



METABOLIC AND WEIGHT LOSS CENTER

What's Happening this Month:

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NOVEMBER MOTIVATION

FALL COMFORT FOOD: Eat This, Not That.

AS THE AUTUMN AIR BECOMES CHILLY, we hear more about patients eating oatmeal for breakfast. Flavored instant oatmeal packets are a common temptation, but they are high in sugar and filling, leaving little room in your pouch or sleeve for the protein you need. Try the following recipe instead of that! I know it might seem weird to add egg whites to your oatmeal, but it's just like adding eggs to French toast or a baked good! Plus, the eggs whites take on the same consistency as the oatmeal so you don't really know they are there.

*continued on the next page*

\* Our support group this month is Wednesday, November 9 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 group, December 7, 2016. Same time, same place each month! SUPPORT GROUP DATES FOR 2017 are January 18, February 22, March 22, April 26, May 24, June 28, July 26, August 23, October 25, November 15 and December 13. 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 November 9 and December 7 in 2016 and January 4 and 18 in 2017. All information sessions are from 6 – 8 p.m. in the Radiation Oncology Conference Room at the 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.

# NOVEMBER MOTIVATION *continued*

## EAT THIS

Egg White Oatmeal ■ Servings: 1

### NUTRITION INFO

CALORIES 220 ■ PROTEIN 20 g ■ FAT 4 g  
CARBOHYDRATES 27 g ■ FIBER 7 g

It's worth noting that there are zero grams of added sugar in this recipe. All sugar is natural and comes from fruit, milk and oats. With just a few extra calories you get 20 grams of protein, less carbs, less sugar and more fiber!

### INGREDIENTS

- 1/4 cup old fashion oats
- Chopped fruit of your choice: 1 small apple, 1 small pear, 1/2 banana, or 1/4 cup puréed pumpkin
- 1/4 cup of low-fat or fat-free milk
- 1/4 cup water
- 3/4 cup liquid egg whites (egg whites from a carton are easier to measure and pour)
- 1/2 teaspoon cinnamon
- 1 packet sugar substitute of your choice Stevia, Splenda®, Sweet'N Low®
- 1 drop vanilla extract

### DIRECTIONS

1. Mix oats with milk and a splash of water in a deep microwavable bowl (add more liquid if you do not like your oatmeal too thick). Microwave for 1 minute.
2. Add egg whites, cinnamon, and sugar substitute and blend well with fork. Microwave for 1 min.
3. Remove from microwave and mix well again. Add fruit at this time. Microwave for 45-60 seconds.
4. Take out and mix. Add to microwave again for additional time if the egg whites are not cooked all the way. If the texture becomes too thick for your liking, add a splash of milk.
5. Top with any leftover chopped fruit and additional sprinkle of cinnamon if desired. Enjoy!

### NOT THAT!

Maple and Brown Sugar Quaker Instant Oatmeal Packet

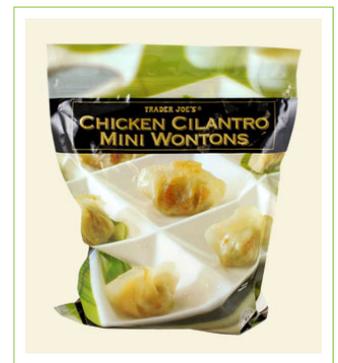
### NUTRITION INFO — Single packet

CALORIES 160 ■ PROTEIN 4 g ■ FAT 2 g  
CARBOHYDRATES 32 g ■ FIBER 3 g  
SUGAR 12 g [11 of which come from added sugar]



## Product of the Month

My best friend, Alicia, told me about to this great product! Alicia is an Outpatient Dietitian for Weight Management in Jersey City, and she introduced me to CHICKEN CILANTRO MINI WONTONS FROM TRADER JOE'S. Four mini wontons contain only 50 calories, 0.5 grams of fat, 8 grams of carbs, 1 gram of fiber and 3 grams of protein. You can steam or microwave them for a great side dish or even heat them in a soup to enjoy (Alicia's favorite way to enjoy them is in her homemade egg drop soup). They are also easy to pack and prepare for your midday snack or serve as the perfect holiday party appetizer. Thanks Alicia!



