

AtlantiCare

REGIONAL MEDICAL CENTER

The Center for Surgical Weight Loss & Wellness

Bariatric Support Group

December 2021



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12 Ways to Stay on Track With Your Health Goals During the Holidays

Some of the good things about the holidays—like good food and family gatherings—can go bad when you go overboard. Try these tricks for keeping your health on track.

By Sheryl Kraft Dec 11, 2018

Ah, the holidays.

Gotta love them—gotta hate (fear?) them.

There are so many positives about the holidays, but it's those same positives that can quickly heat up and turn stressful. You know what I mean—family obligations, tempting treats, traveling, buying, spending, rushing ... and trying to be cheerful when instead you're anything but.

The next thing you know, you've ditched your diet, neglected your workouts and have convinced yourself that there's no harm in cutting way back on sleep and imbibing way more than you should. After all, it *is* the holidays.

(I'm becoming more and more convinced that New Year's Resolutions are mainly the result of all the bad behaviors that are compounded right around the time leading up to the end of the year.)

But wait—hold up. There's still time to catch yourself. The holidays don't mean you have to let yourself go completely or let go of your health goals. Rather than take an "all or nothing" approach, it might be better to take an "all or something" approach right now. Let go of perfect for now, and remember that you can still be good.

Holidays don't need to be an endless loop of letting yourself go, nor should they be about deprivation. You can still have fun without ditching your healthy habits.

1. **Stand more and [sit less](#).** Just move. Getting up for just five minutes every 30 to 60 minutes of sitting can benefit your health. Pace, do some jumping jacks or squat exercises, run up and down the stairs if you have them.
2. **Lay out your exercise clothes the night before** (and put them on the minute you step out of bed). For some people, that's enough of a reminder to get some exercise. Work out first thing in the day so obligations don't sidetrack or distract you later.
3. **Explore [bodyweight exercises you can do at home](#),** if you can't get to the gym to do your normal workout.
4. **Stay accountable to yourself.** Your schedule might be disrupted during the holidays, but if you make a date with yourself to exercise at a certain time (or with a certain person), you're more likely to do it.
5. **Stock up on healthy snacks.** Whether you're traveling, a guest at someone else's house or staying home, keeping things like fruit, nuts, whole-grain crackers and low-fat cheese comes in handy when you're tempted to eat those not-too-healthy options that are inevitably surrounding you.
6. **Stay hydrated.** Many people confuse thirst with hunger. Consider that the next time you think you're hungry and, instead, drink a large glass of water. (This is also helpful to do before sitting down to a big meal.)
7. **Plan an activity with everyone.** Instead of sitting around (or sitting around and falling asleep) after a big, heavy meal, suggest a walk around the neighborhood (extra bonus: you get to see all the decorations). Learn more about how to [Make Losing Weight a Family Affair](#).
8. **Look for healthier versions of the classics.** With a little effort, you can make and enjoy [holiday favorites without regrets](#). For example, you can highlight the natural taste of sweet potatoes with cinnamon and vanilla. In baking, you can substitute pureed fruits such as pumpkin, applesauce or bananas for fats and use low-fat or nonfat dairy in many recipes. Read more [Tips for Baking Light](#).
9. **Commit to the scale.** You don't have to weigh yourself every day, but try for twice a week. Again, it keeps things accountable and realistic. The scale is like that little voice in your head saying, "Be conscious of what you're doing. You'll have to answer

10. **Be choosy.** There are so many foods around. Yet, when you stop to think about it, are they all really that good? Before you load up your plate, slow down and take a good look at the choices. This way you'll eat what you really, truly want—and be more satisfied and less guilty about it, too. Find some [Holiday Foods That Are Actually Good for You](#).
11. **Don't starve yourself.** Some people "bank" their calories, saving up for the big meal. But that sets you up for overeating and overindulging. Never arrive hungry for a big dinner or party—always [eat something healthy and small](#), like peanut butter and a handful of whole grain crackers or a yogurt, before you head to the gathering.
12. **Have your cake—and eat it too.** Dessert can be the best part of the meal, and why shouldn't you have it? But it can also be easy to get carried away on the sweet stuff. Try a little discipline without a lot of deprivation with the three-bite rule: delight in the first bite, be satisfied with the second one, and let the third one linger on your tongue. In all likelihood, the first three bites are the best it's ever going to taste.

