



## METABOLIC AND WEIGHT LOSS CENTER



### IN THIS ISSUE

- Are you a grazer? Find a way that works for you to break this habit now!
- Discover alternatives to grazing.
- Check out our Featured Recipe of the Month and Product of the Month.

## ARE YOU A GRAZER? Here's how to break the habit!

Grazing behaviors are a common eating pattern, but they may be the reason why we aren't seeing the results on the scale that we want. Grazing is picking, licking the spoon or grabbing something every time you walk into the kitchen, picking up a piece of candy every time you walk by the candy jar at work or even tasting ingredients while you cook. It can easily happen at summer cookouts and on vacation.

Grazing is often not noted or logged because "we just took one bite." However, those bites really do add up and can sabotage your weight loss goal. This is an important habit to kick before weight-loss surgery because if you continue to graze after surgery, it can prevent the surgery from working. Weight-loss surgery is designed for you to feel full from much smaller portions, and then go several hours before eating again. If you are constantly picking all day, a "bite" of food is not going to make your pouch/sleeve feel full. Therefore, you are not allowing that mechanism of the surgery (and the "tool" your surgeon made for you) work the way it is supposed to.

### HERE ARE WAYS THAT CAN HELP YOU BREAK THIS HABIT:

#### TALLY IT UP!

Every time you put something other than water or a no-calorie beverage in your mouth, make a tally on your refrigerator, in your phone, or on a post-it note at your desk. Track that for a week and average out how many tallies you have daily...or how often you are putting something in your

## What's Happening *this Month:*

- \* Bariatric Advantage Products are available for sale! Protein shakes, multivitamins, calcium, B12 and iron supplements can be purchased in our office. Get yours before the start of your pre-op diet. You may also visit [BariatricAdvantage.com](http://BariatricAdvantage.com) and type in our validation code (Capital Health) to see which products are available in our office and what we recommend to buy for each surgery.
- \* 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 the "Educational Materials" section to find information on pre- and post-op diets, protein shake recipes, goal sheets and more. Additional handouts will be added soon.
- \* Don't forget to sign up for your Nutrition Classes online. Caroline's July-October pre-op weight loss and group class schedules are now available for registration through our website.
- \* Information Sessions: For those interested in learning more about weight-loss surgery and the Metabolic & Weight Loss Center, sign up for an information session on July 9 or July 23 on our website.

# ARE YOU A GRAZER? Here's how to break the habit! cont'd

mouth. We often are surprised by how many times we slip something into our mouths by the end of the week. By taking the time to notice and keeping track of every time you eat, it will allow you to make better choices about how you are using these tallies. Aim for four to six tally marks per day and continue to track them to be more mindful about your eating and to prevent you from going back to grazing. It also is helpful to go back and log what you ate if you don't have time at that moment to write it down.

## DIY SNACK PACKS

If you find yourself always grabbing a handful of nuts when you pass the jar or a bunch of grapes every time you see the fruit bowl, try to make individual snack packs as soon as you buy. Whether it's carrot sticks, grapes, nuts, crackers, etc., portion out the food and store in small bags or containers to avoid seeing food in excess. When it is time to have a snack, you will only have that portion and avoid overeating since there isn't any more within hands reach. Also having them stored out of sight will help you to avoid popping anything into your mouth.

## FOR THE AFTER-DINNER GRAZER...

Try eating sweet foods such as strawberries, bananas, etc. as your "dessert" to satiate your sweet tooth and send the signal to your brain that meal time is over. You can also try to go for an after-dinner walk when you normally would have dessert to decide if you really need to eat or you are eating dessert or snacks out of habit.

## THE TABLE RULE

It might be helpful for you to make a rule for yourself that anytime you put something in your mouth, you **MUST** be sitting at a table or designated eating area. This will prevent you from quickly popping a treat into your mouth if you have to bring it all the way to the table and sit down to eat it. Create a designated eating area at work and home.

## MAKE A DAILY GAME PLAN

Plan what you are going to eat the night before, write it down and stick to the "menu" for the day. If you commit to sticking to the menu, you won't put anything extra into your mouth **AND** you will avoid spending extra money. Try planning a grocery list once a week to stock up on healthy items for your kitchen that you can work with.

## OUT OF SIGHT, OUT OF MOUTH

Like we mentioned previously, keep food out of sight. Walk out of the way to avoid the candy jar at work. Remove food from your desk drawers and car. Keep food off the kitchen counter. When we see food or it is within hands reach, this leads to excessive grazing. Put trigger foods in hard to reach places or really avoid them by not buying them at all.

## ARE YOU AN EMOTIONAL GRAZER?

You might take some time to think about what it is you are feeling when you start "grazing." Are you bored, lonely, depressed, stressed, or happy? A lot of times when people aren't eating for hunger, they're eating to stifle or manage emotions. If this is the case, finding more adaptive ways to manage your feelings is the best way to avoid this type of eating. When you still feel like reaching for food, first evaluate whether or not you're hungry. If you're not, put down the snack and think about how you feel. Try drinking a glass of water first before you eat a snack. If you're stressed, maybe take a walk instead. Depressed? Call a friend. Anxious? Floss your teeth. Make a list of things you can do instead of eating when you realize you're just snacking because of your "non-physical" hunger.

