



**METABOLIC AND  
WEIGHT LOSS CENTER**

**IN THIS ISSUE**

- An old school packed lunch box can be the key to your weight loss success post-surgery. Avoid hidden calories at restaurants and follow our lunch box guidelines to pack an easy, healthy and delicious lunch in 10 minutes or less!
- See our Featured 'Bento Box' Recipe of the Month
- >> *Share your recipes with us!*  
*E-mail your Bento Box lunch ideas to Caroline at [clazur@capitalhealth.org](mailto:clazur@capitalhealth.org) and follow our Facebook page all month long as we share pictures of your creations. Our favorite will be featured in the next newsletter.*
- See our Featured Product of the Month



**What's Happening  
this Month:**

- \* **Post-Surgery Patients:** The first Bariatric Surgery Support Group will be held on September 17 at 5 p.m. at Capital Health Medical Center – Hopewell. Sign up online at [capitalhealth.org/weightloss](http://capitalhealth.org/weightloss) under "Patient Classes." Additional meetings will be held on October 22, November 12 and December 3.
- \* **Bariatric Advantage Products** are available for sale. Protein shakes, multivitamins, calcium, B12 and iron supplements can all be purchased in our office. Stay tuned for a taste test and presentation from our Bariatric Advantage Rep at one of Caroline's group sessions!
- \* 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, goal sheets and more.
- \* **Pre-Surgery Patients:** Don't forget to sign up for your Nutrition Classes online. Caroline's September-December classes are available on the website.
- \* **Information Sessions:** For those interested in learning more about weight-loss surgery and our program, sign up for a free information session on September 17, October 8 or October 22.
- \* Visit us online at [capitalhealth.org/weightloss](http://capitalhealth.org/weightloss) and "Like" Us on Facebook for additional support, motivation, recipes and program updates.

**Make Old School Your New Tool  
Enter Our Lunch Box Makeover**

Remember elementary school days when you brought lunch in a brand new lunch box or the classic brown paper bag? The new school year has inspired us to show you how packing an old school boxed lunch can help you maintain a healthy eating plan before or after weight-loss surgery. Ten minutes a night is all it takes to pack a balanced meal that will have you looking forward to your lunch break.

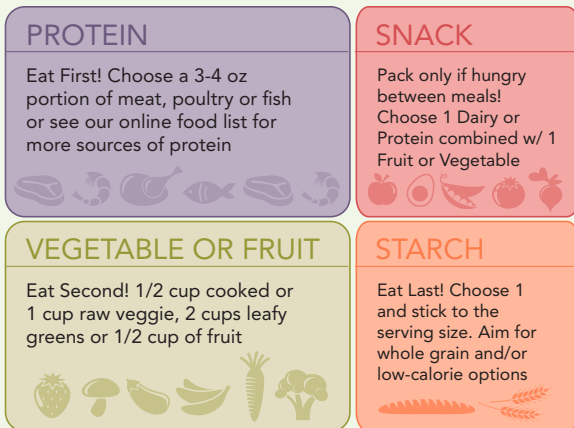
Before you pack, find your lunch box. Upgrade from the paper bag or character lunch box and discover Bento Box containers. Bento Box-style containers feature portioned compartments so measuring and packing can be complete in one step. Check out our Products of the Month to learn more about two of our favorites available in stores.

## Make Old School Your New Tool *cont'd*

### >> LUNCH PACKING STEPS

#### Plan Before You Pack

The traditional food pyramid you were introduced to in elementary school has transformed into a portioned plate. Keep your shelves stocked with daily necessities: lean protein, vegetables, fruit, low-fat dairy, and whole grains. Having healthy options on-hand makes packing your balanced lunch even easier. Designate one or two days a week to grocery shop for the essentials and keep in mind your mid-day meal.



#### Step 1: Choose your protein.

Select lean protein options for the first part of your meal. A proper serving size of meat, fish or poultry is 3 oz, which equals 21 grams of protein. Egg whites, beans, low-fat Greek yogurt and low-fat cottage cheese are also great sources of protein.

