



## 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 January Support Group for post-weight loss surgery patients is Thursday, January 21 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, January 27 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.

## STARTING 2021: GOAL FORWARD

by Elizabeth George and Theresa Balestrieri, Dietitians at Capital Health Metabolic & Weight Loss Center

Instead of making blanket statements like "I am going to get healthy this year," setting specific goals is a great way to begin taking better care of your health. What does "get healthy" really mean, after all? If you never define that for yourself, how will you know if you reached that goal?

Perhaps you want to lower your blood pressure or your hemoglobin (Hgb) A1c; increase your stamina, flexibility, and strength; or work on meal prepping. These are all more motivating than just watching the numbers on the scale. If you're starting out with blood pressure readings around 140/95, perhaps your goal will be to get them down to 130/89. If your Hgb A1c is 8.2, try aiming for 7.0. If you want to increase your stamina, see how far you can walk without getting short of breath, than work toward going 5 minutes longer. If you bend over to touch your toes and can just reach your knee caps, perhaps your goal would be to get to mid-shin or ankles rather than toes.

*continued on page 2*



# STARTING 2021: GOAL FORWARD *continued*



These are all specific measures of your progress that you can build on as you advance and bring “getting healthy” into sharper focus. After you’ve defined what you would like to work on specifically, follow the steps below to stay on track toward your goal.

## MAKE IT S.M.A.R.T.

# S

Setting **SPECIFIC** goals can make them easier to visualize in your mind. A specific goal provides a clear path so you don’t get distracted by other possibilities.

### INSTEAD OF SAYING:

*I am going to exercise.*

### SAY:

*I am going to start walking.*

# M

**MEASURABLE** goals can be quantified, so instead of just saying you’re going to start walking, create a schedule of days that you’ll be walking and aim for a certain distance or time.

### INSTEAD OF SAYING:

*I am going to walk.*

### SAY:

*I am going to walk for 60 minutes, seven times a week.*

# A

Setting **ATTAINABLE** goals helps to avoid getting discouraged. Although it’s good to challenge yourself, setting unrealistic goals can be discouraging. Instead, advance your health in smaller, more achievable steps to make reaching your larger goal all the more satisfying!

### INSTEAD OF SAYING:

*I am going to walk for 60 minutes, seven times a week.*

### SAY:

*I am going to walk for 30 minutes, five times a week.*

# R

Having **RELEVANT** goals means they are more in line with your overall health objectives. If you’re looking to increase your daily exercise, setting a goal to walk more is appropriate. If you want to increase your cardiovascular ability, then you may want to consider a more intense form of aerobic exercise.

### INSTEAD OF SAYING:

*I am going to walk for 30 minutes, five times a week.*

### SAY:

*I am going to bike for 30 minutes, five times a week.*

# T

It is important to have a **TIME FRAME** for reaching your goal, or else you’ll feel like it is always out of reach. When you complete the time frame you set for your goals, it is the perfect opportunity to evaluate your progress and determine if it’s time to set a new goal.

### INSTEAD OF SAYING:

*I am going to bike for 30 minutes, five times a week.*

### SAY:

*I am going to bike for 30 minutes, five times a week, for one month.*

# STARTING 2021: GOAL FORWARD *continued*



## WRITE IT DOWN

After you decide on a goal, make sure to write it down and post it in a prominent place in your home or work place. With busy schedules, it is easy to get sidetracked from your health goals, so seeing a daily reminder on your refrigerator, your calendar, your desk, or even as a background on your cell phone helps you stay on track. Writing down the goal also makes it more tangible and increases the likelihood that you'll follow through and continue to work on it.

## RECRUIT SUPPORTERS

You'll do better when someone is supporting you and holding you accountable to your health goals, whether it's a loved one, a friend, or a coworker. Perhaps you ask your spouse to do the dishes for you half the nights of a week so you can use that time to for a workout (and do the same for them the other nights of the week). Co-workers can also be a great support base, accompanying you on walks during lunch breaks in-person or virtually.

