



**METABOLIC AND  
WEIGHT LOSS CENTER**



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- Dress to impress with our DIY salad dressing
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- Product of the Month

**What's Happening  
this Month:**

\* Our support group this month is Wednesday, May 25 from 5-6 PM 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 on June 22, July 27 and August 24. Same time, same place! See other 2016 dates on our Facebook page, 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](mailto:clazur@capitalhealth.org)) so she can e-mail you the link and accept your request. This is a great way to obtain 24/7 support from our program and other post-op patients in our program!

\* Upcoming information session dates for those interested in weight-loss surgery with our program: May 25, June 8, July 6 and July 27 from 6 – 8 PM in the Radiation Oncology Conference Room at the Capital Health Medical Center – Hopewell. Call 609-537-6777 or visit [capitalhealth.org/weightloss](http://capitalhealth.org/weightloss) to register.

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



**CELEBRATE NATIONAL SALAD MONTH**

BY REBECCA HERMAN, *Dietetic Intern*

**MAY IS NATIONAL SALAD MONTH!** April showers paved the way for a flourishing May, which delivers vibrant fruits and vegetables to make for a colorful spring. Plants are a nutrient-dense food group that should be consumed in at least 5 servings per day. Vegetables and fruits are an important source of vitamins and minerals and different subcategories of vegetables deliver different amounts. This stresses the importance of consuming a variety of vegetables to make our plate "colorful."

Increasing vegetables in your diet can help prevent deficiencies, give you energy, and protect you from illness. Incorporating a salad a day is a great way to ensure you're eating enough plant-based foods a day and maintaining weight loss after surgery. Just make sure to chew, chew, chew! Our salad ideas have a lot of fiber and can cause bloating even before surgery, so it's essential that you chew your salads very well after-surgery. Read our article in this issue for tips on how to create the perfect salad.

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# CELEBRATE NATIONAL SALAD MONTH *continued*

## HOW to BUILD the PERFECT SALAD in 5 EASY STEPS!

**1. Choose a Leaf or Two.** Start with the leaf of your liking. Dark leafy green vegetables are excellent sources of fiber, folate, vitamin K and carotenoids (which act as antioxidants in your body). Spinach, kale, romaine lettuce, leaf lettuce, mustard greens, collard greens, chicory and Swiss chard all make an excellent base for a salad.

**2. Pop In Some Color.** Toss in 3–4 different fruits or vegetables to make your plate shine with those spring colors.

■ **PURPLE/BLUE**—This color content of food is due to the anthocyanins. Anthocyanins function as antioxidants and are known to be heart healthy and can possibly lower blood pressure. Blueberries, cabbage, eggplant (with the skin), prunes, and plums make great salad toppings.

■ **YELLOW/GREEN**—These fruits and veggies contain Beta-cryptoxanthin, beta-carotene, and alpha-carotene, all of which are part of the carotenoid family and help the body make Vitamin A. Vitamin A is good for vision, immune function, bone, and skin health. These foods have additional vitamins and minerals that are beneficial to our health. Toss in some carrots, sweet potatoes, apricots, oranges, mangos, cantaloupe, or yellow bell peppers to get your daily dose of Vitamin A.

■ **RED**—Lycopene creates the reddish pigment seen in many fruits and vegetables. This powerful antioxidant has been shown to reduce the risk of some cancers, including prostate cancer, and protect against heart attacks. Lycopene is one of those antioxidants that are enhanced when heated. In your salad, try tomatoes, red bell peppers, or beets roasted or raw. Red fruit to try can be red apples, cherries and strawberries. Try these cooked or raw as well.

It's not ALL about color. Fruits and vegetables have a wonderful variety of shades and colors, but pigments are not the only way to see the health benefits. There are over 4,000 known flavonoids, a powerful antioxidant, which can be found in a variety of plants. That's a reason to add more veggies on your salad!

