



**METABOLIC AND
WEIGHT LOSS CENTER**



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**What’s Happening
this Month:**

- * Upcoming Support Group Dates: **March 23, April 27, & May 25 from 5 – 6 PM** in the Radiation Oncology Conference Room at Capital Health Medical Center – Hopewell. See more on our Facebook page, our website under “Patient Classes,” or on our online support group.
- * If you had surgery and are not 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. Obtain support from our program and other post-op patients in our program at any time!
- * Upcoming Free Information Sessions for those interested in weight-loss surgery: **March 9 & 23 from 6 – 8 PM** in the Radiation Oncology Conference Room at the Capital Health Medical Center – Hopewell.
- * Don’t forget to “Like” Capital Health Metabolic & Weight Loss Center on Facebook for healthy lifestyle tips, motivation and program 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 + tax for a box of 12**
 - Chewable iron from Bariatric Advantage (available in strawberry)

HAPPY NATIONAL NUTRITION MONTH!

MARCH IS NATIONAL NUTRITION MONTH! The Academy of Nutrition and Dietetics celebrates National Nutrition Month every year to focus our attention on the importance of making informed food choices and developing sound eating and physical activity habits. This is something our patients focus on all year long, but we love having a month to celebrate good nutrition and spread the importance of good nutrition to others.

This year, the theme is “Savor the Flavor of Eating Right.” This theme stresses that how, when, why and where we eat are just as important as what we eat. Developing a mindful eating pattern post-weight loss surgery is essential to developing a healthy relationship with food, looking at food as providing nutrition and nothing else, and ultimately, helping you lose weight and maintain your weight loss post-surgery. Read our article in this issue for another way to help you eat mindfully!

THE SIX PHASES OF EATING: Another Approach to Mindful Eating

In our newsletters, support groups, classes and appointments, we often discuss MINDFUL EATING. Our April 2015 newsletter discusses some ways you can practice eating mindfully. If this is the first time you have heard of mindful eating, it means eating with intention and attention in order to take care of yourself and your health. The more you practice mindful eating, the more your relationship with food becomes a healthy one. At Capital Health Metabolic & Weight Loss Center, we always say you deserve the most nutrient-rich food in the perfect amount. Mindful eating helps you make nutritious food choices and eat a comfortable amount.

In a recent presentation, Registered Dietitian Megrette Fletcher, MEd, RD, CDE describes eating in six phases. Looking at eating this way is just another way to practice mindful eating.

One point she stresses is when we try to change our diet and think there is “just one thing” we need to change, we are taking the wrong approach. For example, we might say “I simply just need to stop grazing at work” or “I just need to stop eating sweets.” The truth, Fletcher describes, is that our eating behaviors are much more complex and involve a lot of decisions. They are not a simple fix. Mindful eating is the solution to fixing the problem, and if you are one of our patients, you know trying to eat mindfully takes practice and training.

Read the six phases of eating described by Fletcher, and as you learn about each phase, see if any thoughts or ideas arise about what you really might need to try in order to form or maintain a healthy lifestyle.

NON-EATING PHASE

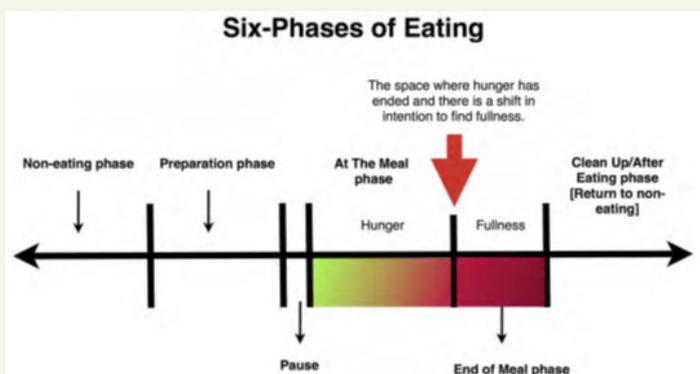
The first phase is the non-eating phase. Fletcher explains that this phase is free of actions and thoughts involving food or eating. Our program calls this “the grey area,” the area between your scheduled meals (or eating events) where you are living your life without food surrounding it.

This phase is usually the four-hour period between meals. As hunger returns, this phase ends. If you are not sure if you are hungry, mindful eating asks you to “check in” with yourself. If you feel empty, your stomach’s growling, or you have low energy, low blood sugar and the time since your last meal has been four hours or more, you are physically hungry. If you drink water and distract yourself and the feeling goes away, that may have been psychological hunger. If you find yourself grazing all day long, check in with this experience and see if there is another activity you can do instead of eating. Physical hunger will not go away if you distract yourself. Try not to avoid those true hunger signals and have a small meal. Otherwise, we know what happens when we go too long without eating.