Self-Monitoring – The Way to Successful Weight Management

By Stephanie F. Yeager, RD, LDN, Rose Heim, RD, LDN, Jamie Seiler, PA-C, and Holly Lofton, MD
Winter 2008

One major and possibly most important behavioral interventional strategy for weight management and lifestyle change is self-monitoring. Behavioral interventions are a central aspect in treatments to promote lifestyle changes that lead to weight-loss, prevent weight gain or weight regain and improve physical fitness. In the past, self-monitoring has unfortunately been one of the least popular techniques for those in weight management programs, and in some cases it is even thought of as a punishment. Because self-monitoring is critical for success with lifestyle changes, it is important to look at the various self monitoring techniques.

What is Self-monitoring?

Self-monitoring refers to the observing and recording of eating and exercise patterns, followed by feedback on the behaviors. The goal of self-monitoring is to increase self-awareness of target behaviors and outcomes, thus it can serve as an early warning system if problems are arising and can help track success. Some commonly used self-monitoring techniques include:

- Food diaries
- Regular self-weighing
- Exercise logs

Equipment such as pedometers, accelerometers and metabolic devices

Food Logs and Diaries

One of the most common and important types of self-monitoring strategies in weight management programs is keeping a food log, in which individuals record foods, exercises or beverages as soon as they are consumed.

One important technique with food logs is individuals recording what they eat or drink as it is consumed; otherwise it may not give an accurate account of the day's intake. A good "rule of thumb" for food logs is: "if you bite it, you write it!"

The minimum information for weight-loss that should be kept in food logs is type, amount and caloric content of food or beverage consumed. This provides the ability to track and balance the number of calories consumed throughout the day with the amount of calories expended throughout the day.

Other nutritional information that can be logged includes: time of day of eating, fat content and carbohydrate grams. Disease-specific food logs can also be kept. For example: focusing on carbohydrate content instead of calories for patients with diabetes or insulin resistance.

Food Diaries

Another helpful tool in self-monitoring is keeping a food diary. Food diaries differ from food logs because they include more detailed information. They are useful if you are trying to find behavioral reasons or psychological aspects for eating.

Depending on the person and behavioral complexities involved, some food diaries could include the stress level, mood or feelings surrounding eating, activity or location or other environmental or emotional triggers for eating. The more complex or detailed, the better the feedback.

However, in today's society it is almost impossible for most people to keep highly detailed daily food records over the long-term, therefore, compliance is often very low with detailed food diaries. By suggesting that patients keep a detailed food record for a few days each week, perhaps major areas of focus for nutritional and behavioral intervention can be recognized.

Logging Your Food Online

Online food logs and diaries or computer software are quick and convenient ways to keep records of foods consumed in our technologically advanced world. Many Web sites are available for tracking of foods and calories throughout the day, some of which are free and very easy to use.

You can look up food choices and/or alternative choices in online databases of more than 50,000 foods. Internet-savvy loggers may choose to keep their journals online. Others may just choose to use these databases as a more convenient way of looking up nutritional value of foods. Some free online diaries include:

www.myfooddiary.com

www.sparkpeople.com

www.myfitnesspal.com

www.fitday.com

Free Web sites for searching nutritional information are available, an example is www.calorieking.com. These Web sites may also offer exercise tracking and ideas, support, motivational tips and chat or discussion rooms.

Hand-held Calorie Counters

Another option for those who are “on the go” are handheld devices for calorie counting. Some of the devices are stand-alone such as CalorieSmart® or HealthFitCounter®. Others need to connect to Web sites. Other devices are installed in your Palm or Pocket-PC such as Diet Diary by Calorie King. They let you download updates when nutrition facts change, however, some of them use a lot of memory.

