goals you want to achieve this year, reasons for getting surgery and health, all the benefits you've gained since losing weight, things you want to do or accomplish this year, places you want to go, etc. and find a way to motivate yourself daily. Get crafty and make a motivational board. Send e-mails to yourself (and save them when a future restart is needed). Set reminders on your phone or computer, or frame photos and quotes for your desk.

STEP 2: Make a meal schedule — For 4–6 “eating events” daily. These are the times you choose to fuel your body during the day. All other times in between meal times are not meant for food! Schedule your eating event for 20 minutes long and no longer than 4–5 hours apart. If two of your main meals are longer than 4–5 hours apart, that is a time to schedule and plan a snack for 20 minutes in between.

Other things to make health priorities in your schedule:

- Do not forget the extreme importance of scheduling time to plan ahead for meals during your week—failing to plan is planning to fail. Also, block out time in the week to grocery shop, even if you grocery shop online.
- Don’t forget to block out time to move. If you are not currently exercising, try 10 minute blocks of time during the week. Start making it a habit or appointment you don’t break!

STEP 3: Plan what you will eat. Think about the plate! A complete meal consists of a lean protein, fruit or veggie, a nutrient-dense starch and a healthy fat. A

6–7 inch plate helps you determine how much to serve yourself. Use the complete food list and your measuring tools as often as possible to serve yourself the exact portion. A snack always should have a protein and then choose a portion of one of the other food groups to pair with that protein.

A quick guide for portions:

- **PROTEIN** 3–4 oz serving of most meat, fish, poultry — or at least a 10–14 gram serving of other protein-rich foods
- **FRUIT** Most fresh fruit is a ½ cup for a serving (15 gram carbs)
- **NON-STARCHY VEGGIES** ½ cup cooked, 1 cup raw and 2 cups of raw leafy greens/lettuce are servings
- **STARCH** Most starches are ½ cup (or a 15 gram carb portion)
- **FAT** 1 tsp of oil or butter, 1–2 tbsp light dressing

STEP 4: Make your grocery list. After you plan your recipes or meals for the week, make your grocery list! Make sure to schedule a weekly time so you don’t go back to relying on restaurants or convenience foods. The best plan is to buy the foods you need to fuel your body for your home and eliminate your trigger foods.

STEP 5: Log your food. Logging your food helps you to monitor nutrition and also helps you to monitor your behaviors and lifestyle when you are making changes. Make sure you really are getting back on track. Think to yourself, “What would Caroline say about my eating?” ☺ ‘My Fitness Pal’ is a great phone app to use to do so.



Product of the Month

Google calendar app

A great way to follow step 2 is using a daily and weekly calendar! Try the Google Calendar app. Use this as a tool to plan ahead this year and start making health a priority in your day. Since we think taking care of you and your health comes before everything else in your life we think it is essential to schedule that time to take care of yourself. The app allows you to block out events in and priorities in your schedule in color. You can block out your at least 20 minute eating events, the time you will plan ahead this

week for meals (nightly or weekly?), grocery shopping and when you are going to exercise (we like to block out health priorities in yellow or green) and then, like we mentioned previously, all other times should be for our other responsibilities—not about food! This is a helpful app to have so your goals and schedule can be right at your fingertips all day long and it also is helpful for planning and distinguishing your health and food times versus other day-to-day priorities.

RECIPE of the Month

YOUR RECIPES FOR THIS MONTH are for three different meals from three different members of your bariatric team! See Caroline, Jeri and Dr. Chung's "go-to" recipes.

WHAT'S FOR BREAKFAST?

EGG WHITE OATMEAL *made by Caroline*

Why should you try this?

It is protein packed with egg whites, even though you feel like you are eating oatmeal! It can be made ahead or the morning of and travels and reheats well. It is also very versatile. Try cocoa powder instead of cinnamon and raspberries instead of fruit. Or try powdered peanut butter and bananas. My go-to in the winter and fall is the apple or pear and cinnamon recipe below.