**3. Pump Up With Protein.** Three to four ounces of lean meat or fish provides our body with 21–28 grams of protein, the perfect amount for any meal. Protein helps to build and repair muscle, helps with weight loss and maintenance, stabilizes our blood sugars, and keeps us full from meal to meal. Mix in your favorite source of protein: eggs, chicken, lean beef, pork, fish, or shrimp for extra protein. Vegetarian options for protein include tofu and a variety of legumes.

**4. Add Some Crunch.** Sprinkle in a teaspoon of nuts, seeds, or dried fruit for some extra flavor, increased nutrition, and increased feeling of fullness. Avoid going overboard with these delicious but calorie-dense toppings.



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# CELEBRATE NATIONAL SALAD MONTH *continued*

**5. Dress It Up.** Now it's time to dress to impress! But just like when we dress ourselves, we never want to go too over the top. It's also important to read the label for all bottled salad dressings. Many salad dressings provide excess calories from fat and sodium. Fat is an important macronutrient that is essential for normal body processes and helps us absorb all of those great nutrients from our salad. Fat is also the most calorically dense nutrient. Therefore, a little goes a long way!

Enjoy salad dressing in moderation. Use two tablespoons maximum, and use a homemade dressing if you cannot find one you like that is kind to your waistline. Read our DIY Salad Dressing section this month for tips and inspirations to make your own salad dressing.

## OTHER WAYS TO TOSS IT UP

- Layer your salad in a mason jar, starting with dressing, grain, hard veggie, protein, and finally greens. This prevents a soggy salad when packing your salad to go!
- Have salad for breakfast. Top with eggs or lean ham. Pair with eggs or an omelet. Or have it with leftover protein from last night's dinner.
- Spruce it up and spread the flavor around even more without adding more dressing. Add fresh herbs such as parsley, cilantro, mint, or basil. Include spices such as cumin, chili powder, dried oregano, dried parsley, garlic powder (easy now!), paprika, or smokey ground chipotle pepper. Try mixing a few spices together also and then adding to your salad.

## DIY SALAD DRESSINGS

### CHOOSE AN OIL (1–2 TSP PER SERVING)

sesame ■ olive ■ walnut ■ peanut  
grapeseed ■ avocado

### WHISK IN ACIDIC JUICE OR VINEGAR

fresh lemon juice ■ fresh orange juice  
red wine vinegar ■ balsamic vinegar  
champagne vinegar ■ rice vinegar

### SPRINKLE IN FLAVOR ENHANCERS

#### DRIED HERBS/SPICES

Cumin ■ paprika ■ garlic ■ dried oregano ■  
dried parsley ■ smokey chipotle ■ chili powder  
curry ■ siracha hot sauce  
ginger (fresh grated ginger root is best for salad!)

#### FRESH HERBS

Parsley ■ mint ■ rosemary ■ cilantro ■ basil

#### OTHER DRESSING ENHANCERS:

garlic or onions ■ veggies such as cucumber  
or carrot ■ condiments such as mustard  
low sodium soy sauce ■ salsa  
low-sugar jam or 1 tsp. honey

## Who Wore It Better?

- A. HIDDEN VALLEY RANCH (2 tbsp)  
140 calories (14 g fat, 260 mg Na,  
2g CHO, 1 g Pro)
- B. HIDDEN VALLEY GREEK  
YOGURT RANCH (2 tbsp)  
60 calories (5 g fat, 240 mg Na,  
3 g CHO, 1 g pro)
- C. HOMEMADE GREEK YOGURT RANCH  
(2 tbsp) 17 calories (0.5 g fat,  
1.5 g protein)

### THE ANSWER IS C!

The Greek yogurt base adds extra protein without the extra calories. Find a low-fat plain Greek yogurt for your base and add in the fresh herbs and spices to flavor your dressing. It makes for a creamy and full salad dressing!

