



METABOLIC AND WEIGHT LOSS CENTER



IN THIS ISSUE

- “Health-ify” your fridge. Reorganize your refrigerator to stay on your path to a healthier you.
- Support your health AND local farms. Learn how shopping at farmer’s markets can benefit your health and see the list of markets near you.
- Our Featured “Pizza” Recipes of the Month and the Product of the Month.

What’s Happening *this* Month:

- * Bariatric Advantage Products are now available for sale! Protein shakes, multivitamins, calcium, B12 and iron supplements can be purchased in our office. Also, stay tuned for a taste test and presentation from our Bariatric Advantage rep.
- * Our Facebook page will have a lot of new blog entries and recipe ideas for spring and summer. “Like” our page to help stay on track with your healthy lifestyle plan. Also, visit capitalhealth.org/weightloss for previous blog entries and monthly newsletters.
- * Don’t forget to sign up for your nutrition classes online. Caroline’s May–August Pre-Operative Weight Loss and Group class schedules are now on our website.
- * Information Sessions: For those interested in learning more about weight-loss surgery and our program, visit capitalhealth.org/weightloss to sign up for our information session on June 25.

Refrigerator MAKEOVER!

Following these tips to “Health-ify” your fridge will help you stick to your healthy lifestyle plan.

FRUITS AND VEGGIES

- Fiber-rich foods, like fruits and veggies, take longer to digest, leaving you full longer.
- Chop several days’ worth of veggies at once so you can throw together a quick salad or stir-fry for meals.
- Also, cut up fresh fruit in advance and make small individual fruit salads in containers that you can grab as a snack for later in the day.
- Make recipes with a lot of veggies. Double the recipes for lower-calorie eats like gazpacho or other vegetable soups, and freeze the extra.
- Since we are more likely to pick up the first thing we see in the fridge, store easy-to-eat veggies on the top shelf rather than just in the crisper. We often put our favorite, not-so-healthy foods at eye level. So hide those trigger foods toward the back.



Refrigerator MAKEOVER! cont'd

DAIRY

Choose low-fat dairy products:

- Replace fat-free cheeses with organic 2% or 1% varieties like reduced-fat feta.
- Try low-fat cottage cheese as a snack with a ½ cup of berries or season with a no-salt seasoning and use as a dip for celery sticks.
- Buy fat-free Greek yogurt in bulk containers and use for breakfast and also as a substitute for many fattening spreads, such as sour cream, mayo, cream cheese and dressings.

PROTEIN

- Stock up on lean ground turkey breast instead of regular ground turkey (which often includes the skin—and more saturated fat).
- For other lean picks, try pork tenderloin, skinless chicken breast, and top round roast.
- For quick protein options on busy days, boil eggs at the beginning of the week to use for on-the-go snacks, a protein for your salad at lunch or in a wrap for breakfast.

GRAINS

- Make grains (especially whole grains like barley, quinoa or whole wheat spaghetti) in bulk and then store ½ cup servings in containers in the refrigerator for other meals for the week. Using a measuring cup to scoop out a ½ cup portion prevents you from serving more than you need.

CONDIMENTS

- Parmesan Cheese—Buy blocks of hard parm cheese because you have to physically shred them with a grater. This makes you aware of just how much cheese you're adding, which helps with portion and calorie control.
- Grainy Dijon mustard and other mustards are low-calorie and add a savory, rustic flavor. Use it in salad dressings and marinades and in place of some—or all—of the mayo called for in a recipe (i.e. tuna salad). You can also stretch out a small amount of creamy dressing with mustard.

- Veggie salsas are filled with flavor and nutrients but contain very few calories. You can top more than just tacos with them—for example, burgers, wraps, omelettes or baked potatoes.
- Switch to low-sugar jams to add to oatmeal, low-fat cottage cheese or with peanut butter on a low-carb or light wrap.

H₂O

- Keep big pitchers of water infused with mint or ginger and in-season fruit or citrus slices in the fridge up front. It usually lasts a couple of days and makes staying hydrated and keeping away from sugary drinks more appealing.

HERBS

- Place herbs like parsley and cilantro stems-down in a cup of water and cover with a plastic bag. The water keeps them fresh longer (just change it every few days). Seeing the herbs will make you want to cook with them, as they add flavor without the calories or sodium.

TRIGGER FOODS

- Store serving-size containers of your trigger foods in the refrigerator or pantry. For example, if you love guacamole but don't want to overdo the calories, this is a great way to avoid eating too much. Store it next to cut-up red peppers or baby carrots to avoid pairing it with chips.
- Do this for other trigger foods such as cheese, chocolate or peanut butter and use opaque containers to store them.

KEEP YOURSELF MOTIVATED

- Put motivational quotes (maybe from our newsletters!), pictures of your children or grandchildren, your dream vacation destination or healthy reminders on your refrigerator to keep you motivated on your path toward health. Maybe you post a question to remind yourself to ask if you are really hungry or a reminder to drink water instead of snacking.





It's FARMERS MARKET Season!

Here are reasons why shopping at a farmers market is good for your health and community.

There is always a variety of nutrient-rich, low-calorie foods.

Farmers markets have fruits and vegetables and offer these at the peak of the growing season. This means produce is at its freshest and tastes the best. We found that extremely fresh and bright colored fruits and vegetables were much more enticing and interesting than the baked goods during our visit to a local farmers market.

The food is usually grown near where you live.

They may have even been picked that morning and taken to a market near you! More of the vitamins and minerals are retained in the fruits and vegetables this way, compared to when they sit in storage for the long journey from another country.

Support local farms.

