



IN THIS ISSUE

- Getting Back in the Game
- Recipes of the Month
- Product of the Month

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 September Support Group for post-weight loss surgery patients is Wednesday, September 29 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 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 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, September 22 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.

GETTING BACK IN THE GAME

by Theresa Balestrieri, Bariatric Dietitian

Many of us are experiencing a lot of change this time of year, whether we are returning back to work on-site, planning for school or online learning, participating in sports, or coordinating other activities against the backdrop of an ever evolving pandemic, it can be hard to stick to our healthy lifestyle habits. It's a good opportunity to take some time to think about what healthy lifestyle behaviors you would like to form into habits for this fall.

Remember, a habit is a behavior that our brain learns to reproduce without thinking about it. For example, putting on deodorant in the morning, brushing your teeth, or putting on your socks before your shoes are habits. If you have to think about a behavior, then it is not yet a habit. Compare sitting on the couch thinking about going to the gym to taking your dog for a walk after dinner. You don't even have to think about walking Fido because he barks to let you know it's time to get going. However, thinking about going to the gym, you have to consider putting on your gym clothes, if you need a snack, and having to drive to get there. A lot can get in the way of making going to the gym truly become a habit. The tips on the following pages can help you stay on track this fall. Focus on one or two at a time in order to develop healthy habits.

continued on page 2



GETTING BACK IN THE GAME *continued*



TIPS TO STAY ON TRACK

Work on logging your food and beverage intake.

If you don't keep a record of what you put in your mouth, how will you know if you're on track? To make tracking easier, make a rule for yourself that you *don't bite it until you write it*. Whether you use your phone or paper to keep records, this strategy allows you time to change your choices or adjust the portion sizes. You can also try writing down everything you plan to eat the following day. Planning ahead is a great strategy because you are more likely to stick with a plan that is written down. If anything changes that day, you can make edits along the way, but it's easier than trying to remember everything you already ate.

If you're someone who never keeps your phone with you and you tend to forget what you eat throughout the day, you may want to try jotting down what you're eating on any scrap paper or napkin within reach. Make sure to keep all those notes in one place and log it all at the end of the day. This strategy helps with evaluating the choices you make and determining if there is anything you could have eaten differently. Be sure to record the foods you know you shouldn't have eaten so you will recognize any bad habits that might be developing.

Track your exercise progress. Chances are you are not giving yourself enough credit for the movement that you do, so keep track of all of your activity! This is a great self-motivator, since we're more likely to keep going after we realize how many steps we've taken or active minutes we've achieved. Without acknowledging what you are currently doing to stay active, it is hard to know how to challenge yourself. For example, you may not have thought much about your walks through the parking lots when running errands, but once you start tracking your steps it may inspire you to park your car a little farther out in the parking lot in order to get more steps in! It's also important that we set reasonable goals for ourselves



and increase activity as we progress. If you average about 4,000 steps per day, it might not be realistic to aim for 10,000 right away. Challenge yourself with 4,500-5,000 and keep track of your steps to see if you can beat your personal record.

Keeping track of our exercise is also important because it is easy to get into a rut with our routines. This can be frustrating when trying to lose weight or maintain weight loss. If you were to start biking for 30 minutes, four times a week, for example, you will probably notice positive health changes in the early stages of this routine. Three months later, however, you may be frustrated when you hit a plateau. A situation like this is an opportunity to look at your exercise regimen and see if you can change it up somehow. Perhaps you can increase the intensity, add on five or 10 more minutes, or even use resistance bands for 10 minutes, two times per week. By adding variety and increasing intensity, you can jump start your weight loss again.

You may have lost interest in going to the gym during the pandemic, but that's no excuse to stop exercising! Walking outside or in the mall (depending on the weather) can be a great way to exercise while maintaining social distancing. Try walking with a

continued on page 3



GETTING BACK IN THE GAME *continued*



friend—you'll be amazed at how much farther you can go when enjoying conversation! Also consider online sources such as Youtube or Facebook Live to find low-impact home workouts. Some gym memberships may even include classes online for free! The important thing is to make sure to schedule time for exercise—it can be as simple as taking a walk up and down the stairs between TV shows or doing some thigh lifts, light stretches, and lifting light weights or canned goods during commercials. If you wait for the perfect opportunity to exercise, that time may never come!



Stay motivated and help motivate others. One way you can do this is by posting on the DREAM Team Facebook support group page! Our online support group is a great way to connect with all of Dr. Chung's weight loss surgery patients and post supportive messages for yourself and others to read, discuss any barriers that you are experiencing, and share your progress for continued support. Your contributions to the group will have a meaningful impact on others and inspire them on their journeys. To join the DREAM team, please e-mail Theresa at tbalestrieri@capitalhealth.org so she can e-mail you the link and accept your request.

