



**METABOLIC AND  
WEIGHT LOSS CENTER**

**IN THIS ISSUE**

- Change Your Thanksgiving Mindset — Follow our tips to feel thankful after Thanksgiving and not regretful.
- Stressed about what to eat on Thanksgiving after weight-loss surgery? See how to build a mindful Thanksgiving meal.
- See our featured Recipe and Product of the Month.



**Changing Your Mindset for Holiday Food**

The holidays are once again upon us and this year is different because, well, you had weight loss surgery! Just because you had surgery does not mean you cannot enjoy the holidays, but now is the time to prepare and train your brain to have a healthy holiday mindset.

When we think of the holidays, often our focus is on food. Just a year ago, if someone asked you to name your favorite things about the holidays, the first thoughts may have been of those special holiday meals. Now that you had surgery and have committed to learning how to live a healthy lifestyle (permanent eating habit changes), it is the right time to make a goal to take our mind off of food and think about the true joys brought by the holiday season. Is Thanksgiving really about mashed potatoes and turkey? Instead, focus on family, friends and activities we can share with our loved ones. Come up with a list of things you are thankful for on Thanksgiving or a list of things you love about the holidays that are not food-related.

**What's Happening  
*this Month:***

- \***Post-Surgery Patients:** Our next support groups will be held on November 12 and December 3 from 5 – 6 p.m. Pre-op patients are also welcome. Sign up online under “Patient Classes” on our website or e-mail Caroline. The groups will be held in the Oncology Conference Room at Capital Health Medical Center - Hopewell.
  - \*\*Don't Forget—You can swap clothes in the “Capital Closet” from 4:30 – 5 p.m. before the support group. Bring in clean clothes that no longer fit and “shop” for clothes that might be your size.
- \***We now sell Quest Bars!** Buy a single bar or variety box for an on-the-go high protein, high fiber option.
- \***Bariatric Advantage Products are available for sale.** Protein shakes, multivitamins, calcium, B12 and Iron supplements can be purchased in our office. Make sure you have what you need before your pre-op appointment.
- \***Check out our website for Nutrition and Diet Resources.** Go to “Educational Materials” and find information on your pre-op diet, post-op diet, protein shake ideas, meal and snack recipes, goals sheets and more.
- \***Information Sessions:** For those interested in learning more about weight-loss surgery and our program, sign up online for our next dates — November 12th, December 3rd and December 17th at 6 p.m.
- \***Visit our website at capitalhealth.org/weightloss** and “Like” Capital Health Metabolic and Weight Loss Center on Facebook for additional support, motivation, recipes and program updates.

There's no harm having that elaborate meal, and if your favorite Thanksgiving recipe is Grandma's mashed potatoes, then EAT IT! Use portion control and make sure to start with protein and also eat some vegetables if your stomach space allows for both the veggies and potatoes. Just avoid looking at the holidays as a marathon of food. Maybe you'll do a 5K turkey trot or walk with family or friends instead before heading to a family's house for dinner. Try these suggestions and our other Thanksgiving tips to help you leave Thanksgiving feeling thankful, not regretful:

### 1 WORK TOGETHER IN THE KITCHEN.

This helps bring the focus back on spending time with family.

### 2 ONLY EAT WHAT YOU LOVE.

We've all been guilty of loading our plates with every option simply because they are there. But if you don't really love stuffing the way you do potatoes, skip the stuffing and instead savor what you like. Avoid appetizers if the main meal items are really what you are looking forward to by socializing away from food (see tip #4), munch on raw veggies or bring a low cal butternut squash soup to serve before the meal.

### 3 BRING VEGGIES.

Thanksgiving is notorious for veggies drowned in sauces and a tableful of starches, so bring along a large mixed salad or something else. My family loves roasted Brussels sprouts but it's not "traditional Thanksgiving" fare so it might not make it on the menu if you don't bring them.

### 4 LEAVE THE TABLE.

It's easy to sit around, picking at food as you visit. Instead, try moving to the living room or somewhere else to chat or play a board game. Even take a walk around the neighborhood, and if the party is at your house, make an active activity a must! If you are the host, plan activities to do before the meal instead of decadent appetizers or after the meal to avoid everyone sitting at the table picking at food. Line up a few games of cornhole outside, make everyone write down what they are thankful for and have everyone go around to read them out loud, make a family trivia game with questions about family memories and facts. If the food isn't in sight, odds are you won't make a trip to another room to graze on it.

