



METABOLIC AND WEIGHT LOSS CENTER

What's Happening this Month:



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* Our support group this month is Wednesday, March 22 from 5 – 6 p.m. in the Radiation Oncology Conference Room at Capital Health Medical Center – Hopewell. Can't make it? Block out your calendar for our upcoming support groups April 26 and May 24, 2017. Same time, same place each month! Mark your calendars and set with reminders!

* 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 Lazur at 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 right at your fingertips, 24/7!

* Upcoming information sessions for those interested in weight loss surgery with our program will take place on March 8 and March 22, 2017. All information sessions are from 6 – 7:30 p.m. at Capital Health Medical Center – Hopewell. Call 609.537.6777 to register.

* Don't forget to "Like" Capital Health Metabolic & Weight Loss Center on Facebook for healthy lifestyle tips, motivations and program updates.

MARCH MOTIVATION

HAPPY NATIONAL NUTRITION MONTH!

THE ACADEMY OF NUTRITION AND DIETETICS celebrates National Nutrition Month in March every year to promote nutrition education and highlight the importance of making informed food choices and developing sound eating and physical activity habits. This is something we and our patients focus on all year long, but we love having a month to celebrate the importance of good nutrition and sharing the message with others.

This year's theme is **"Put Your Best Fork Forward"**, which reminds us that every decision and every bite counts, especially after bariatric surgery. Remember: when you can only fit a small amount of food in your pouch or sleeve, that food should be rich in nutrition! Take a closer look at your meals this month and make small changes on your grocery list for better food choices and better health.



"EAT YOUR GREENS" IN MARCH!

BY HEATHER KRICK, Dietetic Intern

Maybe you heard this from your mother growing up, but whether or not she knew the reasoning behind it, she was right!

In our newsletters, classes, and appointments, we often discuss setting aside half our plate for fruits and vegetables for meals and snacks throughout the day. Although this may be difficult at times, it is important to remember advantages of adding various colors of fruits and vegetables to each meal.

As springtime approaches, green fruits and vegetables start to become more in-season. These include broccoli, cabbage, zucchini, asparagus, artichokes, collard greens, spinach, and celery, and regularly consuming these foods provide many benefits to your nutrition.



WHY SHOULD YOU FILL YOUR POUCH OR SLEEVE WITH GREENS?

1) Green foods are considered super foods because they are high in antioxidants that protect your body from toxins. They are also rich in nutrients that help your immune system fight off bacteria and viruses. Eating at least 3–5 servings of greens each day can add an extra boost to your immune system.

2) Dark leafy greens (spinach, kale, collards) are rich in healthy omega-3 fatty acids, which help to lower bad cholesterol.

3) Green foods, especially dark leafy ones, are low in calories and carbohydrates. By adding these to your meals, you can bulk up the volume while keeping the calories and carbs low. They are also high in fiber, which helps to keep you fuller for longer and regulate your bowel movements.

4) Green foods contain the pigment chlorophyll, which helps protect against cellular damage. The darker the shade of green, the more chlorophyll the food contains. It is most available in raw green vegetables like broccoli and spinach.

5) Green foods are rich in vitamins and minerals that are vital to your body's health. These include vitamins A, B, C, E, and K, and calcium, iron, zinc, magnesium, and potassium.



TRY THESE TIPS FOR ADDING MORE GREEN TO YOUR PLATE:

— **LIVE LIKE POPEYE:** By adding just 1 cup of raw spinach leaves to your day, you're getting over 50% of your vitamin A and over 100% of your vitamin K while only adding 4 calories! Have you ever tried a spinach salad with your eggs in the morning or as a snack with some leftover protein from lunch? Don't knock it until you do!

— **HERBS ARE LEAFY GREENS TOO:** By adding just 10 sprigs of parsley to flavor a dish, you're getting

almost a quarter days' worth of vitamin C while adding virtually no calories or carbohydrates. We love to mix them into our scrambled eggs (like you would pepper or salt) before scrambling.

— **ADD SOME GREEN TO YOUR MORNING ROUTINE:** Adding just ½ cup of chopped cooked broccoli to your scrambled eggs provides over 20% of your folate and almost 25% of your vitamin A.

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TRY THESE TIPS FOR ADDING MORE GREEN TO YOUR PLATE: *continued*

— **RICED BROCCOLI:** Everyone is grating (or ricing) cauliflower these days, but you can substitute broccoli in your recipes too.