#### Step 2: Choose your vegetables and fruit.

When selecting fruits and vegetables, color and variety are key. Choose options that are rich in color and change up selections day to day. Bring one serving of each – ½ cup cooked veggies, 1 cup raw veggie and ½ cup fruit. Choose one with lunch and save one as a mid-afternoon snack.

Some of our favorite fruits and vegetable options include: berries, honeydew, cantaloupe, watermelon, baby carrots, sliced cucumbers and baby spinach

#### Step 3: Choose a low-fat dairy.

A low-fat dairy option can replace your protein option or a snack. We recommend 1-2 servings of low-fat dairy per day. Low-fat ricotta cheese, low-fat cheese wedges, low-fat cottage cheese or non-fat plain Greek yogurt are the best choices for your dairy servings.

#### Step 4: Choose One Starch.

Eat your starch last during your meal. Always stick to portion size and choose whole grains or low calorie/high fiber options. When starting post-weight loss surgery diet, aim for 3-4 servings per day.

Our favorite starch products include:

- >>Trader Joe's or Tumaro's (spotted at McCaffery's) low-carb high fiber wraps
- >>Light whole grain wasa crackers (serving size 3 large crackers)
- >>Quinoa and beans (1/2 cup serving) are considered starches but also provide protein
- >>Baked sweet potato (1/4 of 1 large)
- >>Weight Watchers light breads toasted
- >>Puffed rice cereal (1 ½ cup serving) or oatmeal (with added protein powder and non-calorie sweetener or mix it with non-fat Greek yogurt and allow it to sit overnight in the fridge).

#### Step 5: Choose your snack (only if you need it!).

If you notice you get signs of hunger mid-morning or mid-afternoon, pack a protein with a fruit or vegetable for a quick snack. The purpose of a snack is to hold you over until your next meal but prevent you from over-indulging.

#### Step 6: Water

Hydration throughout the day is important to any healthy lifestyle, especially post-weight loss surgery. Flavor your water with cucumbers, lemon, limes or mint, or choose a calorie-free beverage. Take sips throughout the day to reach the goal of 64 oz. or more. Remember not to drink with meals and wait 30 minutes before and after eating a meal to drink.

For more choices per food group and correct serving sizes, visit the "Educational Materials" section on our website and check out "Choose Your Foods."

## Make Old School Your New Tool *cont'd*

### >> ADDITIONAL LUNCH BOX TIPS

#### Stop when full.

You are not entitled to eat everything you pack. Stop when you feel full and save leftover food for a snack or later meal.

#### "I forgot to pack!"

Don't let a busy night affect your lunch the next day – if you were unable to pack ahead. Keeping healthy options stocked in your fridge will allow you to grab a protein, vegetable, fruit or low-fat dairy product on your way out the door.

You can make your food items a little more interesting once you get to work or school by adding low-calorie or calorie-free seasonings and condiments. Ask your dietitian for condiment recommendations and pairings.

#### No food in the fridge? We can work with that.

We all have extra busy weeks that may throw off our shopping schedules, and you may find yourself without options at home. Bring your tools with you. Portioned containers or portion plates help you maintain control of your intake. Remember your key food groups when selecting choices in the cafeteria or at a convenience food restaurant and fill up on correct serving sizes.

#### Take the time to make your lunchbox shine!

On days you have a little more time, find easy-to-prepare recipes or a delicious dinner recipe that you can also pack for lunch the next day. Add low-calorie or calorie-free salsas or condiments and herbs and spices to quickly and easily give your lunch box meal a new depth of flavor. Find more ideas in our newsletters, on our Facebook page or online at [hungrygirl.com](http://hungrygirl.com) and [skinnytaste.com](http://skinnytaste.com).

