



METABOLIC AND WEIGHT LOSS CENTER

What's Happening this Month:



IN THIS ISSUE

- The Facts About Long-Term Weight Management
- Product of the Month
- Recipes of the Month



* Our support group this month is Wednesday, October 26 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 November 9 and December 7, 2016. Same time, same place each month!

* 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 (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!

* This month's information sessions for those interested in weight loss surgery with our program will take place on October 12 and October 26, 2016, 6 – 8 PM 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.



OCTOBER MOTIVATION

Eat to meet long-term goals, not short-term satisfaction.

Bariatric surgery is an excellent tool to help manage obesity, but like anything else in life, there are no guarantees. Surgery itself is not a cure. Lifestyle changes are a must! With that in mind, we've been doing a lot of research on weight regain, an issue that is often on the minds of many of our patients, and it's a valid concern. If you've had or are thinking about weight loss surgery, consider these strategies for long-term weight management.

BE MINDFUL OF CALORIES — Studies show that, over time, patients tend to increase their calorie intake, especially from "empty" calorie sources like snacks, sweets, oils, and high calorie beverages. Protein is usually the big concern immediately after surgery, but once you are able to eat a fairly balanced diet (or you have already noticed weight regain), we recommend establishing a calorie level. If you are unsure if it's time for you

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OCTOBER MOTIVATION *continued*

to start focusing on calories or what your recommended calorie level is, ask your dietitian! After your calorie level is determined, keep track of calorie intake. There are calorie tracking apps available for smart phones that make it easy. Also, pay special attention to empty calories and think about how you can limit them throughout the week, and remember that fat is the most calorie-dense nutrient (9.9 calories per 1 gram to be exact), so measure your oils, nuts, seeds, dressings and other fats.

MAINTAIN SATIETY AND RESTRICTION — Distending the pouch or sleeve with a small meal or snack sends a signal to your brain that you are full, so don't feel like you have to graze all day to avoid that feeling. Fill your stomach with lean protein and fiber around every four hours and then go without eating for four hours (you can do it!). Challenge yourself by keeping track of the meals where you can stop when content and avoid overdoing it. This will keep your pouch or sleeve nice and small. And by all means, chew, chew, chew!

COMMIT TO A PHYSICAL ACTIVITY OR EXERCISE — Higher levels of physical activity are associated with healthier eating habits, social support and successful long-term weight maintenance, so make exercise a health priority in your schedule. To keep things interesting (and to maintain a healthy weight), increase the intensity of your exercise as needed and add variety to your routine throughout the week to work different muscle groups and challenge your body to burn more calories.

SEEK TREATMENT FOR TROUBLE WITH EATING BEHAVIORS — Impulse control, grazing, alcohol/drug abuse, binge eating, and night eating can lead to weight regain. At the Capital Health Metabolic and Weight

Loss Center, we offer guidance for addressing these behaviors, but if it remains a struggle, consider working with a psychologist to help you manage and optimize your success after surgery. Check your health insurance provider to find one close to home and avoid spending a lot of money. And just like you connect with your friends, a successful relationship with your psychologist needs a strong connection too, so don't give up if you don't hit it off with the first one you try. It might take some research, but it will be worth it for your health!

MAINTAIN FOLLOW-UP WITH YOUR TEAM — Patients who do not follow up with their bariatric teams are 4.6 times more likely to regain weight. Some studies show that up to 90 percent of patients who regained weight after surgery had one thing in common: they never followed up with their dietitian! So don't be a stranger.

BRUSH UP ON YOUR NUTRITION KNOWLEDGE — Need a refresher on the basics to weight loss? Go to our Nutrition Resources page at www.capitalhealth.org/weightloss and click on "Basic Nutrition for Weight Management." It's a handy reference for keeping you focused. If you are using a food log app, logging foods BEFORE you eat them will help you be more mindful about measuring and avoid tempting snacks in the office break room. It's impossible to remember every single bit of information from your nutrition classes, support groups and previous visits, so ask your dietitian for reminder lessons about nutrition labels, portion sizes, your food groups, vitamins/minerals, and any other questions you may have.