Shopping at farmers markets supports your local farmers and keeps the money you spend on food closer to your neighborhood.

Keep active.

Walking around a farmers market just adds more activity into your day. It also can be a fun activity after work or on weekends with family. Many times, our farmers markets have events and fairs to go along with it.

You can try something new.

I'm sure you get bored of cooking and eating the same fruits and vegetables all the time and could use new ideas. Have you ever tried a donut peach or bought your brussel sprouts on a long stalk instead of a bag? We encourage you to visit a local farmers market and try one fruit or vegetable you never have before. Ask the local farmer for a sample of something you've never tried, and if you like it, find out their favorite way to prepare it!



Here are some of our favorite farmers markets in your area. Visit their websites for more information about the local farms, events, and recipe ideas.

TRENTON FARMERS MARKET

www.thetrentonfarmersmarket.com

960 Spruce St., Trenton * (609) 695-2998
Tue – Sat: 9 a.m. to 6 p.m.; Sun: 10 a.m. to 4 p.m.
Open all year round! Includes nine farms who bring Jersey Fresh fruits and vegetables direct from their respective farms daily.

PRINCETON FARMERS MARKET

www.princetonfarmersmarket.com

65 Witherspoon St, Princeton, NJ 08542
(609) 356-0558 * Open every Thursday from May – November. Hours: 11 a.m. to 4 p.m.
Located in downtown Princeton. Over 20 local vendors and live music every Thursday at noon!

PENNINGTON FARMERS MARKET

www.penningtonfarmersmarket.com

101 Rt. 31 N, Pennington, in front of Rosedale Mills
Open every Saturday from 9 a.m. to 1 p.m. all year 'round. Includes produce from very local farms in New Jersey and other vendors. Local musicians and artists performing from 10 a.m. to 12 p.m. every week.

WEST WINDSOR FARMERS MARKET

www.westwindsorfarmersmarket.org

Vaughn Drive parking lot of the Princeton Junction train station off of Alexander Road (1 mile off Route 1). Open every Saturday from May 3 to November 22 from 9 a.m. to 1 p.m.
Food from 15 local farms and 11 artisan food vendors.



RECIPES of the Month

Once you buy your farmers market veggies, dress it up like a pizza. It's a beautiful thing!

ZUCCHINI PIZZA BITES Skinnytaste.com

Servings: 1 ■ Serving Size: 4 pieces ■ Old Points: 2 pts ■ Points+: 3 pts
Calories: 124.8 ■ Fat: 5.7 g ■ Protein: 8.2 g ■ Carb: 10.4 g ■ Fiber: 3.0 g

INGREDIENTS

4 slices large zucchini, 1/4 inch thick
(or 1 medium zucchini cut on diagonal)
olive oil spray
salt and pepper
2 tbsp quick marinara sauce
1/4 cup shredded part skim mozzarella

DIRECTIONS

Cut zucchini about 1/4 inch thick. **Spray** both side lightly with oil and **season** with salt and pepper. **Broil** or **grill** the zucchini for about 2 minute on each side. **Top** with sauce and cheese and **broil** for an additional minute or two. (Careful not to burn cheese)

PIZZA-BELLAS Hungrygirl.com

Servings: 1 ■ Serving PER SERVING (1 pizza-bella, 1/2 of recipe):
118 calories ■ 4.75g fat ■ 487mg sodium ■ 7.5g carbs ■ 1.75g fiber
3g sugars ■ 11.5g protein ■ PointsPlus® value 3*

INGREDIENTS

2 large portabella mushrooms
2 sticks light string cheese
1/4 cup canned crushed tomatoes
1/2 tsp. chopped garlic
Dash Italian seasoning
8 slices turkey pepperoni (like the kind by Hormel), chopped
2 tbsp. canned sliced black olives

DIRECTIONS

Preheat oven to 400 degrees. **Remove** mushroom stems, chop, and set aside. Place mushroom caps on a baking sheet sprayed with nonstick spray. **Bake** in the oven for 8 minutes.

Meanwhile, **break** each stick of string cheese into thirds and place in a food processor or blender—**blend** at high speed until cheese takes on a shredded or grated consistency. (Or just tear string cheese into pieces and roughly chop.)

Set aside. Remove sheet from the oven but leave oven on. **Blot** excess liquid from mushroom caps and set aside. In a small bowl, combine crushed tomatoes, garlic, and Italian seasoning. **Mix well** and equally distribute between mushroom caps; spread until smooth and even. Sprinkle shredded/grated cheese over the saucy layer on each cap.

Top with chopped mushroom stems, pepperoni, and olives. **Bake** in the oven for 8-10 minutes, until cheese has melted. **Eat** as soon as you can without burning your mouth!



FEATURED PRODUCT OF THE MONTH

PB2 POWDERED PEANUT BUTTER

85% less calories from Fat than regular peanut butter

Serving Size: 2 Tbsp Calories: 45
Fat: 1.5 grams ■ Saturated fat: 0 grams ■ Protein: 5 grams

PB2 is mixed with water to create a traditional peanut butter mixture. (I recommend adding one zero-calorie sweetener when making this mixture). It is also wonderful for recipes that call for peanut butter. Make a fruit smoothie (with your farmer's market fruit) and add a tablespoon of PB2, add PB2 to non-fat greek yogurt and top with blueberries for breakfast, or add it to any of the Artic Zone ice cream flavors (featured in our April newsletter) with unsweetened almond milk and make a milkshake without the guilt but still a delicious PB flavor! (I recommend adding a zero-calorie sweetener to any of the ideas above.) You can find PB2 at GNC, Big Lots & Black Forest Acres stores in Hamilton, NJ.