



**METABOLIC AND
WEIGHT LOSS CENTER**

IN THIS ISSUE

- National Registered Dietitian Day—March 11. See personal tips from dietitians on how they “Bite Into a Healthy Lifestyle.”
- Think Before You ‘Bite!’ Quick tips to prevent biting into the wrong foods and promote mindful eating in your daily life.
- Product and Recipe of the Month!



Happy NUTRITION MONTH!

The 2015 NATIONAL NUTRITION MONTH theme is “Bite Into a Healthy Lifestyle.” This year, the Academy of Nutrition and Dietetics encourages everyone to:

- ... Assess the food they eat
- ... Try to “bite” into lower calorie foods that are nutrition-rich
- ... Move your body daily to maintain a healthy weight, prevent disease and promote overall health and quality of life

**HEAD TOWARD YOUR GOAL TO
A HEALTHIER YOU THIS NUTRITION MONTH!**

**SEE HOW DIETITIANS “BITE INTO A
HEALTHY LIFESTYLE.”**

... “Fruits and vegetables are appealing to me in so many ways. It still amazes me how something could taste so yummy and fresh and be so low in calories and high in vitamins, minerals and fiber—and they are so colorful and BEAUTIFUL! My favorite thing to do in the spring is go to the local farmers markets, pick a variety of colors of vegetables and fruits for the week, including some new ones, and experiment with new recipes. I also make sure to grab some of my favorites and cut them up for a fresh low-calorie grab and go snack. No meal or snack goes without them in my day—and that daily variety

**What’s Happening
this Month:**

- * **Don’t miss our support groups** in March and April! Sign up online at capitalhealth.org/weightloss.
 - For our support group on **Wednesday, March 18 at 5 PM**, Dr. Gary Tuma, director of Plastic Surgery at Capital Health, will be discussing body contouring after weight-loss surgery.
 - If you can’t make it this month, the next support group will be **Wednesday, April 22 at 5 PM**. Our Bariatric Advantage rep will be at our April meeting with great information on maintaining long-term health post-weight loss surgery and will have some samples/giveaways.
 - Meetings take place at the Oncology Center 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.
- * **Nutrition Month Raffle:** Meal Prep Monday is on! For Nutrition Month, submit a photo to us to show how you meal prep for the week. Your photo will be shared on our Facebook page and you will be entered into our Nutrition Month/Meal Prep Monday Raffle to win a product of your choice from the office—a box of Quest bars, a month’s supply of multivitamins or calcium, box of Quest Protein chips, box of 12-pack Syntrex nectar protein powder or 12-pack of Bariatric Advantage protein powder varieties. Send in your photo by April 1st and we will announce our drawing winner!
- * **Friday, May 29** is our program’s fashion show —“Runway to Health!” We are putting on this event to have fun together as a program, reward our patients for all of their hard work throughout the past year and provide an opportunity for others to find out more about our Metabolic & Weight Loss Center. Lord & Taylor is generously supporting our Fashion Show Party. There will be giveaways, delicious sensible appetizers, music, and most importantly, FUN! The event will be held at Capital Health Medical Center – Hopewell in the NJ PURE Conference Center at 5 PM. Hope to see you there!

of nutrients from fruits and vegetables can't be duplicated in a vitamin.”

—*Laura Anastos, RD, MS*

... “**Food is fuel.** I know there is NO WAY I can finish my tasks for the day, get a proper workout in, and be in a good mood without that fuel! I make sure to include healthy carbs—i.e. fruits, vegetables, low-fat dairy and whole grains—in my meals. Making better carb choices within a balanced diet is proven to boost energy and allow for the mental and physical energy you need to get through your day. My refrigerator is always stocked with portioned containers of these foods so I can quickly grab them and make sure I eat them daily.”

—*Justin Heaton, RD, Campus Dietitian and Sport Dietitian at Temple University Dining*

... “**I love desserts.** Who doesn't? But I know that cupcakes are not going to prevent disease, fuel my mental and physical energy, maintain a healthy weight, and promote overall health. So I allow myself a small portion of a sweet treat daily and the rest of my meals are loaded with lean protein, veggies, and whole grains. I also need to move my body daily whether it is running or going for a long walk. I love the energy I get in return! Trust me, I would not be a pleasant person to be around if I did not exercise and was on a cupcake diet.”

—*Amanda Saitta, RD Inpatient Clinical Dietitian at Capital Health*

... “**Mindful eating** is something I had to train myself to do a long time ago in order to practice what I preach. I still sometimes have to remind myself of it around the holidays or special events although now it comes to me naturally. The truth is food has the power to temporarily alleviate stress, enhance joy and bring us comfort! To prevent eating from non-physical hunger, I have a long list of mindful activities I like to do that soothe my body and mind and are not just temporary fixes, but benefit me in some way. For example, writing a few words down in a journal, reading a newspaper or quick article, calling a friend or family member, working on a project, cleaning out my e-mail or something as simple as thinking about three sounds that I hear, two colors I see and two scents I smell and my focus will no longer be on a craving. It takes practice, but come up with a list and practice daily and it will help fight cravings and prevent non-physical overeating.”