Regular Weighing

Weighing yourself is an important and simple self-monitoring behavior to serve as reminder of one’s eating and physical activity habits. Although it may be hard and sometimes discouraging to weigh yourself while losing weight, it is recommended to weigh yourself weekly, preferably outside of the home on the same scale.

Using the scale at the local gym or exercise facility or your doctor’s office may be more accurate than home scales. However, if this is unrealistic, it is okay to use a home scale. Try to weigh yourself at the same time of day and the same day of the week.

Writing down your weekly weights on a table, graph or calendar can help you keep track of your success or to help you get back on track more quickly. It is important to note that weighing yourself more frequently than weekly is not recommended, as day to day fluctuations are not indicators of actual weight. Regular monitoring of your weight is also essential to help you maintain your weight after losing weight.

Exercise Logs

Another self-monitoring technique, along the same lines as food logs and diaries, is keeping an exercise log or diary. The number of minutes engaged and type and level of exertion of physical activity should ideally be recorded.

An important and often forgotten aspect of exercise logs is the level of perceived exertion.

Walking for 30 minutes, at an easy compared to a hard pace, will result in different levels of calories burned and cardiovascular impact.

Typically, an easy physical activity that does not increase heart rate much, or alter breathing would usually be the pace that you walk around work or go shopping. Moderate level of physical exertion is when you are getting a mildly increased heart and breathing rate. Heavy or hard level of physical exertion would be sweating, increased heart rate (target heart rate range) as well as increased breathing.

Remember, physical activity can be done at one time or intermittently throughout the day. Logging exercise can be a positive feedback or a reminder to incorporate more exercise or physical activity into your daily routine.

Initial activities may be walking, riding a stationary bike or swimming at a slow pace. Other types of exercise that can be fun are dancing, exercise videos or chair exercises. You should try to aim for 30 minutes of exercise on most days of the week.

Many people try to start out with exercise on three or four days of the week. However, if you can get yourself exercising most to all days of the week, even if only for 10 or 15 minutes, it will become more of a routine for you.

Healthy Lifestyle Tip

All adults should set a long-term goal to accumulate at least 30 minutes or more of moderate-intensity physical activity on most to all days of the week. Also, try to increase activities of daily living such as taking the stairs instead of the elevator, parking further away or walking to a bathroom that is further from your desk. Reducing sedentary time is a good strategy to increase activity by undertaking frequent, less strenuous activities. With time, you may be able to engage in more strenuous activities.

Pedometers

Self-monitoring tools are becoming more and more popular and accurate. One of the simplest of these self-monitoring tools is a pedometer. Pedometers give objective data of physical activity throughout the day. Pedometers can be found in almost any consumer catalog or retail store. Some of the more popular manufactures include Digi-Walker, Omron, Acumen, Bodytrend, Oregon Scientific, Sportline, Freestyle, Brookstone, AccuStep and many others. Garmin and Timex make pedometer or speedometer devices that calculate steps and speed using GPS. These clip-on devices are inexpensive, ranging from less than \$15 up to \$75.

Many people get an average of 3,000 steps per day with daily activity. In order to burn off extra calories for weight-loss, walking 10,000 steps per day is recommended. For regular health, a minimum of 6,000 steps per day is required. Research suggests that a deliberate walk of 4,000-6,000 steps will help with weight-loss. It is often a good idea to keep track of your daily steps taken in your exercise log.

Pedometers can be frustrating for those who are more interested in distance traveled. Focusing on the number of steps and ways to incorporate more steps throughout the day will make as much of a difference with weight-loss as actual distance does. Pedometers encourage people to find ways to add more steps throughout the day.

Because step counting is becoming more popular, advances are being made in the technology behind pedometers. New pedometers display steps and count them accurately. They are meant to be worn everyday and all day, as motivation to keep stepping, Most are small and comfortable to wear.

Pedometers sense your body motion, counting your footsteps usually by a turned pendulum technology, a coiled spring mechanism and a hairspring mechanism (which is the least accurate). The unit should be accurate in its count when you wear it correctly. You may need to experiment with where to wear it. You can measure your stride and then the pedometer can estimate distance traveled.