PREPARATION PHASE

The preparation phase, Fletcher says, is when you prepare a meal or snack or make a food choice. This can be hours before you eat (like when you pack your lunch the night before) or minutes (like making your choice at your work cafeteria). Even though she places this phase right after the non-eating phase, we recommend planning your meals at least the day before if not a few days ahead. This way you make the absolute best choice every day (because you deserve that!) versus the best choice from the options you have available. You can also portion your food with measuring tools when you plan ahead.

When we wait to make a decision on what to eat when hunger has already started to return, we tend to make less informed food choices and choose much larger



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THE SIX PHASES OF EATING: Another Approach to Mindful Eating *continued*

amounts. If you did not pack or plan the day before, try to come up with a plan for what and how much to eat before hunger comes back (less than four hours before your next meal). When you think about what you will eat again, “check in” again and ask yourself: “What will benefit my body and health?” “What are my food preferences?” and “What do I need to include in my meal to make it complete?” When figuring out how much food you will eat, ask “how much food will fill but not overfill my hunger?” Even if you are a great meal planner, remember that post-weight loss surgery, you might be used to packing or serving yourself what you used to be able to eat for meals. Learning about how much food will make you comfortable and not uncomfortable is an important focus post-weight loss surgery.

PAUSE PHASE

The pause is the phase that Fletcher says is the most crucial moment before a meal. It has to happen. The reason it is so important is because it creates the mood and outcome for an action. You can create the intentional thought to eat everything or choose to pause often during the meal and stop eating when you are comfortably full. Our program calls this phase your pep talk to yourself. Remind yourself why you are trying to eat mindfully and what is your motivation to eat this way before you start the meal.

This is the phase where you actually get to take a bite! As you can already see, in order to eat mindfully, mental and physical preparation is needed. Previous phases direct you to deciding if you are actually physically hungry and also set the intent of what and how much to eat.

AT THE MEAL PHASE

At the meal, Fletcher says to think of hunger as an invited guest who will be leaving the meal soon. With each mouthful, hunger is easing himself out the door. Think, with every bite, of the sound of hunger’s voice getting fainter and fainter.

Focus on the physical hunger so you know when to stop eating. Many people notice physical hunger ends sooner than psychological hunger. The desire to keep eating has many influences, but one is that, while hunger is leaving, your senses still like being stimulated and filled (texture, taste, smell, appearance). For instance, you might be getting full, but the taste and textures of your food is sending positive signals to your brain which might cause you to not focus on your physical hunger. But your senses do not care about hunger, Fletcher describes. Knowing that your senses will want to continue to be stimulated during a meal can influence how much you eat. You might want more of that taste in your mouth, but when you take your focus back to your physical hunger, you realize that extra bite is not going to be welcomed by your stomach!

Slow eating is essential for physical reasons post-weight loss surgery, but it also is essential to help you become more aware if the desire to eat is driven by physical or psychological hunger. Fletcher compares this to a referee in sports. For a referee to review a play or call, he or she will watch a slow-motion replay. “Slowing down when eating increases the ease with which you can observe your behaviors and choices, helping you make the ‘right call.’”

END OF MEAL PHASE

This is trying to find a comfortable level of fullness. Fletcher says if hunger were a sound, it would grow louder with each bite. She also says to think of fullness as a beloved guest and your goal is to help your guest become comfortable. “It is a relaxed time, no need to rush or push food on your guest!” She says to ask your “guest” questions, such as “Are you comfortable now?” “Would another bite make you uncomfortable?” These are great things to ask yourself during meal time post-weight loss surgery. The more you ask yourself these questions, the more you will train your brain to eat mindfully and avoid over-filling.

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CLEAN UP PHASE

When your “guest” has reached a comfortable level of fullness, it is time to stop eating. This phase is a lot like the initial non-hunger phase except that food is still around. Create a clear intention that the meal has ended to resist “having a bite.” Sometimes that might be just standing up, or putting a napkin over your food, or maybe try to brush your teeth right after a meal. Keep the reason why you are not eating clear in your mind to maintain a level of comfort and enjoyment that is associated with not eating past fullness. Instead of eating, direct your thoughts to effective ways you can be around food—including making sure you save enough to pack for leftovers the next day or for lunch.