INGREDIENTS

- $\frac{3}{4}$ cup egg whites
- 1/3 cup old fashioned rolled oats
- 1 small pear or apple, chopped (or other serving of fruit of choice)
- $\frac{1}{4}$ fat-free milk
- 1 tsp ground cinnamon
- 1 packet of Stevia or other sugar substitute of choice
- 1 drop vanilla extract
- Water

NUTRITION INFO:

CALORIES 220 • PROTEIN 20g • FIBER 6g
CARBOHYDRATES 27.2g • FAT 4.4g

DIRECTIONS

1. Mix oats w/milk and a splash of water in a deep microwavable bowl (add more liquid if you do not like your oatmeal too thick). Microwave for 1 min.
2. Add egg whites, cinnamon, Stevia and blend well with fork. Microwave for 1 min.
3. Remove from microwave and mix well again. Microwave for 45-60 seconds.
4. Take out and mix. Add to microwave again for additional time if the egg whites are not cooked all the way. If the texture becomes too thick for your liking add a splash of milk.
5. Top with raspberries and additional sprinkle of cinnamon if desired. Enjoy!



RECIPE of the Month *cont'd*

WHAT'S FOR LUNCH?

CAPRESE CHICKEN *made by Jeri*

Why should you try this?

This recipe can be thrown together in a pinch for a weeknight meal or even when you have company. It also can be used in a variety of ways and for a variety of meals or even on its own as a snack. Try it with a combination of zucchini and regular spaghetti noodles, on top of a thinly sliced whole wheat baguette with a salad, or Jeri's favorite way to serve it for lunch is in a lettuce wrap with some extra salad on the side. (For me, fresh herbs always take a basic salad to an excellent one!)



INGREDIENTS

- 4 boneless, skinless chicken breasts
(4-5 oz raw per person)
- 4 Roma tomatoes, sliced
- 1 small bunch or package of fresh basil, chopped
- 1 tsp seasoned salt
- Garlic powder
- Black pepper
- Fresh Mozzarella (weigh 1 oz per person) *
- Balsamic vinegar
- Whole Romaine Lettuce Leaf (in the summer try these grilled)
- Additional Romaine Lettuce chopped
for side salad

NUTRITION INFO:

CALORIES 192 • PROTEIN 20g • FIBER 0g
FAT 9.6g • Sodium 448g

DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Place the chicken on a sheet pan. Season the top of the chicken with the seasoned salt, some garlic powder, and some pepper. Drizzle a bit of balsamic vinegar over each piece. Bake in the oven for 16 minutes.
3. Remove the chicken from the oven and turn the pieces over. Again season with seasoned salt, garlic powder, and black pepper. Drizzle again with balsamic vinegar. Place 2-3 slices of Roma tomatoes and some chopped basil on top of each piece of chicken. Reserve some extra tomatoes and basil for small side salad. Return to the oven and bake 14-16 minutes or until the internal temperature of the chicken is 165 degrees.
4. During the last five minutes or so of cooking, place 1 oz serving of cheese on top of each piece of chicken. Return to the oven to melt and brown slightly.
5. Place inside large lettuce leave.
6. Chop reserved tomatoes and toss with reserved basil and chopped romaine lettuce. Serve drizzle of balsamic vinegar.



RECIPE of the Month *cont'd*

WHAT'S FOR DINNER?

BEEF STEW made by Dr. Chung

Why should you try this?

It's high in protein and low in carbs and another very versatile recipe. Dr. Chung suggests pairing it with a salad to add more fiber or over a 1/2 large baked potato or 1/2 cup of brown rice. She also suggests adding whatever veggies you like to the stew—mushrooms give a nice meaty flavor, peppers, tomatoes or zucchini. Another reason she makes it is because she says all four of her children love it!



INGREDIENTS

- 2 pounds lean beef stew meat, cut into bite-sized pieces
- 2 Tbsp canola oil
- 2 cups water
- 1 ½ Tbsp Worcestershire Sauce
- 1 clove garlic, minced
- 2 bay leaves
- 1 medium onion, sliced
- 1 tsp salt
- 1 tsp sugar
- ½ tsp pepper
- ½ tsp paprika
- Dash of all spice
- 3 large carrots, peeled and cut diagonally into 2-inch pieces
- 3 ribs of celery
- 2 tbsp cornstarch

NUTRITION INFO:

CALORIES 237 • PROTEIN 26.4g • FIBER 1.25g
CARBOHYDRATES 8g • FAT 10g • Sodium 348g

DIRECTIONS

1. Heat oil in large saucepan over medium-high heat. Place beef in pan and brown on all sides—about 6 minutes.
2. Add water and the next nine ingredients.
3. Simmer for 1 ½ hours.
4. Add carrots and celery and simmer for 30 minutes.
5. Dissolve cornstarch into ¼ cup water and add to stew. Stir until thickened