



capitalhealth

METABOLIC AND
WEIGHT LOSS CENTER

MARCH 2020

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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 March Support Group for Post – Weight loss surgery patients is **Wednesday, March 18 from 6 – 7 p.m.** in the Wellness Center (4th floor of the medical office building). A guest speaker will be providing a small group training demo. Space is limited, so please **RSVP by March 11** via the Baritastic app, the D.R.E.A.M. Team support group, or email at tbalestrieri@capitalhealth.org. Don't forget to wear comfortable clothes and sneakers!
- * 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:Theresa.Balestrieri@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, March 25 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.

NATIONAL NUTRITION MONTH: *EAT RIGHT, BITE BY BITE*

by Theresa Balestrieri, MS, RD

Bariatric Dietitian at Capital Health Metabolic & Weight Loss Center

Every year during the month of March, the Academy of Nutrition and Dietetics celebrates National Nutrition Month to encourage healthy living for all by promoting nutrition education and sharing information about physical activity and other related topics. These topics are not unfamiliar to our patients at the Metabolic and Weight Loss Center who strive toward their health goals all year long, but we love having the month to celebrate these messages and share them with others. As an added bonus this month for me and my fellow RDs, March 11 is Registered Dietitian Day!

This year's theme for National Nutrition Month is "*Eat Right, Bite by Bite,*" which encourages us to fuel our bodies with the most nutrient-dense foods one bite at a time.

The idea is that every one of our food

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NATIONAL NUTRITION MONTH: EAT RIGHT, BITE BY BITE

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choices can make a difference in our health and that each small change in our diet can add up in an impactful way, like choosing a side salad instead of fries when ordering out or enjoying some fruit as a sweet treat instead of the usual plunge into the candy bowl.

It is commonly thought that we need to make a huge change in our diet in order to see a difference in our weight, energy levels, labs, or other indicators of improved overall health. Unfortunately, these big changes can mean that we are cutting out entire food groups, depriving ourselves of foods that we enjoy, or taking other drastic measures to become “healthier.” Commitments to these big sacrifices do not usually last very long due to their extreme nature and tend to back fire later. That’s why it is so important to work on small, gradual changes to make a sustainable difference in your health that can be built upon for the rest of your life.



TRY THESE SMALL, HEALTHIER CHANGES THAT CAN ADD UP IN A BIG WAY:



Make a plan to eat well!

By setting aside time to plan your meals for the week ahead, you free up time for other things later, such as staying focused on healthy eating, controlling your food costs, and finding ways to reinvent foods that you already have. After you chosen your meals for the week, add the ingredients to your grocery list or better yet, order your groceries online! Grocery shopping strategies like these help you stay focused on healthy eating choices, reduce stress, and prevent impulse purchases and frequent trips to the store for forgotten items.

- Environment is also an important consideration when planning to eat well. How many times have we found ourselves eating a whole bag of chips without realizing it while watching our favorite television show? When you practice mindful eating, you avoid eating in front of the TV, in the car, at your desk, or around any other sources of distraction. Instead, pay attention to the smell, textures, and taste of our foods so that you can enjoy them longer and still feel satisfied with the amount you have portioned out.
- Make it a habit to bring a healthy platter to your next party. Your host will appreciate the contribution and it ensures you have a healthy option.



Prep foods ahead of time to make the healthy option the convenient option!

As our schedules become more demanding and time-consuming, take out and convenience foods tend to be a frequent option. By prepping foods ahead of time, whether it's just a few meals a week or just snacks, you can avoid the temptation of unhealthy dining options, save money, and reduce unwanted calories, sodium levels, and sugar intake.

NATIONAL NUTRITION MONTH: EAT RIGHT, BITE BY BITE

continued



- As you prepare foods ahead of time, make sure to build balanced plates that include a quarter plate of lean protein, a quarter plate of starch high in fiber, and a half plate non-starchy vegetables and fruits.



Make exercise a priority by treating it like an appointment!