Some pedometers today offer multifunction options like calorie estimates, clocks, timers, stop-watches, speed estimators, seven-day memory or pulse rate readers, voice feedback and radios.

Accelerometers

Although pedometers are very cost-effective, one of the main flaws in using pedometers, however, is that they do not record intensity (how hard) or duration (how long) or frequency (how often) movement occurs. Accelerometers are devices that can objectively measure frequency, duration and intensity of physical activity.

Accelerometers provide a high level of accuracy when assessing physical activity. There are a variety of commercially available accelerometers, or activity monitors, which come in a wide range of prices anywhere from \$50 to \$1,000. BioTrainer and Nike are examples of affordable accelerometers.

Many of the more expensive accelerometers are used only in research or as a part of a hospital-based program. These monitors are more complex than pedometers in that they display and store more complex data. Some are designed to download to a computer for analysis of intensity levels, movements and physical activity patterns. They can also be used to estimate calories burned or energy expenditure.

Accelerometers have sophisticated sensors that convert physical movement into an electrical signal that is relative to the muscular force needed to produce the work. Accelerometers can be found in uniaxial or triaxial measures. Uniaxial accelerometers measure in a single plane and can be attached to the trunk or limbs. Triaxial accelerometers measure along three planes: vertical, medial-lateral and anterior-posterior.

Although accelerometers are a step up from pedometers in accuracy of physical activity, they cannot register resistance. Therefore, if you are strength training or adding resistance to your bike or treadmill or adding an incline to your walking, it will not be able to discern the added level of energy required to do that work.

Metabolic Devices

One of the most accurate and most expensive tools for self-monitoring are tools that have very sophisticated monitoring and interpreting sensors for calories burned. Many of these devices have options to subscribe to a Web-based calorie counter system that integrates the amount of calories burned measured by the equipment and your calories consumed that you enter in easy to use food logs.

These devices are more accurate in measurements of calories expended because they use not only accelerometer technology, but also heat flux sensors, galvanic skin response (to measure physical exertion and emotional stimuli) and skin temperature gauges. Some also include heart rate monitoring techniques. All of these technologies combined lead to a very accurate measurement of calories expended throughout the day.

These devices can determine if you are sitting, sleeping, jogging, walking, lifting weights or riding in a car. Many of these devices are very expensive and used primarily for research, however, some are available commercially.

This technology is also employed by hospital-based programs. Patients wear the hospital's armband and track their nutrition on the Web site or computer-based program for typically one to two weeks. When they return to the clinic, the information will be uploaded and the practitioners will be able to work with the patients with objective data on metabolic lifestyle patterns.

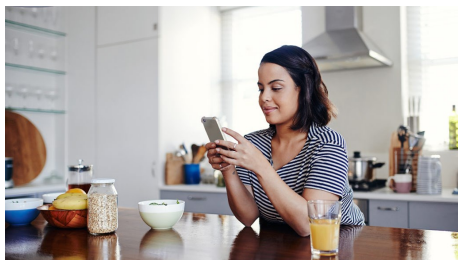
Practitioners can also monitor patients on integrated software applications to provide consultations without being face to face. Practitioners have the ability to set daily goals to tailor programs to the individual patient. These are great tools to help objectively monitor behavior and physical activity, as well as providing real time feed back to the patient. SenseWear® is one company that offers this technology.

Conclusion

Although specific diseases and treatments vary, behavior modification is the major key in weight-loss or prevention and decreases the risk of diseases. Self-monitoring is a key to behavior modifications, and there are a multitude of ways to self-monitor. With technology advancements, self-monitoring techniques are changing and improving to help defeat some of the major barriers to compliance. The bottom line is that no matter how you do it, self-monitoring should be an important part of your weight-loss, weight maintenance or healthy lifestyle change. Then, the next step is to be sure the self-monitoring translates into positive behavior changes with regards to diet and exercise.

Why a Daily Food Diary Is Still the Ultimate Weight Loss Hack

Healthline. Written by Brian Mastroianni on March 3, 2019.



The most effective way to lose weight takes less than 15 minutes a day.

