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EATING FOR WEIGHT LOSS: BACK TO BASICS

by Caroline Lazur, Bariatric Dietitian

Put the focus on food quality and healthy lifestyle practices to attain a healthy weight.

For years, diet culture has drilled the weight loss principle “calories in, calories out” into our brains. Although some still preach this today, this concept is antiquated and scientifically inaccurate. Instead of counting calories, we should focus on getting an appropriate balance of nutrients for weight loss and for our overall health. For example, if we simply eat our allotted calories in candy, we will not lose weight for long and would probably suffer health consequences from lack of nutrients. Our goal is to help you lose weight for health and long-term success!

Calories come from protein, carbohydrates, and fat (our three macronutrients). Studies have proven that having the right balance of these macronutrients is more important than counting calories when it comes to weight loss and health—and health is why we all want to lose weight, right? We all want to feel better, prevent or manage health conditions, and be able to stick to a plan for the long term. How can you do this?

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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 October Support Group for post-weight loss surgery patients is Tuesday, October 26 from 5 – 6 p.m. This support group will be held virtually, so please check our online support group or your e-mail (check junk mail!) for the link to access, or message your dietitian 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 send an email to clazur@capitalhealth.org so Caroline can send 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, 24/7!
- * Is someone in your life thinking about weight loss surgery? Schedule a virtual information session with our Bariatric Surgeon Dr. Chung on Wednesday, October 4 from 7 – 8:30 p.m. To register, visit capitalhealth.org/weightloss or call our office to speak to Brelynn, our coordinator, 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! This program features Robard’s great tasting New Direction Products! Weekly visits with our dietitians help you develop an individualized plan and lifestyle skills to help you lose weight and keep it off! To get started, call our office at 609.537.6777 to schedule your screening with Dr. Anwar.





USE THE PLATE METHOD AS YOUR MEAL CHECKLIST

Your meals do not have to look like a perfect plate but make sure they include the foods recommended as part of the Plate Method, which is also a helpful guide for portions sizes for these foods.

- **Ensure all your meals feature lean protein** (chicken, fish, lean beef, Greek yogurt, low-fat cheese, tofu, etc.). Protein (about 1/4 of our plate) helps with appetite control and blood sugar control, gives us better energy when paired with good carbs (fruits, veggies, whole grains), and promotes fat breakdown versus muscle breakdown.
- **Don't be afraid of eating starch.** Carbs are our body and mind's main source of energy. Restricting them is not only unrealistic for long-term success, but it can also cause health consequences. Concentrate on portion sizes and what

types of foods your carbs are coming from. The Plate Method tells us that starches should fill 1/4 of our plate, with the rest being filled by fruits and veggies. Studies show that a higher fiber diet improves weight loss, so choose higher-fiber starch options like beans, corn, whole grain breads and cereals, edamame, potatoes, oats, quinoa, and brown rice. Fiber also helps with satiety and disease prevention.

- **Eat fruits and veggies to increase fiber, vitamins and minerals, and fullness without adding much more calories.** Make sure each of your meals has at least a fruit or veggie for weight loss and your overall health.
- **Use healthy fats to garnish your meal.** A little bit of nuts, oil, dressing, or nut butter adds a lot of calories, but healthy fats like these have heart health benefits and also aid in satiety. Pay close attention to your serving sizes to ensure weight loss.



