



METABOLIC AND WEIGHT LOSS CENTER

609.537.6777  
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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 November Support Group for post-weight loss surgery patients is Tuesday, November 17 from 5 – 6 p.m. This support group will be held virtually, so please check our online support group for the link to access, or message the dietitian at [tbalestrieri@capitalhealth.org](mailto:tbalestrieri@capitalhealth.org) to receive the link.
- \* If you had surgery and are not a member of our Post-Op Online Support Group, the Capital Health D.R.E.A.M. Team, please e-mail Theresa 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, November 18 from 6 – 7 p.m. 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. Anwar.

WHY SKIP WHEN YOU CAN SAVOR?

by Elizabeth George, Dietitian at Capital Health Metabolic & Weight Loss Center

As the weather turns colder, our thoughts turn to cozy things like fires, scarves, and baking! While we normally shy away from sweet foods due to their higher caloric content, it's next to impossible to avoid encountering them during the holiday season. Having something sweet at the end of our meal can be a nice treat, but it doesn't have to derail our progress! Follow these tips to help eliminate the guilt that comes with indulging in sweet treats.

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# WHY SKIP WHEN YOU CAN SAVOR? *continued*



## EVERYTHING IN MODERATION

Before diving into a dessert, check your plate size. Choosing a smaller dessert plate makes it easier to control the portion size. If a dessert plate is not available, place a folded napkin on one side of a full-size plate to take up space or try to imagine you can only use half of your plate when serving yourself. You can also space your choices farther apart to make the plate appear fuller.

Being presented with multiple dessert options can feel overwhelming, so evaluate what options are available before you start adding food to your plate. Try to choose one dessert option as a worthy treat! If there happen to be two “must haves,” enjoy a half-portion of each option.

## EASY SWAPS

If desserts and other sweets are trigger foods for you, trying to control the portion size might be a difficult battle. On days that you’re craving something sweet, try having a different kind of treat.

Fresh fruit can be a great ending to a meal. Dates, figs, or raspberries are just some of the seasonal fruits we can enjoy on the side.

Top with a small amount of low-fat whipped cream or Greek yogurt fruit dip to create more indulgent treats.

If you’re craving a warm dessert, fruit can still fit the bill! Pears and plums can be grilled or cooked in a cast iron pan. Diced apples tossed in cinnamon can be heated in the microwave or a pot for a healthy treat.

## RECIPE MAKEOVER

When baking at home, simple ingredient changes can create a healthier dish. Most baked goods call for some type of oil to be added to the batter. By replacing the oil with apple sauce, we can reduce the added calories from fat in our delicious treat without sacrificing the moistness or flavor. When a recipe calls for milk and oil, they can be replaced with a low-fat plain Greek yogurt to add extra moistness and protein.

A consistent trait of sweets is that...they are sweet! Sugar is a staple in almost all dessert recipes, but by switching to Stevia, Splenda, or Sweet’N Low we can reduce the calories and still get the flavor we desire. When using a sugar substitute in place of granulated sugar, it is not always a 1:1 ratio. Use the chart below to determine how much sugar substitute to use in your dish!

ALTERNATIVE SWEETENER	AMOUNT EQUIVALENT TO 1 TBSP SUGAR
Splenda	1 tbsp
Truvia	1 ¼ tsp
Equal	1 ½ packet
Sweet’N Low	⅓ tsp
Monk Fruit	½ tbsp
Sweet Leaf / Stevia	⅓ tsp



## PUMPKIN ROLL, LIGHTENED UP

From [SkinnyTaste.com](http://SkinnyTaste.com)

### NUTRITION INFO – PER SERVING

Makes 12 servings (one ¾-inch slice each)

198 CALORIES ▪ 42.5g CARBOHYDRATES  
5g PROTEIN ▪ 7g FAT ▪ 1g FIBER ▪ 21g SUGAR

### INGREDIENTS

#### CAKE:

- ¾ cup all-purpose flour
- ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp ground cinnamon
- ½ tsp pumpkin pie spice
- ¼ tsp ground allspice
- ½ tsp vanilla
- ¼ tsp salt
- 3 large eggs
- ¾ cup granulated sugar (replace with Splenda for fewer calories and less sugar)
- ⅔ cup canned pumpkin
- non-stick spray
- ¼ cup powdered sugar, to sprinkle on towel

#### FILLING:

- 6 oz. light cream cheese, at room temperature (NOT fat free)
- ¾ cup powdered sugar
- 6 oz. fat-free Greek yogurt
- ½ cup chopped walnuts, optional
- 1 tsp vanilla extract
- powdered sugar, optional for topping

### DIRECTIONS

#### PUMPKIN ROLL

1. Preheat oven to 375°F and place oven rack in the center of the oven.
2. Spray a 15" x 10" baking pan with non-stick spray, line it with parchment paper, then spray a little more non-stick spray and lightly flour the parchment paper.
3. Sift the flour, baking powder, baking soda, cinnamon, pumpkin pie spice, allspice, and salt into a large bowl.
4. Beat the eggs and sugar together in your electric mixer (or use a hand mixer). Beat on high speed for five minutes, or until thick, pale yellow, and fluffy. When you slowly raise the beaters, the batter should fall back into the bowl in slow ribbons.
5. Beat in the vanilla extract and pumpkin puree.
6. Using a spatula, gently fold in the sifted flour mixture. Pour the batter into the prepared pan, evenly spreading the cake batter with a spatula or knife.
7. Bake about 13 - 15 minutes, or until a toothpick inserted in the center comes out clean. When lightly pressed, the cake should spring back.
8. Sprinkle a clean dish towel with confectioners' sugar.
9. Immediately upon removing the cake from the oven, invert the pumpkin roll onto the clean dish towel. Carefully remove the parchment paper from the bottom of the cake and sprinkle lightly with confectioners' sugar.
10. Roll the pumpkin roll up with the towel, while it is still hot and pliable. Place on a wire rack to cool.