RECIPES of the Month

BAKED SPICED CHICKEN SERVINGS: 3

Your recipes for this month are from EVA ALKASOV, a dietitian from our Medical Weight Loss Program who also works as an inpatient dietitian at Capital Health Medical Center - Hopewell and Capital Health Regional Medical Center. You can learn more about Eva at www.loveandgrub.com, a wonderful food blog devoted to great meal and healthy dessert ideas. Recipes on the blog are not intended to replace nutritional and medical advice, so make sure to check with your dietitian to see if you need to adjust recipes for fat and calories to meet your needs after weight loss surgery.



INGREDIENTS

- 3 boneless, skinless chicken breast
(about a pound total)
- 1 tbsp olive oil
- 1.5 tsp poultry seasoning
- 1.5 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- salt and pepper (about 1 tsp each)

NUTRITION INFO — 4 OZ CHICKEN SERVING

CALORIES 153 kcal ■ PROTEIN 24 g
FAT 9 g ■ CARBOHYDRATES 0 g

DIRECTIONS

1. Preheat oven to 385 degrees. Combine the spices (excluding salt and pepper) into a small dish. Pour evenly over chicken breasts and top with olive oil.
2. Rub seasoning into chicken and cover both sides. If it is sticking, add a little more oil to help move it around.
3. Season chicken breasts evenly with salt and pepper on both sides.
4. Bake in oven about 20-30 minutes, or until fully cooked.

EVA'S TIPS:

Serve this with some kind of salad (usually a cabbage mix), some roasted sweet potatoes, and a quarter of an avocado. You can also top it with a little olive oil and balsamic vinegar for a nice dressing, or go without. However you do it, make it how you love it!

MASTER CHEF

CAPITAL HEALTH

WRAP-UP



CONGRATS TO THE WINNER OF OUR MASTER CHEF COMPETITION, and thank you to our three wonderful patients who did an excellent job. Also thank you to everyone who attended this fun event and a HUGE thank you to our entire Public Relations/Marketing team and Sodexo team, especially Rachel Donington, Jim Peleggi and Jill Sparks!

RECIPES of the Month *continued*

FUNFETTI GREEK YOGURT CHEESECAKE BITES SERVINGS: 24

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INGREDIENTS

- 3 sheets graham crackers (total of 6 square crackers)
- 1 tbsp unsalted butter, melted
- 4 oz plain cream cheese, room temperature
- 1 - 7 oz container plain Greek yogurt
- 1/4 cup sugar
- 2 tsp vanilla extract
- 2 pinches cinnamon
- 3 tbsp rainbow sprinkles
- 1 egg

NUTRITION INFO — 1 CHEESECAKE BITE

CALORIES 73 kcal ■ PROTEIN 2 g
FAT 4 g ■ CARBOHYDRATES 7 g

DIRECTIONS

1. Begin by preheating your oven to 325 degrees.
2. In a food processor, chop the graham crackers into a fine consistency. Add butter to the mixture, stir and set aside.
3. In a large bowl, combine remaining ingredients.
4. Using a 24-mini cupcake pan, add muffin liners. Fill each with about 1 tsp of the graham cracker mixture and press it so that it even. Bake this for 5 minutes.
5. Remove the pan from the oven and spoon about 1/2 tbsp of the cheesecake mixture or until it fills to the top of the pan.
6. Bake for 30 minutes. Once complete, refrigerate for at least 2-4 hours before serving.



Product of the Month

THE HYDROFLASK is a vacuum-insulated stainless steel water bottle that is a lifesaver (literally) for your fluid goals! If you are a post-surgery patient who can only drink things that are ice cold, this great product will keep you sip, sip, sipping refreshing fluids throughout the hottest days. It's a little pricey, but if you accomplished a goal this month, go ahead and treat yourself! You deserve it! The Hydroflask can be purchased at Dick's Sporting Goods or on Amazon.com. Prices range from \$25 to \$43 dollars, depending on size and type.

