

**METABOLIC AND** 

WEIGHT LOSS CENTER

FEBRUARY 2023

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### **LOVE YOURSELF** WHILE LOSING WEIGHT

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February is often known for being a month dedicated to love. With Valentine's Day at the heart of the month, we usually focus on showing others how much we love them and put their needs or wants ahead of our own. This February, we encourage you to be your own Valentine and show yourself the love as part of your health journey.

How can this help with weight loss? Self-love and respect are closely tied to how we see and treat ourselves. If you don't truly love the person you are and respect your body, you'll struggle to do what's best for you. This includes taking good care of your body and ultimately achieving your weight loss goals. When your weight loss is fueled by negative mind chatter and self-hatred, everything about your effort becomes punishment. When you really love yourself, you realize you and your body deserve nothing but the best, which includes good nutrition and movement.

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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 Bariatric Support Group for post-weight loss surgery patients is for the link to access, or message your dietitian to receive the link.
- member of our Post-Op Online can send you the link and accept your request. This is a great way to obtain post-op patients in our program, 24/7!
- thinking about weight loss surgery? session with our Bariatric Surgeon Dr. Chung on Tuesday, February 7 coordinator, at 609.537.6777.
- loss without surgery, or for bariatric patients experiencing weight regain, try our Medical Weight Loss Program! This program features Robard's great you develop an individualized plan and lifestyle skills to help you lose weight screening with Dr. Anwar.

# LOVE YOURSELF WHILE LOSING WEIGHT continued

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# REVIEW THESE SIMPLE TIPS TO HELP YOU UNDERSTAND WHAT SELF-LOVE IS:

1. Self-love is reclaiming honoring, and loving that part of yourself that began your journey to better health. How we see ourselves affects how we move through life. A negative self-perception robs us of the faith and self-assurance we need to do the work to be healthy. If we think we are failures, we're not likely to get to our goals. Be proud of the perfectly imperfect human you are, that you reached out to our program in the first place, and that you started the journey to better yourself.

# 2. Self-love is changing your goal from weight loss to overall better health and wellbeing.

When we focus only on weight loss, we miss out on all our other victories along the way. We also tend to only focus on the scale, which has led to many weight loss journeys being cut short. True self-care can include goals like setting a bedtime or going to the grocery store every week, as well as setting weight loss goals.

- 3. Self-love is reframing our thoughts. Are all of our thoughts true? It sounds like a strange thing to ask, but some of the things we believe may not always be true and holding us back from what we really want in life. For example, do you think people are judging you because of your weight? This fear may be holding you back. The truth is, people mostly think about themselves. As another example, you might think that candy bar you ate ruined your entire healthy eating plan and weight loss goal. Science doesn't really back this up, so look at why you ate the candy bar and use the experience to learn, set a goal, and move on! When it's just you and your inner thoughts, ask yourself what you can say or do differently to love yourself more. This might be the key to keeping your weight-loss journey on track.
- 4. Self-love is having respect for your body and what it does for you. Do you often feel hostile and angry toward your body? Do you feel like it's your enemy? You might not love your body every day, and that's okay, but you should always try to have respect for it and what it does for you every



day. If you hate that your weight makes it difficult to move and leaves you short of breath, think about the favorite places your lungs and legs carried you today.

- 5. Self-love is setting realistic goals. Imagine an intern started at your job and your boss gave them the daunting task of completing three major projects over the next seven days before they even learned how to get around the office. This would be really mean and completely unrealistic. Now, think about the goals you have set yourself for weight loss and health. Are you being mean and setting unrealistic expectations? Be kinder to yourself by recognizing that you are a work in progress and any progress is good. Try setting one achievable goal in a realistic timeframe so you can feel good about it, learn about yourself, and make adjustments instead of giving up. Your overall goal should be to be better, not perfect. Aim for a better quality of life, a better chance at living longer, and better self-care.
- 6. Self-love is focusing on what you did do today. We often tend to focus on all the missed goals and opportunities in our days. Instead, shift your focus to what you accomplish each day. Look at any self-care improvements that made it in your schedule that were not there the day before and keep trying to move forward and fit in more in your busy days!

# LOVE YOURSELF WHILE LOSING WEIGHT continued

When you understand that you are a unique, amazing individual worthy of self-care, you will want to give your body only the best! Here's what can happen when you show yourself more love:

You appreciate your meals. Each meal becomes a moment to stop, refuel your body, and take care of yourself. Nourishing your body fuels your metabolism and makes weight loss start happening. When you give your body something, it does something for you.