If you're one of the millions of Americans who are aiming to lose weight, the process can sometimes seem daunting.

From adopting a new diet by adding more nutritious items to your meals to finding an exercise regimen you're comfortable with, figuring out a strategy to lose those extra pounds can sound like an overwhelming change in the way you live your day-to-day life.

However, new research suggests that self-monitoring what you eat might be the most effective part of any diet — and it takes less than 15 minutes each day to do it.

If you bite it, write it

A study in the journal *Obesity* took a look at how 142 people self-monitored their diets through an online behavioral weight control program over a 6-month period.

Over the course of 24 weeks, they took part in a weekly online group session led by a trained dietitian. Through the program, the participants logged their daily food intake.

The most successful study participants were those who ended up losing 10 percent of their body weight, spending an average 23.2 minutes each day on self-monitoring in the first month of the study period.

By the study's end at the 6-month mark, that average time had dropped down to 14.6 minutes.

“We were not surprised that frequent self-monitoring was related to weight loss success. We were surprised that 15 minutes a day is all that’s necessary,” lead author [Jean Harvey, PhD, RD](#), chair of the Nutrition and Food Sciences Department at the University of Vermont, told Healthline.

Yes, on the surface, committing to just under 15 minutes to record and hold yourself accountable over what you’re consuming each day doesn’t sound like a lot, but Harvey said the act of self-monitoring can be daunting to people at first.

“Self-monitoring is a pain! You have to try to guess what foods in the database match the foods you have eaten — no small task when you go out to eat for example — you have to weigh and measure food if your estimate is to be accurate,” Harvey said. “You have to take the time to do it, and you have to admit to yourself that you’ve just eaten what you’ve eaten.”

[Ali Webster, PhD, RD](#), associate director of Nutrition Communications at the International Food Information Council Foundation, told Healthline that many people are “afraid to face the reality of what we’re putting in our mouths.”

“It’s easier to dismiss the contribution that regular trips to the workplace candy stash or second helpings at dinner can have on our waistline if we’re not confronted with seeing it written on paper or tracked in our phones,” Webster, who was not affiliated with the study, told Healthline. “Many people also see monitoring the food we eat as ‘just another thing’ they have to think about during the day, or another task that chains them to their computers or their phones.”

Nevertheless, Webster said, this study shows that the time commitment required for this kind of self-monitoring is pretty minimal.

“We’d all be lying if we said we didn’t spend at least 15 minutes mindlessly scrolling through Facebook or Instagram every day,” she stressed. “Why not redirect some of that time toward a productive, healthy habit?”

Why does self-monitoring help? Harvey said that calorie counting is one of the effective strategies out there to manage your weight. She said that it is highly likely people who self-monitored in the study were more aware of just how much they consumed. As a result, they probably were more successful at sticking close to their initial “calorie goal.”

How keeping track keeps you on track

“Self-monitoring can be helpful for both positive reinforcement of making healthy choices and for reining in tendencies to indulge more often than is beneficial for weight or nutrition goals. Seeing healthy meal and snack decisions manifest themselves in improvements to our health is rewarding,” Webster explained. “And being able to say, ‘oh, I forgot that I had some candy after lunch today — maybe I can go easy on dessert tonight,’ is a clear way that having a written food record can lead to making healthier choices overall.”

In other words, self-monitoring allows us to see the good choices we’re making, quickly correct course when we indulge, and make smarter choices in the future.

A growing trend

Finding ways to manage diet and nutrition is gaining popularity.

It’s estimated that about 45 million people in the United States go on a diet each year, while Americans invest about \$33 billion annually in buying weight loss products, [according to Boston Medical Center](#).

These efforts to find the best weight loss approaches stand out starkly against the ever-rising obesity numbers among American adults.

More than 1 in 3 adults were said to have obesity, while about 1 in every 13 has “extreme obesity,” [according to the National Institute of Diabetes and Digestive and Kidney Diseases Trusted Source](#).

A study [published](#) in 2013 in the American Journal of Public Health (AJPH) showed that obesity accounts for 18 percent of deaths among Americans between 40 and 85 years old.

