



capita**health**

**METABOLIC AND  
WEIGHT LOSS CENTER**

MAY 2024

609.537.6777

[capitalhealth.org/weightloss](http://capitalhealth.org/weightloss)

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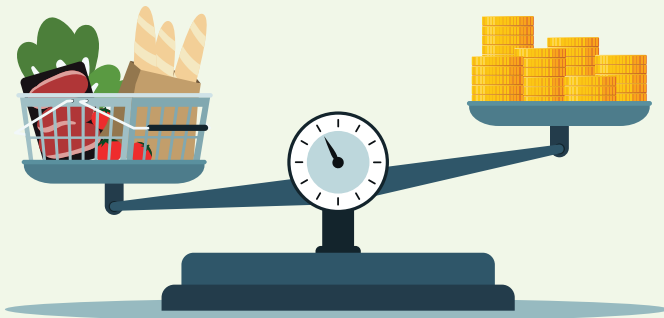
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## EATING HEALTHY ON A BUDGET

Emily Santora, Clinical Dietitian  
Capital Health Metabolic and Weight Loss Center

With the rise in grocery prices in recent years, you may think that eating healthy is more expensive than ever, but the fact is you can still eat healthy without breaking the bank. Consider the tips on the following pages to help you limit your grocery bill while finding options for healthy meals.



## 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 **Thursday, May 30 from 6–7 p.m.** All support groups are held virtually, so please check the Baritastic app, 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](mailto: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!

\* Are you or someone in your life thinking about weight loss surgery? Schedule a virtual information session with our Bariatric Surgeon Dr. Chung on **Tuesday, May 14 at 7 p.m.** To register, visit [capitalhealth.org/weightloss](http://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.

# EAT HEALTHY AND SAVE



1. Fruits and vegetables can be more expensive in some cases and if they go bad before you get to use them, you may get discouraged from buying them.

- ... Visit local farmers markets to buy fruit and vegetables when they are in season to help reduce cost.
- ... Opt for frozen or canned fruits and vegetables. They can be just as nutritious as fresh ones, but when choosing canned fruit, avoid options that are packed in syrup and choose those in water or in 100% juice to limit your sugar intake. For canned vegetables, rinse them upon opening or look for low-sodium options.

2. When we talk about protein, you might think meats are your only option, so it might surprise you to learn that **plant-based protein options are often cheaper than their “traditional” counterparts**. Plan a meatless meal one night per week by replacing ground beef with:

- ... Black bean burger
- ... Beans or lentils in tacos
- ... Lentils in marinara sauce

Other plant-based protein options include:

- ... Edamame
- ... Quinoa
- ... Nuts and seeds
- ... Chick peas
- ... Tofu

3. **Price comparisons tell the story.** Check out the cost difference between ground beef and black beans and lentils!



**Ground Beef 85% Lean**  
1 lb. | \$6.84



**Goya Black Beans**  
1 lb. | \$1.98



**Goya Lentils**  
1 lb. | \$1.98



4. **Check for coupons and sales.** Grocery stores often release coupons and weekly ads before discounted prices go into effect. This can be a great way to save on your favorite items.

- ... Look for sales before planning your meals and grocery list.
- ... Clip coupons or load coupons into apps before going to the store.

5. **Reduce food waste** to save money and maximize use of the food you buy. Make a commitment to avoiding throwing extra food away.

- ... Preparing smaller portions can help limit the amount of food that is leftover.
- ... Practice saving extra food for other meals. Leftovers can often be used for lunch the next day or repurposed for a different recipe. This can also help you avoid ordering take out or going to a restaurant for food.
- ... Store leftovers properly. Careless storage of food can lead to spoilage and throwing it away. Leftovers should be refrigerated and eaten within 3–4 days, while frozen leftovers should be eaten within 3–4 months. Keep food that you want to use in sight near the front of refrigerator shelves to avoid forgetting about them.



# EAT HEALTHY AND SAVE

continue



6. **Buying in bulk** can help with savings as well. Discount retailers like Costco, BJ's, Sam's Club, and Amazon offer large quantities of foods that will not go bad quickly, such as beans, lentils, and rice.

- ... If you purchase meats in bulk, you can break them down into meal-sized portions and freeze them for later.
- ... Buying in bulk can also be beneficial for those who like to meal prep, or if you tend to use the same ingredients in your meals.