You care about which foods you are putting into your body. When you have more love for yourself, you recognize that your body only deserves the best—lean protein, fiber, and fruits, veggies and whole grains that are rich in vitamins and minerals. Healthy food is no longer a punishment, and you can have special treats once in a while because they are good for the mind.

You move your body and enjoy it!

Exercise will no longer be looked at as punishment. With self-love you realize all the amazing things your body does and how strong it can become. Our bodies need to move to perform at their best, so give yours the gift of motion more often in ways you enjoy.

You'll hydrate with the good stuff because you want your mind and body to feel their best. You deserve better than juice, sodas, and other high-calorie beverages. When you start your self-love journey, your water bottle will be wherever you are.



You'll sleep better. Self-love is giving your body and mind the gift of the proper amount of sleep. Better sleep leads to better days, less stress, more energy, better health—and guess what—weight loss!

Your self-love journey will help you see that you are worthy of self-care, which in turn will help you reach the health and weight loss goals you have desired for so long. So instead of looking to the next unrealistic fad-diet for answers, look inside yourself for the solution to better health and know that we're always here to help you along the way!



## Product of the Month ProCare Health Vitamins

ProCare Health Vitamins has come out with a new chewable multivitamin with iron designed just for bariatric patients. This type of vitamin in other brands is often missing the iron, but in two ProCare Bariatric Multivitamin Chews you will get 22.5 mg of iron. Talk to your bariatric team to see if this is a good post-op multivitamin option for you. If so, you can purchase them at www.procarenow.com or at ProCare Health's Amazon store!



## RECIPE OF THE MONTH





Pozole means "hominy" and is a traditional soup or stew that comes to us from Mexico. There are many ways to make pozole, but the one common ingredient is hominy. Hominy is produced from dried maize (corn) kernels that have been treated with an alkali. Traditionally, pozole is made with a meat (pork or chicken) and topped with shredded lettuce or cabbage, chili peppers, onion, garlic, radishes, avocado, salsa and/or lime. This stew is perfect for a cold, February night and is very satisfying, thanks to all the protein and fiber it contains.

The pozole recipe we share here is made in an Instant Pot or pressure cooker. You can also make it in a regular pot or Dutch oven. This takes longer, but it is worth the effort and saves you another day or two of cooking with leftovers! Make the recipe faster by using pre-cooked rotisserie chicken.

#### **MEXICAN POZOLE**

Image and recipe adapted from skinnytaste.com

Prep Time: 10 minutes ■ Cook Time: 50 minutes

NUTRITION INFO – PER SERVING Makes 8 ½ cups, about 6 servings

365 CALORIES • 16g FAT • 33g CARBS 22g PROTEIN • 4g SATURATED FAT 882mg SODIUM • 7g FIBER

#### **INGREDIENTS**

- 1 ¼ lbs. boneless pork shoulder (or boneless chicken breast), trimmed of fat and cut into 4-inch pieces
- Kosher salt and fresh cracked pepper
- 1 tbsp olive oil (divided)
- 1 medium white onion (chopped)
- 4 garlic cloves (minced)
- 2 tbsp chili powder
- 4 cups low-sodium chicken broth
- 2 cups water (add a little more liquid if using pot or Dutch oven)
- two 15 oz. cans hominy, drained and rinsed
- 4 oz. diced avocado and lime wedges (for serving)
- cilantro for garnish
- pickled red onions (optional) for topping

#### **DIRECTIONS**

- 1. Season the pork with salt.
- 2. Press sauté (if using Instant Pot) and heat half of the oil. Otherwise do this step in a large pot/Dutch oven.
- 3. Add the pork and cook until pieces are browned on all sides (about 8 minutes); transfer to a plate.
- 4. Add remaining oil, onion, garlic, and chili powder and sauté until soft (about 4 minutes).
- 5. Add broth and water, cook, stirring and scraping up browned bits with a wooden spoon.
- 6. Return pork to the pressure cooker or pot. Secure lid.
- 7. Cook under high pressure until meat is tender (about 45 minutes). Quick or natural release. If using a pot/Dutch oven, make sure to add a little more liquid than the recipe and cover/cook for 2 hours.
- 8. Remove from heat, vent pressure, and then remove lid.
- 9. Skim fat, if any.
- 10. Using two forks, shred pork, then stir in hominy and heat through.
- 11. Serve with avocado and lime and garnish with cilantro. We also like pickled red onions on top for extra flavor!