It's easier than you may think

Do a quick Google search and you'll find countless apps and products that aim to give people useful tools to record and measure their weight loss goals.

The sheer number may seem overwhelming at first, but how you choose to keep track of what you eat isn't as important as the act itself.

Also, there isn't a need to spend a lot of money on a fancy program. Several quality self-monitoring apps are available for free.

For instance, [Lose It!](#) is a free app for Apple and Android devices that gives users an easy way to track what they are consuming.

[Fooducate](#) is another free Apple and Android app that gives you the chance to look up exactly what is in the foods you eat on a regular basis. The app provides ratings for common items — “Tostitos Multigrain Scoops! Tortilla Chips” have a “B minus” on the app. Compare that to a Coca Cola soda, which has a dismal “D” rating on the app.

Harvey added that her research underscores the effectiveness of self-monitoring as a behavior that is “strongly related to weight loss success.”

She said that finding any way to monitor your food intake “will be helpful for weight loss and maintenance.”

Webster suggests that you do what feels most comfortable and easily applicable to your daily schedule.

“If you’re a person that hand-writes to-do lists or writes in a journal often, maybe a written form of self-monitoring is your style. You can easily jot things down in a plain-old notebook, and there are many different food journals or blank templates available in bookstores or online,” she said. “If you frequently use your phone, tablet, or computer for work or leisure, maybe having an app-based or online food tracking system will be most efficient.

“It’s important to find a system that you like and that you feel comfortable with. Otherwise, the desire to fall off the wagon will be that much stronger,” she added. “We often hear that the best form of exercise is ‘the one that you’ll actually do.’ Same goes for self-monitoring options.”

The bottom line

A [new study](#) in the journal *Obesity* suggests that self-monitoring what foods you consume is the most effective way to lose weight. Participants in the 6-month study who lost the most weight, spent just under 15 minutes a day recording what they ate and drank. While it might seem daunting, the researchers urge that finding a way to include self-monitoring in your day-to-day routine will help you hit your weight loss goals.

Kitchen



Sugar Cookie Protein Shake

Servings: 1 / Cook Time: 5 minutes



Ingredients:

- 1 Premier Protein vanilla protein shake
- ½ Tablespoon almond flour
- ¼ teaspoon vanilla extract
- ¼ teaspoon butter extract
- 5 – 6 ice cubes

Directions:

Combine all ingredients into a blender and blend until smooth.
Pour into your favorite glass and enjoy.

Nutrition: Per shake = 183 calories, 5 grams fat, 5 grams carbohydrate, 31 grams protein.

Creamy Cauliflower Soup

Servings: 8 / Prep Time: 30 minutes / Cook time: 30 minutes



Ingredients:

- 1 head cauliflower, trimmed and cut into florets
- 1 Tablespoon olive oil
- Salt and pepper to taste
- ¼ cup butter
- 1 medium onion, diced
- 3 celery stalks, diced
- 2 teaspoons minced garlic
- ¼ cup all purpose flour
- 1 teaspoon chopped fresh thyme leaves (or ¼ teaspoon dried thyme)
- 4 cups chicken or vegetable broth
- 2 cups 2% milk, at room temperature
- 1 cup reduced fat shredded cheddar cheese
- ¼ cup chopped fresh parsley or chives

Directions:

Preheat oven to 400°F. Line a baking sheet with foil and spray with cooking spray. Place cauliflower florets on the baking sheet, drizzle with olive oil, toss to coat, and season with salt and pepper.

Roast cauliflower for about 20-25 minutes, stirring halfway through until tender and browned.

Melt butter in a Dutch over medium heat. Add the onion, celery, carrots and cook, stirring occasionally, until softened (about 8-10 minutes). Add the garlic and cook, stirring constantly, for 1 minute. Sprinkle in the flour and thyme; cook for 1 more minute, stirring constantly.

Gradually add broth and bring to a boil, scraping the browned bits from the bottom of the pan as you stir. Cook until the broth thickens, about 5-7 minutes. Reduce the heat to low, stir in the milk and roasted cauliflower florets. Cook, stirring occasionally, for about 10-15 more minutes, or until the soup is warmed through. Do not let it boil.

