



## IN THIS ISSUE

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## What's Happening this Month:

- \* 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!
- \* Our April Support Group for Post – Weight loss surgery patients is Tuesday, April 21 from 6 – 7 p.m. in our office, Suite 356.
- \* 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 Theresa Balestrieri at [tbalestrieri@capitalhealth.org](mailto:tbalestrieri@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!
- \* Is someone in your life thinking about weight loss surgery? Bring them to Dr. Chung's information session on Wednesday, April 22 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.

## MAKING SNACKS SMARTER

by Theresa Balestrieri, MS, RD

Bariatric Dietitian at Capital Health Metabolic & Weight Loss Center

Snacking is commonly avoided when we're trying to achieve specific health and wellness goals, but making better snack choices can be beneficial in maintaining weight or working towards weight loss. Keeping your hunger in check increases the likelihood that you will be able to control your portion size at mealtime, eat more mindfully (or eat slowly, savoring each bite), and choose healthier foods than you would normally if you're over-hungry to the point of being insatiable.

Avoiding eating events like snacking can lead us to a place where we are over-hungry and have difficulty making the right food choices. And if we don't have a planned snack in mind or prepared ahead of time, we are much more likely to grab whatever is easily available (which often means processed foods that are high in calories) and over-snack.

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## MAKING SNACKS SMARTER *continued*

With smart snacking, it is recommended to have one or two planned snacks daily, which you should eat anytime you will be going longer than four to five hours between meals. Try these tips and strategies to make your snacking smarter:

- ... **RECOGNIZE THE DIFFERENCE BETWEEN BEING PHYSICALLY HUNGRY OR “HEAD HUNGRY.”** Head hunger is when we have a craving for something to eat or we are only eating because of other reasons besides physical hunger, like boredom, stress, exhaustion, or other emotions. Eating when it’s not time for a planned snack or meal can add up in extra calories, so ask yourself if you would eat a piece of fruit or vegetable to curb your appetite. If you don’t “feel” like that, chances are you are head hungry.
- ... **CHOOSE PROTEIN AND FIBER AS YOUR SNACKS.** These nutrients fill us up quicker and keep us feeling satisfied longer. Fiber can be anything from fruits, vegetables, or whole grains. Great snack options can be Greek yogurt with fruit or a Greek yogurt vegetable dip paired with vegetable slices; Starkist tuna packets with whole grain crackers; or low-fat string cheese with unsalted popcorn.



- ... **ASK YOURSELF WHAT WILL TRULY SATISFY YOU.** Many times when we try to avoid the things that we really want (like a piece of chocolate), we end up over-eating on alternative snacks in order to prevent ourselves from having that chocolate. You can avoid unnecessary calories if you choose the chocolate in the first place, portion it out and savor it. This strategy only works if you are able to enjoy small portions and move on. However, if this leads to over-eating calorie-dense foods, it’s important to work on finding a healthier alternative to have more often.
- ... **ALWAYS HAVE YOUR SNACKS PLANNED AND PREPPED AHEAD OF TIME.** This simple step helps us choose healthier snacks more often because when it’s time for a snack you’re ready to go and less likely to check out what is available at the vending machine. If we wait until we are hungry to decide what we are snacking on, we are far more likely to choose food that is high in calories from fat and/or sugar. We also tend to eat these types of foods in excessive amounts.
- ... **SNACKING IS A GREAT WAY TO CATCH UP ON NUTRIENT NEEDS THAT WE ARE LACKING.** For instance, you may notice as you log your food that you are low in fiber or other nutrients. That can be your cue to incorporate more fiber and/or protein into your snacking and fill that nutrition need.
- ... **PRACTICE MINDFUL EATING WITH ALL MEALS AND SNACKS.** You are more likely to over-eat and ignore your satiety signals if you’re eating while distracted, so it can be helpful to step away from your desk or avoid eating in front of the TV or as you scroll through your phone. You can also try putting your utensil or food down between bites, even if it’s a protein bar, in order to slow down your eating. By slowing down and savoring each bite, you’ll increase your satisfaction with the portioned out food you ate and not have to eat as much in order to maintain your weight.

# RECIPE OF THE MONTH



## CHICKEN SALAD APPLE SANDWICHES

Prep Time: 10 minutes

### INGREDIENTS

- 2 large Granny Smith apples
- 1 1/2 tbsp fat-free plain Greek yogurt
- 1 1/2 tbsp light mayonnaise
- 1/4 tsp garlic powder
- Dash salt
- 4 1/2 oz. cooked and finely chopped skinless chicken breast
- 2 tbsp finely chopped red onion
- 1 tbsp sweetened dried cranberries, chopped
- 1 tbsp chopped pecans

### NUTRITION INFO – PER SERVING (2 apple sandwiches)

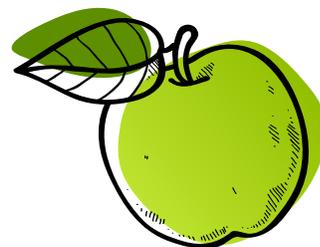
185 CALORIES ■ 18 g CARBOHYDRATES ■  
3 g FIBER ■ 6 g FAT ■ 17g PROTEIN

*A sweet and savory mix that replaces bread with apple slices to make a healthy snack sandwich. Add a side of vegetable sticks or salad and you've got a great lunch option!*

*Recipe and Image from hungrygirl.com*

### DIRECTIONS

1. Core apples and discard seeds, then cut apples into 10 round slices approximately 1/4-inch-thick.
2. In a medium bowl, combine yogurt, mayonnaise, garlic powder, and salt. Mix well. Add chicken, onion, chopped cranberries, and pecans, and stir to mix and coat.
3. Evenly divide chicken mixture among five apple rounds, and top with remaining five apple rounds to form the sandwiches.



### Product of the Month: NORPRO STAINLESS STEEL APPLE CORER

This month's featured product is an apple corer that would not only be useful with creating this month's recipe, but also convenient if you like to enjoy apples on the run! If you plan to have an apple as your snack but don't like dealing with the core, you can use this tool to easily prep your snack ahead and sprinkle some lemon juice inside the core to prevent the apple from browning. There are a variety of apple corer's out on the market that work similarly, however this Norpro is unique because it cores the apple without cutting it into wedges. The plunger feature allows you to easily empty the core into your trash or compost. This product is available for purchase on Amazon and is less than \$10!