### 5 JUST ONE DAY.

When it comes down to it, it's just one meal. Enjoy your time with your family, enjoy that one meal, and then get back to your regular eating habits. In the past, you may have had one dessert or more at every holiday party you attended from Thanksgiving until after the New Year. We used the "well, it's the holidays" excuse. Now try to remember, there is only one Thanksgiving and that is the one day to indulge.



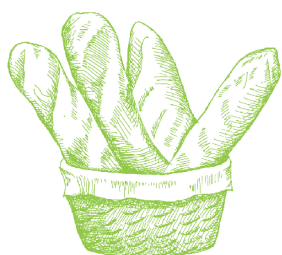
## Pre- and Post-Op Weight Loss Surgery Holiday Meals

Let's face it, Thanksgiving is a tableful of carbs! We know we should focus on our protein first and then choose a veggie (not covered in canned cream of mushroom soup) and lastly our starch. The reason for this is because starch generally contains the least protein, vitamins and minerals but has a lot of calories for a small portion. Here is what we suggest:

... Try and use the plate method and eat in the order above.

... If a starch item is what you really want since it is your favorite holiday food, have some protein and then that particular starch you want for this one meal ONLY. If you still have room in your pouch or sleeve, then go for veggies.

... Eat slow, chew thoroughly (pre- or post-surgery). Make sure you stop when you are full.



Here are all the carbs/starches that are commonly on Thanksgiving tables with their correct serving size. Serving sizes below = 15 grams of carbs each. Try and choose one. Can't decide between Grandma's mashed potatoes or your aunt's sweet potatoes? Have one at Thanksgiving and bring just ONE serving home for leftovers to be eaten the next day after you have had some lean protein and veggies.

... If you are a pre-surgery patient or just looking to manage your weight, try and stick to 2-3 of these starch servings per Thanksgiving meal.

Starch/Carb	What your serving size should be (= 15 g Carbs)
Stuffing	1/3 cup
Corn	1/2 cup
Peas	1/2 cup
Cranberry Sauce	1/4 cup
Mashed Potatoes	Mashed = 1/2 cup
Sweet Potatoes	Sweet (plain) = 1/2 cup
Candied Sweet Potatoes	Candied = 1/4 cup
Mac and Cheese	1/2 cup
Rolls	1 (Tennis ball size)
Cornbread	1 – 3/4 " cube
Lasagna	1/2 cup
Soup	1 cup
Gravy	0–5 gm carb/1/4 cup
Pie (30 - 45 grams or 2 –3 carb choices)	slice = 1/8 of 9" pie

## Pre- and Post-Op Weight Loss Surgery Holiday Meals *cont'd*

Non-Starchy Vegetables		Fill half your plate with these. They have only 5 grams of carbs per ½ cup.
Carrots	Green beans	
Asparagus	Cooked Greens or salad	
Onions	Brussels Sprouts	
Spinach	Peppers	
Zucchini	Beets	
Broccoli	Cauliflower	
Squash	Turnips	

Here are examples of mindful Thanksgiving meals post-surgery (remember to stop eating when full). Aim to eat protein first, veggies next and finally starch. Since it is Thanksgiving and the starch is what you really want that ONE day, eat starch second and then your veggies if you still have room!

### EXAMPLE 1

- ... **Protein (1/4 plate):** Turkey Breast - 3-4 oz. (or size of your palm) w/ 1 Tbsp gravy
- ... **Starch (1/4 plate):** Bread Stuffing 1/3 cup, 1/4 cup Mashed Potatoes = 1.5 carb choices (total should be size of 1/2 of your fist or tennis ball)
- ... **Veggies (1/2 plate):** ½ cup roasted cauliflower and ½ cup cooked greens (1 fist)

### EXAMPLE 2

- ... **Protein (1/4 plate):** Turkey Leg meat (no skin) — 3 – 4 oz
- ... **Veggies (1/2 plate):** ½ cup squash, ½ cup green beans (1 fist)
- ... **Starch (1/4 plate):** ½ cup sweet potatoes (1/2 of your fist)

### EXAMPLE 3

- ... **Protein (1/4 plate):** Turkey Breast 3 oz w/ 1 Tbsp gravy
- ... **Veggies (1/2 plate):** 1 cup salad (1 fist)
- ... **Starch (1/4 plate):** 1/16 of 9 inch pie (pointer and middle finger together or about 1.5 inches thick)

*Or try the pie recipe on page 5 for a bigger slice with more protein!*



## RECIPES of the Month

### HUNGRY GIRL'S VANILLA CRÈME PUMPKIN CHEESECAKE

You'll need a springform pie pan for this recipe.  
You can usually find them at any supermarket.