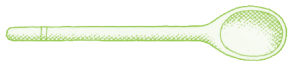
**Always make sure your box is balanced!**



### Featured Product of the Month

There are many portioned container options available online and in stores. Two of our favorites are Laptop Lunches Bento-ware and EasyLunchboxes. The Laptop Lunches Bento-ware comes in a variety of colors. They are great for all members of the family to keep containers organized and personalized. If you tend to leave your lunchbox at work, the EasyLunchboxes are a great option as they come in a set of four. Find your Bento-Box at [amazon.com](http://amazon.com).





# RECIPE of the Month BENTO BOX RECIPE

## Mediterranean 'Falafel' Wrap Bento Box w/ Dill Yogurt Dip and Broccoli Slaw Salad

—CAROLINE LAZUR, RD

### INGREDIENTS

**1 STARCH:** 1 low-calorie/ high fiber wrap

(aim for under 110 calories)

*Suggested products: Tumaros 60 calorie whole wheat wrap or Trader Joe's low-carb high fiber wraps*

**1 PROTEIN:** 1 'Morning Star Farms'

Mediterranean Chickpea Burger

*Suggested products: Morning Star Farms products can be found at most major supermarkets. We found this gem at McCaffery's in Newtown, PA.*

### VEGETABLE:

Sliced Cucumber (for wrap)

Chopped Red Onion

1 ½ cups Broccoli Slaw

– ¼ cup for wrap and the rest for salad

2 tbsp light salad dressing

*Suggested products: Mann's Broccoli Slaw and Newman's Own Lite Low Fat Sesame Ginger Dressing*

### For the Dill Yogurt Dip

6 oz non-fat Greek yogurt

*Use 3 tbsp for dip and save the rest for your snack*

1 tsp dried garlic

1 tsp cumin

2 tbsp fresh dill or parsley

*Suggested products: gourmet garden dill or parsley, packaged in a tube for easy use*

260 Calories, 21 gm Protein, 29 gm Carbs,  
16 gm Fiber, 8 gm Total Fat

This recipe is stuffed with fiber and protein. Remember to stop when you feel full and save the extra for a later snack. Use a low-calorie wrap like the one suggested for a guilt-free starch.

### DIRECTIONS FOR PREP AND PACKING

1. Mix together 3 tbsp Greek yogurt w/ garlic powder, cumin, and dill (or parsley). Add salt and pepper to taste.
2. Cook Mediterranean Chickpea Burger according to instructions in pan w/ cooking spray (can be served re-heated or cold OR bring frozen burger to work and prepare in microwave). Place in 'Protein' container along with sliced cucumber, red onion and dip.
3. Pack broccoli slaw in your 'Vegetable' compartment of your bento box. Use small container for 2 tbsp dressing.
4. Mix the remaining Greek yogurt with 1 tbsp PB2 and Splenda and/or sugar-free strawberry jelly. Place in 'Snack' container with ½ cup fresh or frozen strawberries. Eat as mid-morning or mid-afternoon snack.
5. Once you are at your destination, break up chickpea burger and assemble w/ dill yogurt dip, sliced cucumber, red onion and some broccoli slaw inside of your low-calorie high fiber wrap. Add ginger dressing to the rest of broccoli slaw and enjoy!

### SNACK/PB AND J PARFAIT

120 Calories, 16 gm Protein, 10 gm Carbohydrates,  
0.75 gm Fat, 4 gm Fiber

### INGREDIENTS

**1 DAIRY:** The rest of your 6 oz Greek yogurt

**1 FRUIT:** 1/2 cup strawberries

**VEGETABLE:** 1 tbsp sugar-free strawberry jelly or Splenda

**PROTEIN:** 1 tbsp PB2 –powdered peanut butter

Check out our Facebook page all month for more pictures of Bento Box lunches. Share YOUR ideas with us! E-mail your Box recipes to Caroline at [clazur@capitalhealth.org](mailto:clazur@capitalhealth.org) to be shared on our page. We will feature our favorite in next month's newsletter.