Sticking to your eating schedule. Whether you're at home or on-the-go, it's important to create structure in your day for meals so they are not forgotten. Create a schedule or to-do list for your day that includes activities like cleaning, reading, meal prep and more, but make sure to have designated times in the day for eating your meals and snacks. It is recommended to have your first meal of the day within two hours of waking up and your following meals every four to five hours after that. If you know you will go longer than that between meals, that's a great opportunity to plan to have a snack. Every time you put food in your mouth, you should make it a point to sit down at a table to eat it, and eat it mindfully! Remember also to schedule a time to take your multivitamin every day—for better planning, you may find it helpful to set timers.

Practice stress management techniques daily. Managing your daily stress is part of taking care of your health, but it is also important to manage stress to help with your weight loss efforts. Have you ever come home from a stressful day and craved carrot sticks? Not likely—when we are eating to decompress, we're more likely to choose something salty, crunchy, or sweet and typically with less focus on portion control efforts. Try taking at least 10 minutes daily to manage your stress. At stressful times in your day, consider going for a quick walk, calling a friend, journaling, or guided meditation. Making sure you get adequate sleep and regular exercise regularly are also helpful ways to manage daily stressors.

Drink Up. Set a goal for water intake each day, and try to aim for at least 64 ounces. If you're not a big water drinker, anything that is sugar-free/caffeine-free can count towards your fluid goals. To keep things fun, challenge family members or co-workers to see who can drink the most water!

continued on page 4



GETTING BACK IN THE GAME *continued*



Prepare meals in advance. If you wait until you're hungry to choose what to eat (and how much), picking healthier options and controlling portion sizes becomes more challenging. Planning and preparing some meals in advance increases the likelihood that you will choose healthier foods more often and be satisfied with meals already portioned out for you. This is a great strategy whether you're eating at home or at work. The thought of prepping all meals can be overwhelming, so instead focus on the meals where you struggle the most, whether it's breakfast, lunch, dinner or snacks!

Begin by taking a day out of the week to complete your grocery shopping/online order. Think about your meals and snacks for the week and add what you need to your grocery list. Sticking to the list can help limit the amount of special treats that are purchased and brought into the home.

Get new food storage containers especially for prepping meals and keep masking tape and a marker in your kitchen drawer to label everything. At the end of a week, you might be surprised by what you prepped for yourself!

Stock up on a variety of vegetables. You can steam frozen vegetables in your microwave or sauté them in a pan with reduced-sodium chicken broth. Rinse canned vegetables to reduce sodium and add them to homemade or store-bought soup to increase veggie intake, pair with your entrée or cook into an omelet. Chop up fresh bell peppers, mushrooms and onions to use in omelets, stir-fry, salads, sandwiches, and foil packs. Prep baggies of carrots and cucumbers for snacking throughout the week. Cooked lean ground turkey or another lean protein of your choice can be added to any of your veggies to boost your protein intake.

Replace white rice and traditional pasta with cauliflower rice and zucchini noodles—or use brown rice or whole wheat pasta—to make it feel like you're having more of what you love! Actual meal prep is the only time-consuming part because these items cook quickly!

Create your own portion-controlled snack packs. These can carry you through the week and help you avoid less healthy options. Some 100 calorie snack options include 14 almonds, 25 pistachios, 15 baked/popped tortilla chips, five cups of popcorn, one cup of freeze-dried fruit, 10 mini rice cakes, or FRUIT! Make sure to pair with a protein!



RECIPES OF THE MONTH



BREAKFAST EGG ROLLS

Prep Time: 15 minutes ▪ Cook Time: 15 minutes

NUTRITION INFO – PER SERVING

Makes 6 servings (two egg rolls each)

240 CALORIES ▪ 24.5G CARBS
17.5G PROTEIN ▪ 8G FAT

INGREDIENTS

- 6 large eggs
- 1 tbsp water
- 1/4 tsp kosher salt
- black pepper, to taste
- 1/2 pound chicken or turkey sausage
- 2 tbsp chopped green onions
- 2 tbsp diced red bell pepper
- olive oil spray
- 12 egg roll wrappers
- salsa, optional for dipping