## REWARD YOURSELF

Goals are important, but it can be helpful to find things that motivate you along the way and allow you to have some fun too. The more you enjoy making these changes, the more likely you are to continue doing them. For example, create a list of non-food related rewards to treat yourself when you meet a goal, such as new nail polish, a tool, or house plant when you meet a weekly goal. If you meet a monthly goal, treat yourself with an even bigger reward, like a workout top, sneakers, or a fitness tracker!

## MONITOR YOUR PROGRESS

Charting your progress and challenges is a great way to hold yourself accountable. Regularly touching base with your goals and evaluating your progress will help you identify those things that that you can change to increase your likelihood of achieving the goal, or help you determine if it's time to re-evaluate your goal.

Once you achieve your goal, don't stop there! Reward yourself and build upon your success by making the next one more challenging. And remember to start from the top and make your new goal a S.M.A.R.T. one.



## RECIPES OF THE MONTH



Including the right snacks in your day can help you control your appetite, manage cravings, and fuel your workouts (see our April 2020 newsletter for smart snacking tips). A good snack choice should include a protein and a high fiber carb.

Try the four snack recipes included here to add variety to your menu. The last recipe is an all-time favorite dinner with a healthy twist!



### COLD SESAME ZUCCHINI NOODLES

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

Prep Time: 10 minutes ▪ Chill Time: 15 minutes

#### NUTRITION INFO – PER SERVING

Makes 1 serving

137 CALORIES ▪ 15g CARBS ▪ 7g PROTEIN  
4g FIBER ▪ 7.5g FAT

*This snack pairs great with leftover proteins, like shrimp or chicken!*

#### INGREDIENTS

- 1 tbsp reduced-sodium/lite soy sauce
- 1 ½ tsp plain rice vinegar
- 1 ½ tsp powdered peanut butter
- 1 tsp sesame oil
- half a packet of no-calorie sweetener (such as Truvia)
- ¼ tsp crushed garlic
- ⅛ tsp ground ginger
- 1 large zucchini (about 10 oz.)
- 2 tbsp chopped scallions
- 1 tsp sesame seeds
- crushed red pepper (optional topping, to taste)

#### DIRECTIONS

1. In a small bowl, combine soy sauce, vinegar, powdered peanut butter, sesame oil, sweetener, garlic, and ginger. Whisk with a fork until uniform.
2. Using a spiral vegetable slicer, cut zucchini into spaghetti-like noodles. (Or simply peel zucchini into super-thin strips, rotating the zucchini as you slice it.) Roughly chop for shorter noodles.
3. Place zucchini noodles in a medium bowl. Add sauce, and toss to coat. Cover and refrigerate until chilled, at least 15 minutes.
4. Stir well, and top with scallions and sesame seeds.



## GARDEN VEGETABLE DIP

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

Prep Time: 15 minutes ▪ Total Time: 15 minutes

### NUTRITION INFO – PER SERVING

Makes 8 servings

105 CALORIES ▪ 6g CARBS ▪ 12g PROTEIN  
3g FAT

### INGREDIENTS

- 1 container (16 oz.) non-fat Greek yogurt
- 1 packet (1 oz.) Hidden Valley® Original Ranch® Dip Mix
- ¼ cup chopped green onions
- ¾ cup diced fresh tomatoes
- assorted vegetables for dipping

### DIRECTIONS

1. Combine dip mix with Greek yogurt. Stir in tomatoes and onions.
2. Chill at least 1 hour.
3. Serve with assorted vegetables, or beet and parsnips chips from recipe above.