#### FILLING

11. Beat the cream cheese, yogurt, and vanilla extract until light and fluffy.
12. Add the sugar and beat until smooth; fold in the walnuts.
13. Refrigerate at least one hour.

#### ASSEMBLY

14. Unroll the pumpkin roll, spread with the filling, and re-roll.
15. Transfer to your serving platter, then cover and chill in the refrigerator for a few hours or overnight. (Cake can be served immediately, but chilling it overnight sets the filling and makes it easier to slice.)
16. Lightly dust with powdered sugar just before serving.



## CHOCOLATE PEPPERMINT TART

from *EatingWell.com*

### NUTRITION INFO – PER SERVING

Serves 12 (1 slice each)

194.3 CALORIES ■ 20.9g CARBOHYDRATES  
12.3g FAT ■ 3.4g PROTEIN ■ 2.1g FIBER ■ 8.6g SUGAR

### INGREDIENTS

#### CRUST:

- 3 tbsp water
- ½ cup plus 2 tbsp all-purpose flour
- ½ cup plus 1 tbsp white whole wheat flour
- ½ tsp ground cinnamon
- ¼ tsp salt
- ¼ cup canola oil

#### FILLING:

- 8 oz. bittersweet chocolate chips
- 1 cup nonfat milk
- 1 tbsp cornstarch
- 1 tsp peppermint extract
- ¼ tsp salt
- 1 peppermint candy for garnish
- ¾ cup whipped cream for garnish

### DIRECTIONS

#### CRUST

1. Preheat oven to 350 degrees F. Place water in freezer to cool while you make the dough.
2. Whisk all-purpose flour, whole wheat flour, cinnamon, and salt in a medium bowl. Drizzle with oil and toss together with a fork until evenly damp and crumbly.
3. Drizzle with the cold water; toss with the fork. Use your hands to bring the dough together into a ball, but don't knead or overwork it.
4. Place the dough between two large pieces of plastic wrap. Use a rolling pin to roll the dough into an 11-inch circle.
5. Remove the top piece of plastic wrap and carefully invert the dough into a 9-inch tart pan with a removable bottom. Gently press the dough into the bottom and up the sides. Trim and patch where necessary. Prick the bottom of the crust all over with a fork.
6. Place the pan in the center of the oven. Bake until the dough pulls away slightly from the edges, about 20 minutes. Transfer to a wire rack and let cool completely.

#### FILLING

1. Place chocolate chips in a heatproof medium bowl. Combine milk and cornstarch in a medium saucepan.
2. Bring to a boil over medium-high heat. Cook, whisking constantly, until the mixture looks thick (like honey) and frothy (about 5 minutes).
3. Pour it over the chocolate chips. Add peppermint extract and salt; let stand for 1 minute without stirring.
4. After 1 minute, stir gently with a spatula until all the chocolate is melted and the mixture is thick (like pudding). Press a piece of plastic wrap directly on the surface. Set aside at room temperature for 20 minutes.

#### ASSEMBLY

1. Pour the filling into the cooled crust.
2. Gently swirl the surface of the chocolate with the back of a spoon, from one side to the other. Refrigerate, uncovered, for 4 hours.
3. If desired, crush peppermint candy and sprinkle over the tart.
4. Use a hot knife to cut the tart into 12 pieces. Garnish each piece with 1 tablespoon whipped cream, if desired.



## CARROT CAKE

From Splenda.com

### NUTRITION INFO – PER SERVING

Serves 12 (1 slice each)

149 CALORIES ■ 21g CARBOHYDRATES ■ 6g FAT  
4g PROTEIN ■ 2g FIBER ■ 7g SUGAR

### INGREDIENTS

- 2 eggs
- 1 ½ cups shredded carrots
- ½ cup plain yogurt
- ½ cup unsweetened applesauce
- ¼ cup vegetable oil
- 1 tsp vanilla extract
- ¾ cup all-purpose flour
- ¾ cup whole wheat flour
- ¾ cup Splenda
- 1 ½ tsp cinnamon
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ¼ tsp nutmeg
- ¼ tsp ginger
- ½ cup raisins
- icing sugar (if desired)



### DIRECTIONS

1. Lightly beat eggs. Stir in carrots, yogurt, applesauce, vegetable oil and vanilla.
2. In a large bowl, combine remaining ingredients, except icing sugar. Stir in carrot mixture, mixing until well blended.
3. Spread evenly in greased 9-inch square baking pan.
4. Bake at 325°F (160°C) for 35 to 40 minutes, or until wooden pick inserted in center comes out clean.
5. Cool on rack. Dust with icing sugar if desired



## Product of the Month MONK FRUIT SWEETENER

Monk fruit extract comes from the monk fruit, which is a small, sub-tropical melon that originates in Asia. The extract is used as a low-calorie alternative to sugar and doesn't have the bitter aftertaste like many other sugar substitutes. You only need to use half the amount when replacing sugar with monk fruit in recipes. It can be used in a variety of ways to add sweetness to foods like your protein shakes, baked goods, yogurts, and anything else you want to sweeten! As with any sweetener, use monk fruit extract in moderation—it contains sugar alcohols, which can cause stomach upset if eaten in large quantities. You'll find monk fruit in foods that are readily available, such as Enlightened ice creams, Yoplait yogurts, coconut almond milk, Dole packaged fruits, Hubert's diet lemonades, South Beach chocolates, Nestle dark chocolates, Vita products, and so much more! Monk fruit sweetener is widely available in any major super market near you in the baking aisle and can be purchased online at Amazon. Prices vary depending on product distributor and size.