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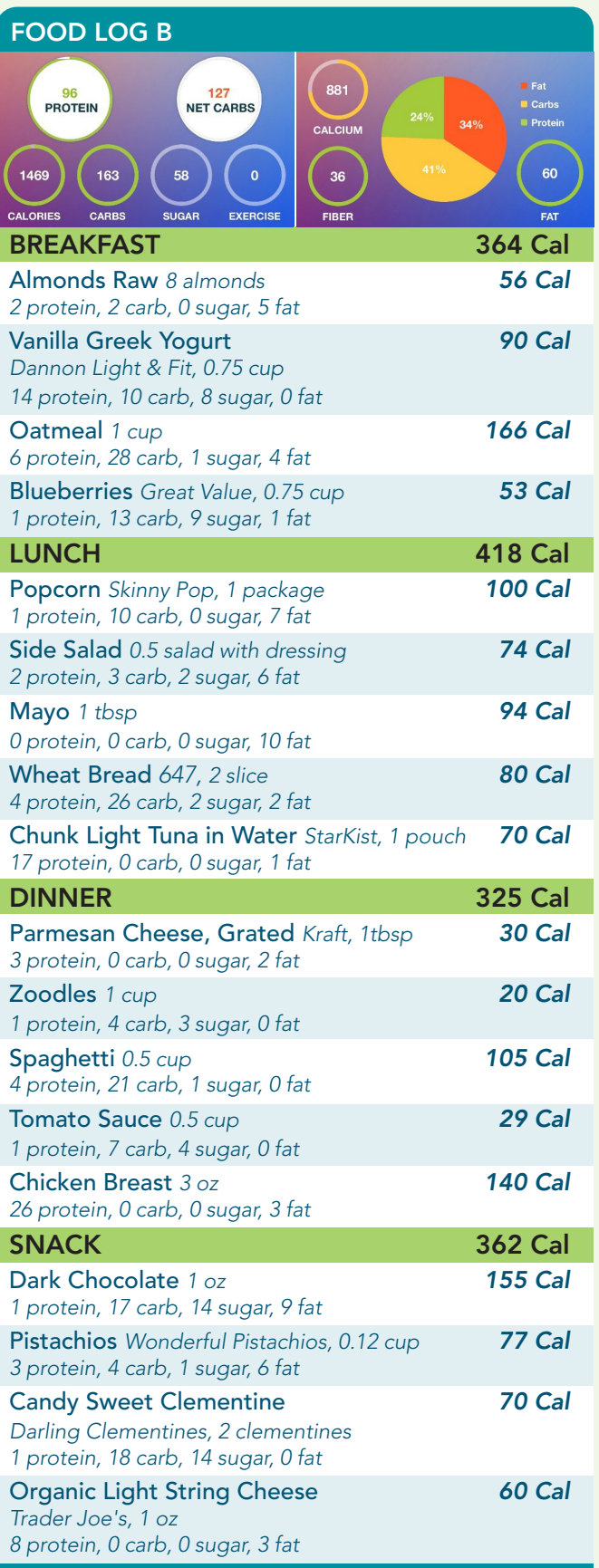
EATING FOR WEIGHT LOSS *continued*



TRACK YOUR FOOD INTAKE

The best way to see if you are getting the right balance of nutrients consistently is to log your food intake for at least a week, including weekends. An app makes it easier, since it calculates these nutrients for you based on the foods you ate and tracked. You can use our Baritastic app (download and use code 76777).

The food logs below were recorded in the Baritastic app with a recommendation of around 1500 calories, 85 grams of protein, 170 grams of carbs, 50 grams of fat, and 25 grams of fiber per day for weight loss. By comparing them, you can see how food log A lists more calories, more fat, more carbs with less food, less fiber, and less protein than food log B. Food log A also had fewer vitamins and minerals than food log B when the full report was analyzed in the app.



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ASK YOUR DIETITIAN FOR PERSONALIZED PROTEIN, FAT AND CARBOHYDRATE GOALS

Be honest with yourself and log everything you are eating. Look into your protein, carb and fat intake versus calories. Are you getting fiber? What types of carbs are you getting – are they coming from whole grains most often? Is your protein high in fat or lean?

OTHER FACTORS IN NUTRITION



Our bodies have “to-do” lists.

Calories are required for all of the functions our body needs to perform. Getting fewer calories will initially help us lose weight, but will not help

in the long term because our bodies require calories to break down fat. Did you know our bodies pump about 2,000 gallons of blood throughout each of us every day? This function takes priority over fat breakdown and requires a lot of calories/energy (and this is just one of many functions performed daily!). Therefore, when too few calories are available, our weight loss will stall



You are the only you.

Your genetic makeup, age, and body composition also affect how you lose weight. For those reasons, be kind to your body on your weight loss journey and stop comparing

yourself to others. Each of us have completely different lifestyles and different struggles from one another. To learn more about your metabolic rate and fat/muscle ratio, come to our office anytime between 8 – 8:30 a.m. (fasting) to use our metabolic test and Inbody scale.