Check out the price of a bulk version of cauliflower rice compared to a smaller portion (see below). Cost breaks down to \$2.25 per pound when you buy a 4 lb. bag from BJ's Wholesale Club (Wellsley Farms), versus \$2.89 per pound for a 12 oz. package from Walmart (Great Value). Over time, these savings will add up!



**BJ's Wholesale Club**  
Wellsley Farms, cauliflower rice  
4 lbs. | \$8.99 (\$2.25/lbs.)



**Walmart**  
Great Value, cauliflower rice  
12 oz. | \$2.17 (\$2.89/lbs.)



7. **Local resources, such as food pantries and assistance programs**, can also be options to increase access to healthy foods while on a tight budget.

- ... Visit the Mercer County Free Food Finder at [mercerfoodfinder.herokuapp.com](http://mercerfoodfinder.herokuapp.com) for local food pantries and meal services. Services can include fresh produce, pantry items, and prepared meals.
- ... Food assistance programs help low-income individuals, families, and seniors:
  - **Supplemental Nutrition Assistance Program (SNAP)** helps with the cost of food with assistance that is based on income and resources. New Jersey residents should visit [njsnap.gov](http://njsnap.gov) for more information on how to apply.
  - The **Seniors Farmers Market Nutrition Program** provides low-income seniors (over 60 years old) with coupons for local farmers markets.
  - **Women, Infants, Children (WIC)** provides nutrition assistance for women who are pregnant or post-partum, infants, and children five years old or younger. WIC also includes a farmers market program that provides funds to purchase locally grown produce.



## Product of the Month

### Stack & Press™ 3 Cup Chopper

The Stack & Press 3 Cup Food Chopper from Hamilton Beach makes chopping, mincing, and mixing easy for you. Small, mighty, and very affordable, it can handle onions, nuts, herbs, and more. Look for it at Walmart, Target, or Amazon!



## RECIPE OF THE MONTH



### SPICY BLACK BEAN BURGER WITH CHIPOTLE MAYONNAISE

Cook Time: 20 minutes ■ Total Time: 2 hours 40 minutes

#### NUTRITION INFO – PER SERVING

Makes 4 servings / Serving Size: 1 burger with mayo, bun, and avocado

362.5 CALORIES ■ 50g CARBS ■ 18g PROTEIN  
14g FAT ■ 786.5mg SODIUM ■ 15g FIBER  
7g SUGAR

*Image and recipe adapted from SkinnyTaste.com*

#### INGREDIENTS

##### For spicy chipotle mayo:

- 3 ½ tbsp light mayonnaise (Hellman's)
- 1 tbsp canned chipotle in adobo sauce

##### For the black bean burgers:

- 16 oz. can black beans, rinsed and drained
- ½ red bell pepper, cut into 2-inch pieces
- ½ cup chopped scallions
- 3 tbsp chopped cilantro
- 3 cloves garlic, peeled
- 1 jumbo egg
- 1 tbsp cumin
- ¼ to ½ tsp kosher salt
- 1 tsp hot sauce
- ½ cup quick oats (gluten free)
- 4 whole wheat, 100 calorie buns (Martin's)
- 1 small Hass avocado, sliced thin

#### DIRECTIONS

1. Combine mayonnaise and chipotle, set aside.
2. Dry the beans well after washing (extra moisture will keep the burgers from sticking).
3. In a medium bowl, mash beans with a fork until thick and pasty.
4. In a food processor, finely chop bell pepper, cilantro, onion, and garlic. Next, add oats, then eggs and spices.
5. Stir mixture into mashed beans.
6. Divide mixture into four patties (using slightly oiled hands helps) and place them onto a flat surface covered with wax paper. (If it's too wet, chill the mixture 30 minutes in the refrigerator or add another tablespoon of oats)
7. Freeze at least 2 hours before cooking or keep frozen until ready to cook.
8. Heat a lightly sprayed skillet to medium heat and cook frozen burgers about 7 minutes on each side.
9. If grilling, preheat grill over medium heat, and lightly oil a sheet of aluminum foil; grill 7–8 minutes on each side. Alternatively, you can bake in the oven at 375° on a lightly oiled baking sheet.