DIRECTIONS

1. Beat eggs with water, salt, and black pepper added.
2. In a medium nonstick skillet, cook sausage over medium heat until no longer pink (about four minutes), breaking into crumbles; drain.
3. Stir in scallions and peppers and cook two minutes. Set aside on a dish.
4. Heat the skillet over medium heat and spray with oil.
5. Pour in egg mixture and cook stirring until eggs are fluffy and cooked. Stir in sausage mixture.
6. Place 1 egg roll wrapper on a clean, dry work surface with corners positioned like a diamond. Add 1/4 cup of the egg mixture on the bottom third of the wrapper.
7. Carefully lift the bottom point nearest to you and wrap it around the filling. Dip your finger into a small bowl of water and run it along the edges of the wrapper.
8. Fold the left and right corners in toward the center and continue to roll into a tight cylinder.
9. Repeat with remaining filling and wrappers.
10. Spray all sides of the egg rolls with oil and rub with your hands to evenly coat.
11. Preheat air fryer to 370° F.
12. Cook egg rolls in batches for 10 minutes, turning halfway or until golden brown and crisp.
13. Serve immediately with salsa, if desired.



Recipe and image adapted from [skinnytaste.com](https://www.skinnytaste.com)

BAKING DIRECTIONS

1. Bake at 400° F in a preheated oven 12 to 16 minutes, flipping halfway.
2. From frozen, bake at 375° F in a preheated oven 18 to 20 minutes, flipping halfway.



CHEESEBURGER CASSEROLE

Prep Time: 10 minutes ▪ Cook Time: 25 minutes

NUTRITION INFO – PER SERVING

Makes 9 servings (one cup each)

260 CALORIES ▪ 22G CARBS

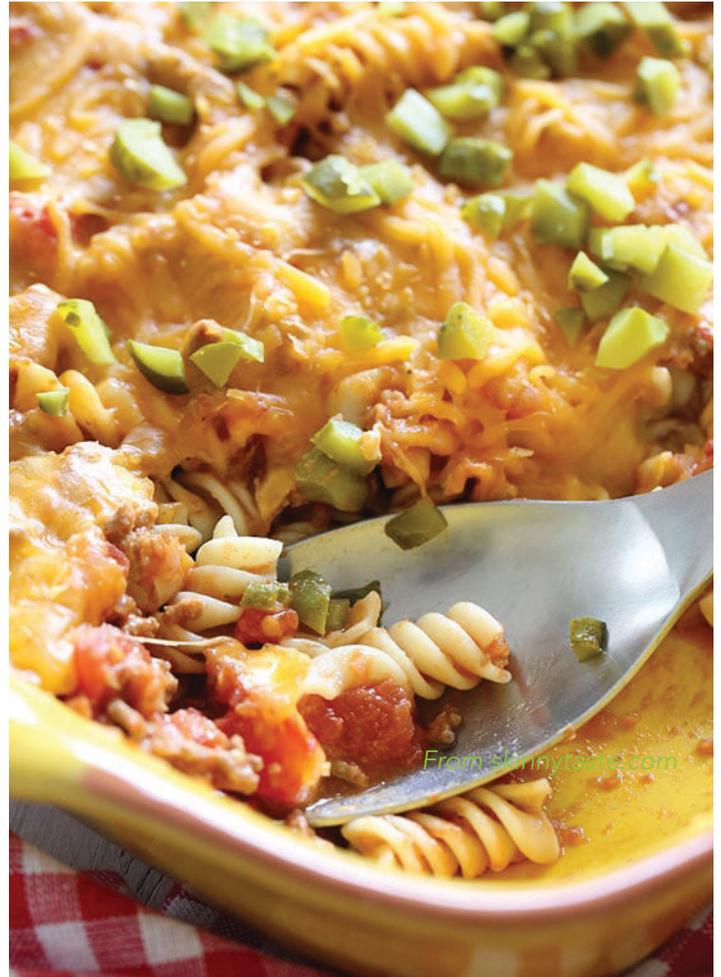
21.5G PROTEIN ▪ 9.5G FAT

INGREDIENTS

- 2 cups uncooked rotini pasta (use brown rice pasta for gluten free)
- 2 tsp olive oil
- 1 1/2 cups onions, finely chopped
- 1 garlic clove, finely chopped
- 1 lb. lean ground beef, 95% lean
- 3/4 tsp salt
- 1/2 tsp black pepper
- 2 tbsp tomato paste
- 28 oz. diced tomatoes
- 2 tbsp Dijon mustard
- 2 cups reduced-fat grated cheddar cheese
- 1/4 cup chopped dill pickles

DIRECTIONS

1. Preheat the oven to 350° F. Spray a 9 x 13 inch baking dish with cooking spray.
2. In a large pot of boiling salted water, cook the pasta according to the package directions for al dente and drain well.
3. Meanwhile, heat the oil in a large skillet over medium-low heat. Add the onions and cook until soft (about five minutes). Stir in the garlic and cook for 30 seconds.
4. Stir in the beef and cook until browned. Season with salt and pepper.
5. Stir in the tomato paste, then add the tomatoes and mustard. Let the mixture bubble gently until it is slightly thickened (about two minutes).
6. Toss the meat mixture with the pasta and spread it into the prepared dish.
7. Top with the cheddar and bake until the cheese is melted (about 15 minutes). Sprinkle the chopped pickles over the top and serve.