Serving Size: 1 slice, Calories: 160, Fat: 3.25g  
Carbs: 20g, Fiber: 5g Sugars: 7g, Protein: 17g

#### INGREDIENTS

##### *For Crust*

2 cups Fiber One Original bran cereal, ground to a breadcrumb-like consistency in a blender or food processor  
1/4 cup light whipped butter or light buttery spread (like Smart Balance Light or Brummel & Brown), melted & mixed with 2 tbsp. water  
3 tbsp. Splenda No Calorie Sweetener (granulated)  
1 tsp. cinnamon

##### *For Filling*

32 oz. fat-free cream cheese, room temperature  
1 cup fat-free liquid egg substitute (like Egg Beaters Original)  
1 cup canned pure pumpkin  
1 cup Splenda No Calorie Sweetener (granulated)  
1/4 cup light brown sugar (not packed)  
1 tsp. vanilla extract  
1 tsp. pumpkin pie spice

##### *For Topping*

3/4 cup fat-free Greek Yogurt  
1/4 cup Splenda No Calorie Sweetener (granulated)  
1/2 tsp. vanilla extract

#### DIRECTIONS

Preheat oven to 325 degrees.

Combine all crust ingredients and mix thoroughly. Spray a springform pie pan (about 9" wide) lightly with nonstick spray -- make sure to get the sides as well as the bottom. Then evenly distribute crumb mixture, using your hands or a flat utensil to firmly press and form the crust along the bottom of the pan. Set aside.

In a large bowl, combine all filling ingredients. Using an electric mixer set to medium speed, mix until completely blended and lump-free. Pour mixture into the pan.

Bake in the oven for approximately 1 hour and 20 minutes, until set. Allow pie to chill in the fridge for at least 3 - 4 hours (overnight is best).

Once pie has chilled, carefully release and remove spring form top. In a small bowl, mix all topping ingredients together until thoroughly blended. Spread topping evenly over the pie.

Return pie to the fridge until ready to serve. Cut pie into 12 slices.

MAKES 12 SERVINGS



## RECIPES of the Month

### BUTTERNUT SQUASH LEEK SOUP WITH SAGE

Great low calorie and carb option (only 56 calories per serving!) to serve in mugs instead of high calorie appetizers. Add non-fat Greek yogurt for additional protein. Also try with curry, garam masala and cumin instead of sage for a different element of flavor.

Servings: 6, Serving Size: about 1 1/3 cups,  
Old Points: 1 pt, Points+: 1 pt, Calories: 56.2,  
Fat: 0.3 g, Protein: 2.6 g, Carb: 11.4 g, Fiber: 2.6 g

#### INGREDIENTS

1 butternut squash, about 4 cups cubed  
1 carrot, peeled  
1 small onion, chopped  
1 large leek, white and light green part only, chopped (about 1 cup)  
6 cups fat free chicken or vegetable broth  
2 garlic cloves, halved  
4 sage leaves  
1/2 cup 1% milk  
Salt and freshly ground pepper

#### DIRECTIONS

Peel the squash and remove the seeds. Cut the squash lengthwise and then into 1-2 inch cubes.

In a large pot, combine squash, carrots, leek, onion, garlic, sage and broth and bring to a boil. Cover and simmer on low heat for about 40 minutes, until squash is tender.

Remove the sage and puree soup using a blender. Add milk and add the salt and pepper to taste. Serve in a fall festive mug topped with parmesan cheese or a dollop of non-fat Greek yogurt.



## Featured Product *of the Month*

### MISTO OLIVE OIL SPRAYER

Are you the chef this Thanksgiving? Help control your portions of oils/fat when cooking with a Misto olive oil sprayer. Add your own healthy oil of choice to the Misto and spray lightly for sautéing, roasting, or baking. It tastes better, reduces calories and fat of recipes and is non-aerosol, so it promotes better health not only for you, but also for the environment. In return, you also save money because your olive oil bottle lasts longer! Find it at Bed Bath & Beyond or Amazon.com.

### + Motivation Corner

"Focus more on who is around the dinner table rather than what it is on it"

— Caroline Lazur

"Never trade what you want most for what you want in the moment."

— Unknown

"If you don't have a plan and leave your food choices to chance, chances are those choices will lead to regret."

— Unknown