# NOVEMBER MOTIVATION *continued*

## EAT THIS

Skinny Pumpkin Spice Latte ■ Servings: 1

### NUTRITION INFO

CALORIES 85 ■ PROTEIN 11.5 g  
FAT 2.3 g ■ CARBOHYDRATES 7 g

As soon as summer winds down, you see signs outside every chain and local coffee shop announcing the arrival of pumpkin spice latte (PSL), a seasonal favorite for many. It seems so right to sip on one of these in the chilly November air, but the calories and sugar in them are just SO wrong. Even though we don't generally promote drinking your meals and snacks, once in a while is okay. To enjoy PSL the right way, you could purchase your own sugar free pumpkin syrup online or make your own delicious snack.

### INGREDIENTS

- 8 oz brewed decaf coffee
- 1/2 cup unsweetened vanilla almond milk
- 2 tbsp pumpkin puree
- 1 tsp pumpkin pie spice
- 1/2 scoop/serving vanilla protein powder (less than 4 g of sugar, 100 calories or less and at least 20 g of protein in 1 scoop/serving)
- 2-3 drops of liquid stevia (or sweetener of your choice)
- sprinkle of cinnamon

## DIRECTIONS

1. In a cup or sauce pan, mix together almond milk and pumpkin puree. Cook on medium heat on the stove top or microwave for 30-45 seconds.
2. Remove from heat, then stir in spices and sweetener. Place in a cup and add in protein powder. You can use a frother to foam the milk or you process in a blender for 30 seconds or until foamy. (If foam/bubbles are not your friend after surgery, stick to mixing!)
3. Pour coffee into a large mug, add the foamy milk mixture on top. Sprinkle with cinnamon and enjoy.

## NOT THAT!

A tall Starbucks PSL with non-fat milk and no whipped cream

**NUTRITION INFO** *Of the 200 calories in this drink, 156 of them are from sugar!*

CALORIES 200 ■ PROTEIN 11 g ■ FAT 0 g  
CARBOHYDRATES 39 g [mainly from added sugar]



# NOVEMBER MOTIVATION *continued*

## EAT THIS

Chicken Pot Pie Soup ■ Servings: 6  
Serving Size: 1 bowl (1-1/2 cups)

From *Skinnytaste.com*

### NUTRITION INFO

CALORIES 253.8 ■ PROTEIN 27.7 g ■ FAT 1.8 g  
CARBOHYDRATES 31.9 g ■ FIBER 3.4 g

When I asked the staff here in our office at Capital Health MWLC what came to mind when I mentioned fall comfort food, a number of people said chicken pot pie and some others said soup! But instead of a chicken pot pie from KFC or Boston Market, eat this recipe that combines the two popular choices! Gina Homolka of *skinnytaste.com* suggests serving this soup with her garlic cheddar biscuits. Enjoying one biscuit adds 97 calories, 4 grams of fat, 13 g of carbs, and 3.7 grams of protein (biscuit recipe is also available at *skinnytastse.com*). Even with adding a biscuit, the numbers for calories, fat, sodium and carbs still don't come close to a pot pie from KFC or Boston Market. **WARNING: STAY AWAY!**

## INGREDIENTS

- 1/4 cup flour (to make gluten-free use 2 tbsp cornstarch instead)
- 2 cups water
- 4 cups fat free milk
- 1 large celery stalk, chopped
- 1/2 medium chopped onion
- 8 oz sliced baby portabella mushrooms
- 2 chicken bouillons
- fresh ground pepper
- pinch of thyme
- 10 oz frozen classic mixed vegetables (peas, carrots, green beans, corn)
- 2 potatoes, peeled and cubed small
- 16 oz cooked chicken breast, diced small
- salt