—*Caroline Lazur, RD, Bariatric Dietitian at Capital Health*



THINK BEFORE YOU BITE!

Follow these tips to help you go for the healthy “bite!”

... **Think before your bite at a restaurant**—Think, did you do your research before walking into the restaurant or ordering from a to-go place? Make it a rule for yourself and loved ones that, from now on, you will never walk into or order without researching the menu for a sensible option. You can be fooled easily and a salad can be more calories than a cheeseburger at certain restaurants. Look up the menu online or search food items in your “My Fitness Pal” app for calorie information. Also, plan your strategies before going out to eat or ordering. For example, “I will avoid the tortilla chips on the table” or “I will ask for a box right away.” Think and plan before you dine!

... **Think before you bite into starch**—Assess what you ate for other meals before biting in. Before choosing or making a baked potato for a side dish, check if you had enough protein or vegetables and maybe make a salad instead or roast some veggies as a side. Especially after surgery, always remember, with limited room in our new stomachs, we want to eat the most nutrient dense foods first—protein, followed by produce and finally starch. We encourage planning ahead so you can make sure your whole day includes enough protein, fruits, veggies and whole grains. Remember, food is fuel!

... **Think before you bite when you are full**—Something might taste really delicious and we want another bite, but before you do, think. Put your fork down and think about where you are on the hunger scale (0-1 being empty/ravenous, 5 being neutral and 9-10 being sick/over-full. If you are content/satisfied (6-7), listen to that feeling and stop eating. Remember, we don’t want to treat our body like the trash can and eat food just because it is there on our plate. Throw it in the trash—we promise that food won’t hurt the can but it will hurt you.

... **Think before you bite when you are stressed, bored, upset, or happy**—Think, are you physically or mentally hungry? Always take 10 minutes before you pick up the fork or food and decide why you are eating. If you are emotionally eating, go to your list of productive alternatives to eating so you can find something else that will soothe you the same way food does. See our July 2014 newsletter for a starting list!



Featured Product of the Month

ONLINE GROCERY SHOPPING AND DELIVERY

Although it does not increase your daily steps, grocery store delivery is a convenient way to grocery shop. Some of our patients use it and it helps them save money and calories because they avoid putting unnecessary food items in shopping carts when they are at the store. It can be delivered right to your door step on the day you plan to meal prep, which is saving you time too. Try [FRESH DIRECT](#), [PEAPOD](#), [SHOPRITE](#), [INSTACART](#) (only in Philadelphia). They all have

smart phone apps to make it easy to add items to your cart at any time during the day.

[AMAZON PRIME MEMBERS](#) have access to Amazon Fresh for same-day grocery delivery. Try out the free trial of Amazon Prime—it definitely will be worth the price if you are already an online shopper! Online grocery shopping is definitely worth a try if you are someone who has trouble sticking to their shopping list.

RECIPE of the Month

CROCK POT CHICKEN TIKKA MASALA

— *Caroline Lazur, RD*



EACH SERVING: 7 POINTS ■ 295 calories ■ 2g fat
30 g carbohydrates ■ 24g protein ■ 4g fiber
(without veggie)

DIRECTIONS

1. Lightly mist crock pot with non-fat cooking spray, and place chicken inside. Season with salt pepper and pinch of other spices.
2. In the crock, mix all ingredients including spices (using measurement listed) except, yogurt and cilantro. Stir well to combine.
3. Cook on low for about 6-8 hours or high for about 4 hours.
4. For the last 15 min, mix in non-fat Greek yogurt.
5. Remove and Discard bay leaves.
6. Top with cilantro before serving.
7. Serve w/ ½ cup mixed veggies—roasted or steamed (we roasted cauliflower, carrots broccoli, red onion). We also enjoyed this recipe in lettuce wraps or with a salad for lunch!

INGREDIENTS

- 8 oz skinless, boneless chicken breasts, cut into strips or 1 inch cubes
- 1 large onion, thinly sliced
- 2 garlic cloves, minced
- 2 jalapenos, seeded and diced (optional)
- 1 28 oz can diced tomatoes
- 1 tbsp freshly grated ginger
- 1-2 tbsp Garam Masala
- 1 tbsp cumin
- 1 tsp paprika
- 1 tsp coriander
- 1 tsp salt
- 1/2 tsp black pepper
- Juice from 1 lime or ½ lemon
- 2 bay leaves
- 1/2 cup plain, non-fat Greek yogurt
- 1/4 cup cilantro, finely chopped

The chicken might come out like “pulled” chicken but we loved it like that! This recipe also freezes wonderfully for a make-ahead meal.

Preparation time: 15 minutes

Cooking time: 6 hours

Number of servings (yield): 4-6

Serving size: 1 cup Chicken Tikka Masala