## BEET AND PARSNIP CHIPS

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

Prep Time: 5 minutes ▪ Cook Time: 1 ½ hours

### NUTRITION INFO – PER SERVING

Makes 2 serving

100 CALORIES ▪ 20g CARBS ▪ 2g PROTEIN  
5.5g FIBER ▪ 2g FAT

*Make sure to pair with a protein, like the garden vegetable dip recipe on this page!*

### INGREDIENTS

- 1 - 2 beets (about 7 oz.)
- 4 oz. parsnip (about ¼ of a large parsnip)
- ⅛ tsp salt

### DIRECTIONS

1. Preheat oven to 250 degrees. Spray two baking sheets with olive oil nonstick spray.
2. Using a mandolin slicer, cut beets and parsnip into ⅛-inch-thick rounds.
3. Lay veggie rounds on the sheets, evenly spaced. Cover with a 4-second spray of the olive oil spray, and sprinkle with salt.
4. Bake until parsnip rounds are golden brown and firm and all veggies are shriveled and dry to the touch (about 1 ½ hours).
5. Let cool completely and serve.



## CHICKEN ENCHILADA STIR-FRY

From HungryGirl.com

Prep Time: 5 minutes ▪ Cook Time: 10 minutes

### NUTRITION INFO – PER SERVING

Makes 2 servings (about 1  $\frac{3}{4}$  cups each)

350 CALORIES, ▪ 28g CARBS ▪ 8g FIBER  
37.5g PROTEIN ▪ 10.5g FAT

### INGREDIENTS

- 8 oz. raw boneless skinless chicken breast, cut into bite-size pieces
- Dash each, salt and black pepper
- $\frac{1}{2}$  cup chopped green bell pepper
- $\frac{1}{2}$  cup chopped onion
- 2  $\frac{1}{2}$  cups frozen riced cauliflower
- $\frac{1}{2}$  cup fat-free refried beans
- $\frac{1}{4}$  cup red enchilada sauce
- 3 tbsp light/reduced-fat cream cheese
- $\frac{1}{2}$  tsp ground cumin
- 3 tbsp shredded reduced-fat Mexican blend cheese
- 2 tbsp chopped fresh cilantro

### DIRECTIONS

1. Bring a skillet sprayed with nonstick spray to medium-high heat. Add chicken, and season with salt and black pepper. Add bell pepper and onion. Cook and stir until veggies have slightly softened (about 3 minutes).
2. Mix in cauliflower. Cover and cook for 5 minutes.
3. Reduce heat to medium. Add refried beans, enchilada sauce, cream cheese, and cumin. Cook and stir until chicken is fully cooked and entire dish is hot (about 2 minutes).
4. Serve topped with shredded cheese and cilantro.



# CAPRESE RICOTTA TOASTA

From HungryGirl.com

Prep Time: 5 minutes ▪ Cook Time: 5 minutes or less

### NUTRITION INFO – PER SERVING

Makes 1 serving

126 CALORIES ▪ 19g CARBS ▪ 3.5g FIBER  
7.5g PROTEIN ▪ 3g FAT



### INGREDIENTS

- 1 slice whole-grain bread
- 3 tbsp light/low-fat ricotta cheese
- 1/8 tsp chopped garlic
- dash Italian seasoning
- dash each, salt and black pepper
- 3 cherry tomatoes, halved
- 1 1/2 tsp chopped fresh basil
- 1 tsp balsamic vinegar

### DIRECTIONS

1. Toast bread.
2. Meanwhile, in a small bowl, combine ricotta, garlic, and seasonings. Mix well.
3. Spread toast with ricotta mixture. Top with tomatoes and basil, then drizzle with vinegar.



## Product of the Month FITNESS TRACKERS

Available for as little as \$20, fitness trackers are great tools for monitoring your progress in reaching your fitness goals and setting more challenging ones as you advance. With a fitness tracker you can easily monitor your activity levels, heart rate, blood pressure, steps, calories burned, sleep patterns and more! You can even make it fun by entering challenges with friends and sharing your activity with family or co-workers.

Fitness trackers come in many varieties, brands, capabilities and prices. You can even start tracking your activity levels at no cost by downloading a free pedometer app right on your phone! Some popular apps are Pacer Pedometer & Step Tracker, Activity Tracker Pedometer, and StepsApp Pedometer, to name a few. Don't forget to keep your phone with you to track all of your activity!