## RING THE ALARM!

Some patients find it helpful to set alarms on their phones. For example, 7:30 a.m. breakfast; 10:30 a.m. snack; 1 p.m. lunch; 3:30 p.m. snack; 7 p.m. dinner. Depending on your schedule, you can adjust accordingly, but you get the reminder and only eat once you hear the alarm.

If you are used to grazing, it can be challenging to think about something else other than wanting to snack, but **YOU CAN DO IT!** You're so used to the habit of snacking but you just need to break that habit and replace it with a healthier one. Make it a goal to try one of the healthier habits mentioned above that works for you. Try and do one of them three times a week and slowly increase it toward seven days. Reward yourself (not with a snack of course) when you reach your goal. Once our habits are rerouted to something else, we can eliminate those unhealthy behaviors.

# ARE YOU A GRAZER? Here's how to break the habit! cont'd

TRY SOME OF THESE ALTERNATIVE ACTIVITIES TO GRAZING!

Instead of eating right away I can...

- Call a friend
- Go for a walk
- Do sit-ups
- Drink water or a calorie-free beverage
- Make a large pitcher of water infused with fruit and mint
- Plan out your snacks and meals for the next day or week
- Dance
- Read through your nutrition information from Caroline!
- Make a goal to work on and create a calendar to track your goal!
- Make a list of goals to work on before and after surgery
- Go out and buy things you might need for after your surgery
- Find healthy recipes online to make during the week
- Organize your closet, file cabinet, or anything
- If at work, walk to a bathroom farther away in the building
- Brush or floss your teeth
- Clean out your cabinets or desk drawer of unhealthy snacks
- Volunteer
- Do chores
- Clean your desk
- Log your food for the day
- Begin or continue to work on a project
- Read a book
- Put on music that makes you feel great!
- Do a puzzle
- Make your desk into a standing desk only
- Make a list of tasks or a grocery list of healthy items
- Read motivational quotes
- Read the newspaper or a book



## FEATURED PRODUCT OF THE MONTH NECTAR PROTEIN POWDER

Box of 12-pack available in the office for \$23.99, plus tax. Available flavors include roadside lemonade, fuzzy navel (peach), Caribbean cooler (pineapple), and Crystal Sky (fruit punch).

Protein Powder available in a variety of delicious fruit flavors. Tastes great mixed with water, blended with ice or it is also designed to be eaten right out of the container like candy (compare it to a pixie stick type candy but with a more creamy texture). Contains ZERO carbs and ZERO fat. It is also aspartame-free in ALL flavors.

## + Motivation Corner

"We are what we repeatedly do. Excellence, therefore, is not an act but a habit." —Will Durant

"Failure is a path to success; so don't give up, just move on with firm determination." —unknown

"Success is the sum of small efforts, repeated day in and day out." —Robert J Collier



## RECIPE of the Month

Great recipe to use on your pureed/soft food diet with added unflavored protein!

### CREAM OF ZUCCHINI SOUP [Skinnytaste.com](http://Skinnytaste.com)



Servings: 4 ■ Serving Size: 1 1/2 cups  
Old Points: 1 ■ Weight Watchers Points+:  
1 pt ■ Calories: 60 ■ Fat: 1 g  
Protein: 3.5 g ■ Carb: 10 g  
Fiber: 3 g ■ Sugar: 4 g ■ Sodium: 579 mg  
(without salt) ■ Cholesterol: 3 mg

Nutritional Information for cream of Zucchini  
soup with 1 scoop Unflavored Protein  
(Bariatric Advantage Brand- available in  
the office):

Total Calories = 135 calories  
Protein = 17 g ■ Carbs: 13.5 g  
Fiber = 5.5 g ■ Sugar: 4.5 g ■ Fat: 1.75 g  
Sodium: 724 mg (without added salt)  
Cholesterol: 3 mg

### INGREDIENTS

1/2 small onion, quartered  
2 cloves garlic  
3 medium zucchini, skin on cut in large chunks  
32 oz reduced sodium Swanson chicken broth (or vegetable)  
2 tbsp reduced fat sour cream or fat-free greek yogurt  
(the yogurt is better source of protein!)  
kosher salt and black pepper to taste  
fresh grated low-fat parmesan cheese if desired  
for topping (optional)

### DIRECTIONS

**Combine** chicken broth, onion, garlic and zucchini in a large pot over medium heat and bring to a boil. Lower heat, cover, and **simmer** until tender, about 20 minutes. **Remove** from heat and purée with an immersion blender, add the sour cream or Greek yogurt and purée again until smooth. **Taste** for salt and pepper to adjust. (May want to avoid pepper during your pureed/soft food diet). **Serve** hot or cold!