HOW are you eating?

Do you save your calories for later in the day? Do you graze/pick at your calories all day? Ideally, we should fuel our bodies every 3 – 5 hours with balanced calories as described earlier in this article. It gives our body a chance to use the energy we give it for important functions like our metabolism, blood sugar control and appetite control.



Reconsider your relationship with the scale.

If all of your weight loss success is determined by the scale, you will most likely give up on your weight loss journey quickly. Instead, measure your success in shape change, how you feel, and how your health and quality of life are improving in the long-term!



Exercise.

We could devote entire newsletters to exercise, but at the most basic level we know it helps with weight loss because it burns calories. However, it also helps us build muscle, increase energy, enhance our mood, control appetite and blood sugar, and redistribute our body fat for a healthier body shape, all of which are important factors in weight loss.

Science has proven that there is no black-and-white guiding principle when it comes to weight loss. We're here to help you live your best life by improving the quality of your food and developing lifestyle skills for long-term weight loss success!



Products of the Month

The products below have been shown here before, but we want to ensure that everyone knows that these helpful tools are available in our office to aid in your weight loss journey.

Metabolism Test

Our Rest Test (or indirect calorimeter), can determine your metabolic rate.

This test is taken in our office and requires users to be fasting before being administered.

When taking the test, you wear a nose clip and breathe into the machine through a mouthpiece for about 10 minutes. Our dietitians will review your results and make more informed weight loss recommendations for you.



InBody Scale

In just over five minutes, this scale can help you and your dietitians better understand your body composition.

After thirty seconds on the scale, you'll gain a better understanding of your fat/muscle ratio, visceral fat levels, distribution of muscle and fat, and your body's fluid. Guided by this information, your dietitian can provide improved recommendations for weight loss. It can also be a great tool to measure success (instead of the regular scale) by tracking actual fat loss and muscle gain.



For more information about our Rest Test and InBody scale, and to learn how to prepare for them, email Caroline Lazur at clazur@capitalhealth.org.

RECIPE OF THE MONTH



Recipe and image from hungry-girl.com

TERIYAKI STEAK AND CAULI' RICE BOWL

Prep Time: 10 minutes ▪ Cook Time: 15 minutes

NUTRITION INFO – PER SERVING

Makes 1 – 2 servings

321 CALORIES ▪ 30.5g CARBS ▪ 31g PROTEIN ▪ 7g FIBER, 8.5g TOTAL FAT (3g SAT. FAT) ▪ 683mg SODIUM ▪ 13g SUGAR

INGREDIENTS

- 1 1/2 cups frozen riced cauliflower
- 1/2 cup shredded carrots, chopped
- 1 tsp chopped garlic
- 1/2 tsp, plus 1/8 tsp, onion powder, divided
- a dash of black pepper
- 3 tbsp chopped scallions, divided
- 4 oz. thinly sliced raw lean flank steak
- 1/8 tsp garlic powder
- 1/4 cup canned sliced water chestnuts, drained and chopped
- 1 1/2 tbsp thick teriyaki marinade or sauce
- 1/2 tsp sesame seeds

DIRECTIONS

1. Bring a large skillet sprayed with nonstick spray to medium-high heat. Add cauliflower, carrots, garlic, 1/2 tsp. onion powder, and pepper. Cook and stir until hot, for about 3 minutes.
2. Remove skillet from heat, and stir in 2 tbsp. scallions. Transfer to a medium bowl, and cover to keep warm.
3. Clean skillet, if needed. Respray, and return to medium-high heat. Add steak, and sprinkle with garlic powder and remaining 1/8 tsp. onion powder. Cook and stir for about 2 minutes, until steak is fully cooked.
4. Reduce heat to medium low. Add chopped water chestnuts, teriyaki sauce, sesame seeds, remaining 1 tbsp. scallions, and 2 tsp. water. Cook and stir until hot and well mixed, about 30 seconds.
5. Serve beef mixture over cauliflower.