— **TRY ZOODLES:** Save some carbs and calories by experimenting with veggie noodles! Just 1 cup of zucchini noodles contains only 20 calories, 0 grams of fat, and 4 grams of carbohydrates, compared to 1 cup of whole wheat spaghetti, which contains 174 calories, 1 gram of fat, and 37 grams of carbohydrates.

OTHER SHADES OF GREEN:

—Flavor your water with a decaf green tea bag for an antioxidant boost.

—Add lime to your water (with mint) to give it a little zing! Mojito anyone?

—Green apples add tartness, sweetness and crunch to a salad.

—Starches come in green too! Edamame is simple to make and, when in the shell, has to be eaten slowly. It's a great high fiber snack that is also a good source of protein.



Product of the Month

PRESS-AND-MEASURE GLASS OIL AND VINEGAR DISPENSER

Measuring oil or vinegar every single time you add it to a sauté pan, salad, or marinade can be time consuming. Sometimes, you need just a quick splash to make a meal cook (and taste) a little better. Because oil is high in fat and calories, it's important to always log that exact amount you add in your food diary to truly stay on track.

The PRESS-AND-MEASURE GLASS OIL AND VINEGAR DISPENSER takes guesswork and wasted time out of the equation. The glass and stainless steel cruet allows you to measure a precise amount of oil, vinegar, or salad dressing every time. To use, simply press the pump buttons on the side, allow the built-in measuring cup to fill to the desired amount, and tilt the dispenser to pour the liquid out the top spout. The liquid is measured in tablespoons, teaspoons, and milliliters to provide various options to the user.

This oil and vinegar dispenser is an innovative solution for home cooks who are interested in adding these condiments quickly without adding too many extra calories.

TIP: Try adding herbs or whole garlic with to the bottom portion with olive oil for some flavorful infused oils!



RECIPE of the Month

SHEPHERD'S PIE MAKES SIX SERVINGS

From *SkinnyTaste.com*

Shepherd's pie (or cottage pie) is a baked English casserole layered with cooked beef and vegetables and topped with creamy mashed potatoes. Heather, our dietetic intern, shares this dinner recipe as a great source of protein and vegetables that will fill you up until breakfast the next morning. This casserole is the perfect dish to make ahead of time and bake when you're ready to eat. If you prefer, you can substitute ground turkey in the place of beef, or sweet potatoes in the place of Yukon Gold. To keep the carbs low, top it with cooked, mashed cauliflower instead of mashed potatoes. Portion leftovers into microwave-safe containers to add some warmth and deliciousness to lunch breaks throughout the week!



INGREDIENTS

Potatoes:

- 1 ½ lbs. Yukon Gold potatoes, peeled, diced
- ¾ cup fat free chicken broth
- 2 tbsp. reduced fat sour cream
- salt and pepper to taste
- paprika

Filling:

- 1 lb. 95% lean ground beef
- 1 tsp oil
- 1 medium onion, diced
- 1 celery stalk, chopped
- 2 cloves garlic, diced
- 8 oz. mushrooms, diced
- 10 oz. frozen mixed vegetables
(carrots, corn, peas, green beans, baby lima beans)
- 2 tbsp. flour
- 1 cup fat free beef broth
- 2 tsp tomato paste
- 1 tsp Worcestershire sauce
- 1 tsp freshly chopped rosemary leaves
- 1 tsp freshly chopped thyme leaves
- salt and pepper to taste

NUTRITION INFO — 1/6TH OF PIE PER SERVING

275 CALORIES ■ 22 g PROTEIN ■ 5 g FIBER
7 g FAT ■ 331 mg SODIUM ■ 31 g CARBOHYDRATES

DIRECTIONS

1. Boil potatoes in a medium pot of lightly salted water until cooked and soft.
2. Drain and mash with chicken broth, sour cream, ½ tsp salt and pepper. Set aside.
3. Preheat oven to 400°F.
4. In a large sauté pan, brown meat over medium-high heat, breaking the meat up with a wooden spoon as it cooks. Season with ½ tsp salt and pepper. When cooked, set aside on a plate.
5. Add the oil, onion, garlic, mushrooms, and celery to the sauté pan. Sauté on medium heat until the vegetables are tender, about 6 to 8 minutes.
6. Add the flour, frozen vegetables, beef broth, tomato paste, Worcestershire sauce, rosemary, thyme, and cooked meat. Mix well. Simmer on low about 8 to 10 minutes.
7. Spread the meat mixture on the bottom of a casserole dish. Top with mashed potatoes and sprinkle with paprika.
8. Bake 20 to 25 minutes. Place under the broiler 1 to 2 minutes until the potatoes turn golden.
9. Remove from oven and let stand 5 minutes before serving.