## RECIPES of the Month

### HOMEMADE GREEK YOGURT RANCH

MAKES ABOUT 1½ CUPS OF DRESSING



#### INGREDIENTS

- 1 tablespoon dried parsley
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- ¼ teaspoons ground black pepper
- 1 teaspoon salt
- 1 tablespoon fresh chives
- 1 cup non fat plain Greek yogurt
- ⅓ cup buttermilk
- 1 teaspoon Dijon mustard
- 1 teaspoon lemon juice

#### DIRECTIONS

1. Place the spices (dried parsley–fresh chives) into a food processor and pulse a few times until the spices have been ground up a bit. Scrape down the sides.
2. Place the remaining ingredients—Greek yogurt, buttermilk, Dijon, and lemon juice—into the food processor and pulse until the ingredients have been fully incorporated.
3. Scrape down the sides, if needed, and pulse again.
4. Transfer into a sealable container (like a mason jar) and place in the fridge until you're ready to use it.

NOTE — This is a pretty thin dressing, if you like thicker dressings, slowly add in the buttermilk, until the consistency you prefer is reached!

### CUCUMBER HERB VINAIGRETTE

*From EatingWell*

Pureeing vegetables into a salad dressing is a great way to give it body! Makes about 1¼ cups.

#### INGREDIENTS

- 1 small cucumber, peeled, seeded and chopped
- ¼ cup extra-virgin olive oil
- 2 tablespoons red-wine vinegar
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh parsley
- 1 tablespoon nonfat or low-fat plain yogurt
- 1 teaspoon Dijon mustard
- 1 teaspoon prepared horseradish
- 1 teaspoon sugar
- ½ teaspoon salt

#### NUTRITION INFO

PER TABLESPOON: 28 CALORIES ■ 3 g FAT  
0g SAT ■ 2g MONO ■ 0 mg CHOLESTEROL  
1g CARBOHYDRATES ■ 0g PROTEIN  
0g FIBER ■ 63 mg SODIUM

#### DIRECTIONS

Puree cucumber, oil, vinegar, chives, parsley, yogurt, mustard, horseradish, sugar and salt in a blender until smooth. NOTE — Make ahead of time, cover and refrigerate for up to three days.

## RECIPES of the Month *continued*

### SPICY MEDITERRANEAN VINEGARETTE

From EatingWell

MAKES ABOUT  $\frac{3}{4}$  CUP OF DRESSING

#### INGREDIENTS

- $\frac{1}{2}$  teaspoon black mustard seeds
- $\frac{1}{4}$  teaspoon ground coriander
- $\frac{1}{8}$  teaspoon ground cumin
- $\frac{1}{3}$  cup carrot juice
- 2 tablespoons golden raisins
- 2 tablespoons red-wine vinegar
- 4 sprigs fresh cilantro
- 1 tablespoon nonfat plain yogurt
- 1 teaspoon honey
- 1  $\frac{1}{2}$  teaspoons crushed red pepper
- $\frac{1}{4}$  teaspoon salt
- Freshly ground pepper, to taste
- 2 tbsp extra-virgin olive oil

#### NUTRITION INFO

PER TABLESPOON: 53 CALORIES ■ 3g FAT  
8g CARBOHYDRATES ■ 0g PROTEIN

#### DIRECTIONS

1. Heat mustard seeds, coriander and cumin in a small dry skillet over medium heat until fragrant, 2 to 3 minutes. Add carrot juice and simmer over medium heat until reduced by half, about 3 minutes.
2. Place raisins in a blender and add the hot juice. Let stand for 5 minutes to plump the raisins. Then add vinegar, cilantro, yogurt, honey, crushed red pepper,  $\frac{1}{4}$  teaspoon salt and pepper and blend until combined. Pour in  $\frac{1}{4}$  cup oil and blend until smooth, about 1 minute.



### Product of the Month

#### A SALAD CHOPPER...OR SCISSORS!

If you enjoy salad a lot more when you get it at a restaurant it might be because of how well the salad is chopped and ingredients are distributed. You can buy a double-bladed chopper on Amazon.com or in stores like Bed, Bath & Beyond, and they're pretty inexpensive. However, one of our staff members makes chopped salads here every day. Her go-to tool? A basic pair of scissors! She has a salad-only set that she uses to chop lettuce leaves and ingredients right in the bowl. This might be the key you need to mixing up your current salad situation!