Once the meal is over and the food is put away, you return to non-eating phase. Seeing eating in these six phases allows you to see that changing a behavior is more complex than “just one thing.” Behaviors are complex, but that does not mean they are impossible to change. Go back and read what each phase is and think

about which phase you might need to focus on and what behavior in that particular phase do you need to work on. For instance, maybe to avoid eating too much of the wrong foods, you recognize that if you work on packing your lunch and planning dinners more often this might help you to eat more of the nutritious foods in the right portion (preparation phase). Or you might focus on the non-eating phase and plan activities you can do at night to help you stop grazing. Maybe you focus on the eating phase and recognize, in order to not overeat, you need to practice slowing down your eating. When you find an area to focus on, make it a goal to continue to practice that one behavior. The more you practice, the more it will become a habit!

Reference:

Fletcher, M. “6 Simple Steps to Using Mindful Eating with Your Clients.” *Skelly Skills-Continuing Education for RD, RDN, CDE and DTR--CE Courses and Webinars for Registered Dietitians and Diabetes Educators*. Feb 2015. Web. 17 Feb. 2016.



Product of the Month Yummly App



You might love this app when it comes time to planning your meals for the week and finding new recipes! Yummly searches the web for recipes based on exactly what you are looking for and creates your shopping list based on the ingredients from the recipes you choose. You can search a type of recipe you are looking for, filter nutrition information, food preferences, prep time, and cuisine.

You can also hit “Yum” to save recipes you want to try later and it will automatically sort “Your Yums” by recipe category. The app does connect your shopping list to Instacart, an online grocery delivery app, but unfortunately Instacart does not deliver in our area yet—hopefully soon! Always still make sure your meals are complete with protein, fruit or veggie and nutrient dense starch.

A good general guide* for a complete main meal is 10 grams of fat or less, 30 grams of carbs, and at least 14 grams of protein. Snacks should be less than 10 grams fat, 15 grams of carbs (or less) and at least 10 grams of protein. (For recipes, think single digits for fat and double digits for protein. Use the number 15 as your guide for carbs).

**Remember this is just a general guideline. Your dietitian might tell you to have more or less of certain nutrients at each meal based on your individual needs, gastric capacity, activity levels, and how far out from your weight loss surgery date you are. Ask if you are unsure.*

RECIPE of the Month

BOUILLABAISSE

A RECIPE FROM OUR PATIENT STEPHANIE!

Bouillabaisse is a classic Provençal seafood stew. Stephanie says there are no rules to this dish. You can use one type of seafood or five different types. It all depends on your budget and what is fresh! She used lobster when making it for a special Valentine's Day dinner last month but has also made it for an easy weeknight meal with less pricey seafood. It also works as an impressive and easy meal for a dinner party without the guilt. She suggests serving it with a salad and/or asparagus and a small piece of crusty whole wheat bread.

INGREDIENTS

- 2 Tbsp. olive oil
- 2 leeks, chopped
- 2 onions, chopped
- 2 cloves garlic, minced
- 3 tomatoes, diced
- ¼ tsp thyme, fresh or dry
- ¼ tsp rosemary
- 1/8 tsp saffron
- 1 c. white wine
- Finely chopped parsley for garnish
- 1 pint clam juice
- 4-5 lbs fish; 1 use scallops, shrimp, clams, mussels, 2 lobster tails, 1 piece of frozen cod (frozen holds up better)
- Salt and pepper to taste

DIRECTIONS

1. In a large pot, heat the oil. Add leeks, onion, and garlic and cook for 5 minutes.
2. Add tomatoes, herbs, salt/pepper, clam juice and wine. Bring to a fast boil.
3. Add the fish and lobster. Cook for 8 minutes.
4. Add the shrimp, mussels, scallops and clams. Cook for 6 minutes, or until the shells have opened. Discard any shells that do not open.
5. Transfer all into a tureen or individual serving dishes. Serve with a side salad and small piece of crusty whole wheat bread.



NUTRITION INFO for just

Bouillabaisse (with 4 oz of seafood):

CALORIES 246 ■ PROTEIN 28 g ■ FIBER 1.6 g
FAT 6 g ■ SODIUM 600 mg ■ CARBOHYDRATES 15 g

+ Motivation Corner

"What do we live for if not to make the world less difficult for each other."

—George Eliot

"A good example has twice the value of good advice."

—Unknown

"If you are not hungry enough to eat an apple, you are not really hungry."

—Unknown

"When you pair awareness with kindness and self-compassion, something magical happens."

—Megrette Fletcher, MEd, RD, CDE