## DIRECTIONS

1. Create a slurry by combining 1/2 cup of the cold water with flour in a medium bowl and whisk until well blended. Set aside.
2. Pour remaining water and milk into a large pot and slowly bring to a boil.
3. Add celery, onion, mushrooms, chicken bullion, thyme, fresh pepper, frozen vegetables and return to a boil.
4. Partially cover and simmer on low until vegetables are soft, about 20 minutes.
5. Remove lid, add potatoes and cook until soft, about 5 minutes.
6. Add chicken, and slowly whisk in slurry, stirring well as you add.
7. Cook another 2-3 minutes, until soup thickens, adjust salt and pepper to taste and serve.

## NOT THAT!

### One KFC Chicken Pot Pie

#### NUTRITION INFO

CALORIES 790 ■ PROTEIN 29 g ■ FAT 45 g  
CARBOHYDRATES 66 g ■ SODIUM 1970 g

### One Boston Market Chicken Pot Pie

#### NUTRITION INFO

CALORIES 820 ■ PROTEIN 27 g ■ FAT 50 g  
CARBOHYDRATES 61 g



# NOVEMBER MOTIVATION *continued*

## EAT THIS

Pumpkin Cheesecake ■ Servings: 8  
Serving Size: 1/8th of recipe (1 slice)

*From Hungry-Girl.com*

### NUTRITION INFO

CALORIES 143 ■ PROTEIN 10.5 g ■ SUGARS 5.5 g  
FAT 5.5 g total fat (3.5 g saturated fat) ■ FIBER 1.5 g  
CARBOHYDRATES 18 g ■ SODIUM 299 g

Prep: 15 minutes

Cook: 50 minutes

Cool: 1 hour, plus 3 hours chill time

Dessert is all around us at the holidays, and though we might think we're doing well by just having a taste of a dessert or two, those samplings can really add up to more calories than you think! You can avoid cakes and treats from popular chains by preparing healthier options like this at home.

## INGREDIENTS

- 1/2 cup reduced-fat cream cheese, room temperature
- 2 cups light/low-fat ricotta cheese
- 3/4 cup canned pure pumpkin
- 1/2 cup fat-free plain Greek yogurt
- 1/2 cup egg whites or fat-free liquid egg substitute
- 1/4 cup all-purpose flour
- 1/4 cup Truvia® spoonable calorie-free sweetener (or another no-calorie granulated sweetener; see next column)\*
- 2 tsp vanilla extract
- 1 tsp pumpkin pie spice
- 1 tsp cinnamon
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/4 tsp nutmeg
- 1 sheet (4 crackers) low-fat honey graham crackers, lightly crushed

## DIRECTIONS

1. Preheat oven to 325 degrees. Spray a 9" springform cake pan with nonstick spray. Wrap foil around the bottom of the pan to prevent condensation from dripping into the oven.
2. In a large bowl, stir cream cheese until smooth. Add ricotta cheese and pumpkin. With an electric mixer set to medium speed, beat until smooth, 1–2 minutes. Continue to beat while gradually adding all remaining ingredients except graham crackers. Beat until smooth, another 1–2 minutes.
3. Evenly pour mixture into the cake pan.
4. Bake until firm and light golden brown, about 50 minutes.
5. Let cool completely, about 1 hour.
6. Refrigerate until chilled, at least 3 hours.
7. Sprinkle with crushed graham crackers. Release springform and slice.

\*Truvia® spoonable calorie-free sweetener is about twice as sweet as sugar. If using a no-calorie granulated sweetener that measures cup-for-cup like sugar instead of Truvia®, double the amount called for in this recipe.

## NOT THAT!

One slice of pumpkin pecan cheesecake at Cheesecake Factory

### NUTRITION INFO

CALORIES 1080 ■ [Even if you split this between four people, you'd still be adding 270 calories to your meal.]