Recipe and image adapted from skinnytaste.com



COTTAGE CHEESE FRITTATA

Prep Time: 5 minutes ▪ Cook Time: 25 minutes

NUTRITION INFO – PER SERVING
Makes 4 servings (one wedge each)

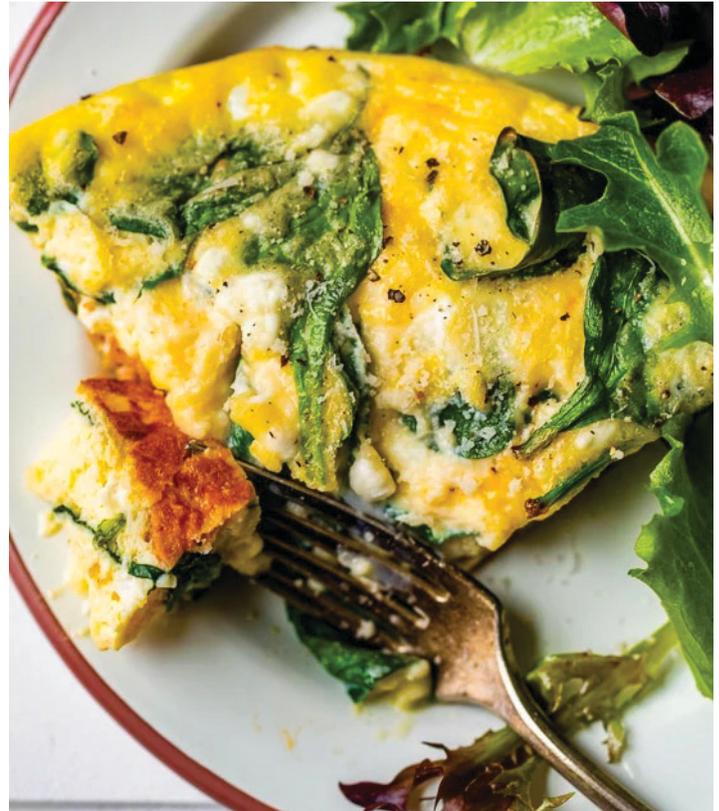
233 CALORIES ▪ 2G CARBS
21.5G PROTEIN ▪ 15G FAT

INGREDIENTS

- Cooking spray
- 1 link of Italian chicken sausage, casings removed
- 8 large eggs
- 1/2 cup 1% cottage cheese
- 1/2 cup grated Pecorino Romano or Parmesan cheese
- 1 cup chopped baby spinach
- 3/4 teaspoon kosher salt
- Freshly ground black pepper

DIRECTIONS

1. Preheat oven to 350° F. Move oven rack to the second highest from the top.
2. Lightly spray a 10-inch oven safe skillet with cooking spray.
3. In a medium bowl, whisk eggs, cottage cheese, Pecorino, spinach, salt and pepper. Set aside.
4. Add sausage to a skillet, breaking it up in small pieces with a wooden spoon over medium heat and cook, until browned and cooked through (about four minutes).
5. Add the egg mixture to skillet and cook one minute to let the bottom set.
6. Bake in the oven until the top is set, about 16 to 18 minutes.
7. With a spatula, carefully slide frittata out of the skillet onto a cutting board and cut into 4 wedges.
8. Serve with salad and whole grain bread, if desired.



Recipe and image adapted from skinnytaste.com



Product of the Month OIKOS YOGURT

You may be familiar with Oikos Triple Zero Greek yogurt, but have you tried their new line, called Oiko's PRO? It is packed with our favorite nutrient—protein! While the Triple Zero line offers a healthy 15g of protein per container, the PRO line has two varieties that provide 20g of protein per serving and 25g of protein per serving, respectively. Both products are delicious, but Oikos PRO is a quick and easy way to get your protein in first thing in the morning or as an on-the-go snack! You can find Oikos Triple Zero and PRO at your local grocery stores. For complete nutrition information about these products, visit oikosyogurt.com.

