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## What's Happening this Month:

- \* Our February Support Group for Post – Weight loss surgery patients is Thursday, February 20 from 6 – 7 p.m. in our office, Suite 356.
- \* Is someone in your life thinking about weight loss surgery? Bring them to Dr. Chung's information session on **Wednesday, August 26** from 6 – 7 p.m. in the Cancer Center Conference Room. To register, call our office to speak to Amy at **609.537.6777**.
- \* For individuals interested in weight loss without surgery, or for bariatric patients experiencing weight regain, try our Medical Weight Loss Program, featuring great tasting Robard's New Direction Products! Weekly visits with our dietitians help you develop skills to lose weight (and keep it off) and customize the meal replacement plan to meet your needs! Call our office at **609.537.6777** to schedule your first appointment with Dr. Chung.
- \* Make sure to download the Baritastic app and join using our Capital Health code (76777). Use the app to log your food and get recommendations from your dietitian, be reminded of program events and updates, and access recipes!

## SELF-LOVE CAN LEAD TO GREATER SELF-CARE!

by Theresa Balestrieri, MS, RD  
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February is famous as the month for love and sharing Valentine's Day cards, chocolate hearts, and treats of all kinds. It is also the month when New Year's resolutions tend to falter, with promises to "be more active, eat healthier foods, shop at farmers markets, spend time in the garden, etc.," when the weather gets warmer.

Instead of feeling bad about yourself for giving up your New Year's resolution or putting off a healthier lifestyle until winter is over, consider investing in yourself with self-love. Not to be confused with selfishness, Merriam-Webster defines self-love as the "proper regard for and attention to one's own happiness or well-being." Understanding this concept improves your self-esteem and opens the door to greater self-care.

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## SELF-LOVE CAN LEAD TO GREATER SELF-CARE! *continued*



New Year's resolutions tend to fizzle out fairly quickly, usually because they're made without taking a realistic look at your current lifestyle and schedules. An important first step toward self-love and self-care is to think about the everyday responsibilities you cannot change or control. Next, consider those areas where change is possible and concentrate your efforts there. Use the following strategies to take the best care of your mind and body, build self-love, and increase self-care:

- ... **CHANGE HOW YOU THINK.** Combat negative thoughts by replacing them with words of encouragement. A positive attitude, patience with yourself, and a sense of optimism can carry you a long way on your journey to better health.
- ... **CREATE AFFIRMATIONS.** Affirmations are statements that describe goals as if they have been completed already, which can be helpful in achieving long-term goals. Develop affirmations about yourself and take actions that will help turn them into reality. Always begin your affirmations with "I" (it puts you in control of where you are going) and repeat them frequently to set them into your mind. Over time, these affirmations will increase in their power to help you become the best version of yourself.

- ... **CHANGE YOUR INTERNAL DIALOGUE.** What you say inside your head about yourself can be just as powerful as what others say to you—don't let negative self-talk get in the way of long-term goals. Instead of saying "I had a bad day, I deserve to eat those fries" or "I'll never be able to start exercising," acknowledge the challenges and say "I need to go for a walk to manage this stress" or "I can start exercising by going for a 15-minute walk on my lunch breaks two days a week." This turns negative self-talk into words of encouragement that help you work toward your goals.
- ... **BE MORE MINDFUL.** Take 10 minutes every morning to stretch, meditate, or go for a walk to manage stress before tackling the day. You can also work on being mindful of your food choices and eating environment—focus on the plate method for portion control, avoid eating while watching television, and work on emotional eating habits.
- ... **TAKE CARE OF YOUR NEEDS INSTEAD OF YOUR WANTS.** Sometimes, you may want to stay home and binge watch the latest TV series while mindlessly eating chips, but you can't because of the things you really need, like going to work to pay for your bills and eating three balanced meals each day. Placing the focus on your needs instead of your wants means doing more for your self-care. If you set a goal to do meal prep for the week, reward yourself with an hour's worth of that new television series you've been wanting to watch.



## RECIPE OF THE MONTH



DO MORE FOR YOUR HEALTH AND SELF-CARE BY TRYING THIS NEW RECIPE!



### KALE AND POTATO SOUP WITH TURKEY SAUSAGE

#### INGREDIENTS

- 14 oz. Italian chicken, turkey or soy sausage\*
- 8 cups 1/2 batch kale, stems removed, leaves shredded
- 1 tsp olive oil
- 1 onion (chopped)
- 1 medium carrot (sliced)
- 4 cloves garlic (chopped)
- 8 cups reduced-sodium chicken broth
- 2 cups water
- 3 medium red potatoes (peeled diced into 1/4 inch pieces)
- 1 pinch dried red pepper flakes
- 1/4 tsp fresh ground pepper

#### NUTRITION INFO – PER SERVING

Makes 6 servings (1 serving = 1 and 2/3 cups)

232 CALORIES ■ 31 g CARBOHYDRATES  
5.5 g FIBER ■ 647 mg SODIUM ■ 3 g SUGAR  
4 g FAT ■ 19 g PROTEIN ■ 0.2 g SATURATED FAT

*This soup is an easy and fulfilling soup made with potatoes, kale, carrots, and can substitute turkey, chicken or soy based sausage.*

*From SkinnyTaste.com*

#### DIRECTIONS

1. In a large Dutch oven or pot, cook sausage over medium-low heat until browned, about 10 minutes.
2. Remove from pot, let cool and cut into thin slices.
3. Add oil, onions and carrots; cook on medium until soft, about 5 minutes. Add garlic and cook 1 minute more.
4. Add broth, water, black pepper, sausage, potatoes, red pepper flakes and bring to a boil.
5. Cook, covered for about 10 to 15 minutes. Add kale and cook partially covered until the potatoes are tender, about 5-6 minutes.
6. Serve and enjoy! Don't forget to place leftovers in to-go containers to have ready for lunch the following day.



### Product of the Month

#### REUSABLE STORAGE BAGS

Practice self-love and self-care with these eco-friendly storage bags! Great for packing healthy leftovers for an on-the-go lunch, these bags can also handle a variety of snacks, fruits, vegetables and more! They're also re-sealable, freezable, leak proof, and light weight, not to mention a better option than regular sandwich bags since they do not contribute to landfill waste. Look for them in 11-packs on Amazon for \$10.98! Other brands and varieties are also available.