Remove from heat and stir in the grated cheese and fresh parsley or chives. Stir until the cheese melts. Taste and season with salt and pepper, if necessary. Ladle into bowls and enjoy.

Nutrition: Per 1 cup serving = 190 calories, 10 grams fat, 4 grams saturated fat, 30 mg cholesterol, 442 mg sodium, 12 grams carbohydrate, 5 grams sugar, 2 gram fiber, 8 grams protein. Retrieved from the Seasoned Mom <https://www.theseasonedmom.com/cauliflower-soup/>

Colorful Roasted Sheet-Pan Veggies

These easy roasted vegetables will give your plate a pop of color. Give the cubes of butternut squash a head start for 10 minutes to soften in the oven before adding in the other veggies. The broccoli, peppers and onion are naturally more tender than the butternut squash and cook more quickly. That way everything ends up finishing at the same time.

Ingredients

- 3 cups cubed butternut squash (1-inch)
- 3 tablespoons extra-virgin olive oil, divided
- 4 cups broccoli florets
- 2 red bell peppers, cut into squares
- 1 large red onion, cut into bite-size chunks
- 2 teaspoons Italian seasoning or herbes de Provence
- 1 teaspoon coarse kosher salt
- ¼ teaspoon pepper
- 1 tablespoon best-quality balsamic vinegar

Direction

Preheat oven to 425 degrees F.

Toss squash and 1 tablespoon oil in a large bowl. Spread out on a baking sheet. Roast for 10 minutes.

Meanwhile, toss broccoli, bell peppers, onion, Italian seasoning (or herbes de Provence), salt and pepper in the bowl with the remaining 2 tablespoons olive oil until the vegetables are evenly coated.

Add the squash to the vegetables in the bowl. Toss to combine. Spread the vegetables out on 2 baking sheets, dividing evenly. Roast, stirring once or twice, until the vegetables are tender and browned in spots, 17 to 20 minutes. Drizzle with vinegar.

Nutrition Facts

Serving Size: 1 cup

Per Serving:

98 calories; protein 2g; carbohydrates 11.4g; dietary fiber 2.7g; sugars 3.8g; fat 5.5g; saturated fat 0.8g;

Roasted Eggplant Stuffed with Beef

Print

Nutritional Info

Calories: 336.5
Total Fat: 15.7 g
Cholesterol: 65.9 mg
Sodium: 390.9 mg
Total Carbs: 24.2 g
Dietary Fiber: 8.5 g
Protein: 28.3 g

Minutes to Prepare: 30

Minutes to Cook: 30

Number of Servings: 4

Ingredients

- 2 Eggplants (16 oz each)
- 2 T extra virgin olive oil
- 1/2 large onion
- 1 green bell pepper, chopped
- 2 cloves garlic
- 1 lb extra lean ground beef
- 1 1/2 t dried oregano (or 3 t fresh)
- 1/2 C tomato sauce
- 1/2 C (2 oz) grated parmesan cheese
- 1/4 t salt
- 1/4 t pepper

Add Italian Sausage to Your Baked Ziti.

Directions

-Preheat oven to 400 degrees.

-Pierce eggplants in 2 or 3 places and place on baking sheet. Roast, 20 minutes, turning once or twice until tender. When cool enough to handle, halve lengthwise and scoop out pulp, leaving 1/4" to 1/2" shell. Chop pulp and let drain.

-Meanwhile, heat 1 t of oil in large skillet over medium heat. Add onion and bell pepper and cook, stirring occasionally for 8 minutes. Add garlic and beef and cook for 5 minutes, or until no longer pink. Still in eggplant pulp, oregano, and tomato sauce. Reduce heat to low, and cook for 15 minutes. Stir in 1/4 cup of cheese, salt and pepper.

-Place eggplant shells on baking sheet. Evenly divide beef mixture among the shells. Sprinkle with remaining cheese and drizzle with remaining tablespoon of olive oil. Roast for 15 minutes or until lightly browned on top.