Increasing our physical activity on a regular basis provides countless health benefits, but despite our best intentions it is often the first thing to fall off our priority list. A great way to incorporate regular physical activity into a busy schedule is to mark it on the calendar just like you would with an appointment. Think of it as your time for self-care—it only takes 10-20 minutes a few times a week to reap the benefits.



Choose the right fluids!

Adequate hydration is important for almost every bodily process. In addition to helping increase your energy levels, it also aids your metabolism as you work toward your weight loss goals. For most individuals, it is recommended to achieve a daily intake of at least 64 ounces

of sugar-free, caffeine-free fluids. Water is the best source of hydration, but you can add some variety with fruit-infused water, sugar-free flavoring packets, MiO drops, or flavored water in order to meet your hydration needs. Try to avoid drinks like juice, soda, or sweet tea that can interfere with your weight loss or maintenance efforts with a lot of extra calories from sugar.



Keep a record of your food and activity to stay on track!

Keeping a diary of your food/fluids intake and activity levels can be a great tool to help chart your progress and manage your weight. It can also be a source of motivation--in addition to simply logging what you eat and drink, a diary can help you understand when you eat and even how you feel when you are doing it. An occasional review of your diary can help you become more aware of what's behind your food choices and how well you're sticking to your eating plan. You may find that you are eating for reasons besides hunger (such as stress, fatigue, or thirst). Tracking your activity can inspire you to better meet your activity goals and then build upon them. This increased overall awareness will help you make better choices in the future.

RECIPE OF THE MONTH



CORNED TURKEY AND CABBAGE DINNER

Prep Time: 15 minutes ■ Cook Time: 30 minutes

INGREDIENTS

TURKEY

- Turkey breast half (boneless and skin on, about 3.5 lbs.)
- 1/2 tsp ground allspice
- 1/2 tsp ground mustard
- 1/2 tsp ground coriander
- 1/4 tsp ground ginger
- 1/4 tsp ground cinnamon
- 1 tbsp brown sugar
- 1/2 tsp ground cloves
- 1/2 tsp coarse ground black pepper
- 1 bay leaf (crumbled very finely)
- Olive oil spray

VEGETABLES

- 1 head of cabbage (cut into 8 wedges)
- 4 carrots (peeled and cut into 1/2-inch coins)
- 1 lb. Yukon Gold potatoes (cut into 1-inch chunks)
- 1 tbsp canola oil
- 1/2 tsp kosher salt
- 1/4 tsp coarse ground black pepper

NUTRITION INFO – PER SERVING

(4 to 5 oz. cooked turkey, 1/2 cup vegetables)

276 CALORIES ■ 19.7 g CARBOHYDRATES ■
3.8 g FIBER ■ 10 g FAT ■ 27.4 g PROTEIN

Enjoy this healthy spin on the traditional corned beef and cabbage without missing out on the pickled and spiced flavors and aromas!

Recipe and Image From SkinnyTaste.com

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Mix all the spices for the turkey (including the brown sugar) together.
3. Pull the skin up from the meat and rub half of the spices onto the turkey.
4. Place the turkey skin-side-down onto your baking sheet and rub the rest of the spices onto the top of the turkey breast.
5. Put the turkey into the oven to cook while you prepare the vegetables (turkey will cook a total of about 35 minutes).
6. Toss the carrots and potatoes in the oil with the salt and pepper and place on a baking sheet.
8. Add the cabbage wedges to the sheet and apply olive oil spray (for about 1/2 second).
9. Add the vegetables to the oven and continue cooking with turkey for another 30 minutes.
10. Remove when turkey is cooked through and vegetables have just started to brown.



Product of the Month: PAPIKA RECIPE MANAGER APP

This month's featured product, "Paprika," is an app you can download to your smart phone or other smart device. "Paprika" helps you make healthier choices by creating meal plans, organizing your recipes, and updating your grocery list along the way! This app provides features that help you save time and money with planning meals for the day, week or month. You can design reusable menus from your favorites list, automatically scale ingredients to your serving size, and so much more! All of these features can help making better choices even easier, all for just \$4.99 in your app store!