Saffron Scallops

Scallops sautéed with tomatoes, garlic and saffron

Prep Time: 20 minutes

Cooking Time: 25 minutes

Servings: 6

Ingredients:

- 1 Tbs Olive Oil
- 1 lb scallops
- ¼ cup onion, finely chopped
- 2 cloves garlic, chopped
- 3 Tbs sherry
- 2 cups tomatoes, chopped
- ½ tsp paprika
- ½ tsp salt
- ¼ tsp crushed red pepper
- 6 saffron threads

1 cup dry white wine

Directions:

Heat a large skillet over high heat until hot.

Add oil.

Add scallops and cook for 5 minutes, stirring constantly.

Remove scallops from pan and reduce heat to medium-high.

Add onion and garlic to pan, stirring occasionally until tender, about 1 minute.

Add sherry and cook until sherry has been absorbed-about 2 minutes.

Add tomatoes, paprika, salt, red pepper and saffron threads-cook until tomatoes are softened-about 3 minutes.

Add white wine and simmer, uncovered, for 5 minutes.

Return scallops to pan and cook until heated through-about 3 minutes.

Serving suggestions:

Garnish with parsley and serve with brown rice

Note:

Chicken can be used instead of scallops

Nutritional Information per serving:

137 calories; 3g fat; 14g protein; 7g carbohydrate; 1g fiber; 25mg cholesterol; 310mg sodium.

No Sugar Pumpkin Spice Bread

Ingredients

- Nonstick vegetable cooking spray
- 1¼ cups flour
- 1 cup almond flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1½ teaspoons pumpkin pie spice
- ½ teaspoon salt
- ½ cup Truvia Brown sugar replacer
- ½ cup butter, softened
- One, 15 ounce can Libby's pure pumpkin puree
- 1 teaspoon vanilla extract
- 2 large eggs

Instructions

- Preheat oven to 350 degrees. Spray a loaf pan with cooking spray and set aside.
- Combine the flour, almond flour, baking soda, baking powder, spices and salt in a small bowl. Set aside.
- Beat the butter and Truvia on high speed with a hand or stand mixer for 1 to 2 minutes, until light and fluffy.
- Add the pumpkin and vanilla, then beat in eggs, one at a time.
- Add the flour mixture and stir until just combined.
- Spread the batter into the prepared loaf pan and bake until a toothpick inserted near center comes out clean, 45 to 50 minutes. Cool on wire rack for ten minutes then remove from pan and cool completely before slicing.

Helpful Hints:

- Our office is located in the new outpatient surgery center located in **Building 1200 on the 2nd floor in EHT.**
- To reach us, **please call (609) 833-9833.**
- Remember to keep **Hydrated!!!** 64 ounces of non-carbonated sugar free fluids, **water is Best!**
- Reminder to eat your **PROTEIN FIRST!** (65-80 grams a day)
- **Don't forget to follow-up...** schedule your appointments with the dietitian and your physician. The first year we would like to see you every 3 months and then on a yearly basis.
- Preparing for **SURGERY** ?
 1. Don't Miss your **Monthly** weight check! It may lead to delays in surgery if your insurance requires 4 or 6 consecutive month weight checks.
 2. Do not **GAIN** any weight prior to surgery. Your insurance company may deny your approval for surgery.



Happy Holidays!!!

2021 Bariatric Support Group Schedule

Online TEAMS Meetings

Call Access Center for Registration and Web Access: 609-569-1000

Monday 5:30 – 6:15 PM

Date	Topic
July 19	* Eating Breakfast to Start the Day
August 9	* Healthy Snacking & Staying Activity
September 13	* Guest Speaker: Marcel
October 11	* Label Reading
November 1	* Stocking a Healthy Kitchen
December 6	* Self-Monitoring/ Self-Accountability

Monday 10:30– 11:30 AM

July 26	* Good Fats vs Bad Fats
August 23	* Meal Planning
September 27	* Importance of Sleep to Health
October 25	* Portion Control
November 15	* Goal Setting for the Holidays
December	* Happy Holiday! No SG