



Bariatric Support Group

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9 Delicious Carb Substitutes That Are (Almost) as Satisfying as Bread

written by

Kimberly Snyder

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Cutting carbohydrates is a common theme in the wellness community, whether people are steering clear of the macronutrient in order to follow the ketogenic diet, accomplish healthy weight loss, or just because they want to take control of their eating habits and live a healthier lifestyle. No matter the reason, it's the difficulty of doing so that unites all carb-cutting people. I know firsthand.

As someone who is the self-professed carbohydrate queen, avoiding processed carbs is incredibly difficult. At breakfast, I stop myself from buying that muffin alongside my black coffee. At lunch, I crave bread, and at dinner, there's nothing like ordering a big plate of pasta or a gooey slice of pizza (don't even get me started on the possibilities of dessert: cakes, cookies, pastries...).

Clearly, if I followed all of my random cravings, I would not be cultivating a healthy diet, which is why I'm focusing on veggies, fruits, and protein as of late. What I'm learning is that it's possible to eat my favorite dishes with some healthy substitutes. Keep scrolling to see nine carb substitutes that won't leave you desperately craving bread.

First, let's make something clear. Not all carbs are inherently bad. "If you are eating a lot of processed carbohydrates, like store-bought muffins, Danishes, and giant bagels, I would recommend cutting back on those and replacing them with carbs from whole-grain sources such as oats, quinoa, and barley," explains Frances Largeman-Roth, RDN, nutrition expert and author of *Eating in Color*. **"If you exercise, carbs are essential for fueling your workouts, and whole-grain carbohydrates, plus the ones found in fruits and veggies, contain a wealth of essential nutrients, including vitamins and minerals."**

In other words, you shouldn't eliminate all carbs. Like Largeman-Roth says, the ones found in fruits, veggies, and whole grains belong in a balanced diet. Brooke Alpert, RD, NYC-based nutrition expert and author of *The Diet Detox*, agrees that distinguishing the good from the bad is critical. "In my practice and my book, I recommend limiting the amount of starches in order to maintain a healthy diet. **I don't use the word carbohydrate because most people equate carbohydrates with starches, not actual foods that contain carbohydrates,**" she says.

"I've had so many new clients come into my practice and say they are 'low-carb' but then tell me that they eat yogurt, fruit, potatoes, beans, etc. All of those food options contain carbohydrates and are healthy." So instead of limiting carbohydrates, Alpert asks her clients to limit starches like bread, rice, and pasta. "They are incredibly easy to overeat, are low in nutritional value, and often cause blood sugar spikes," she says. "For weight loss, I recommend one serving of a starch at lunch or dinner a day. For weight maintenance, I recommend two servings a day." The good news is that limiting the so-called "bad carbs," or starches as Alpert puts it, doesn't have to be sad, bland, and difficult. If you only make a couple of swaps, you can eat delicious foods that are also healthy.

Substitute Bread With Eggplant and Zucchini

Oprah wasn't the first one to exclaim "I love bread!" In fact, it's probably the most popular high-carb food craving out there. Some of the most popular bread substitutes are eggplant and zucchini. Simply cut it into round slices; lay it on a baking sheet with olive oil, herbs, and spices; and bake it. It's warm, dense, and delicious. Some people even add toppings like shredded cheese, tomatoes, or capers to make a healthier version of bruschetta. One word: yum.

Substitute Bread With Cauliflower Bread

Another option for all the bread lovers out there is to purchase a pre-made cauliflower bread. This is particularly fitting for people in a rush (which is me, always). There's no downtime or preparation required. You take it out of the packaging and use it. It's as simple as that. Alpert recommends the brand Outer Aisle Gourmet. "They have amazing cauliflower bread," she says. "It's perfect for a breakfast sandwich." The best part is that you can order it online.

Substitute Bread With Portobello Mushrooms

If it's a sandwich you're after, and eggplant or zucchini just won't do, try using Portobello mushrooms. This is one of the most beloved bread swaps on the internet. Portobello mushrooms are large—roughly the same size as a piece of bread—which is why they're perfect for keeping everything together (unlike an open-faced sandwich). They taste good too, especially when grilled if I do say so myself.

Substitute Tortillas With Lettuce Wraps

Here's another popular carb substitute for you. Instead of using traditional tortillas for tacos or wraps, do away with them completely and opt for fresh lettuce instead. I know this sounds unexciting, but it's surprisingly easy and delicious. It can go beyond a simple wrap, too. They can even be used to make homemade spring rolls or chicken lettuce wraps.

Substitute Pasta With Zucchini Noodles

Like I mentioned before, pasta is one of my biggest vices (you try denying a steaming bowl of puttanesca at a dinner party). There is an alternative, though, in the form of zucchini noodles, or zoodles as they're colloquially called. They're just like they sound: thin ribbons of zucchini tossed in a sauce to mimic the taste of flour pasta but without so much starch.

Substitute Rice With Cauliflower Rice

For all your rice cravings, try using cauliflower as an alternative. If you haven't tried this before, it might sound a little weird, but it's delicious. I promise. "I love cauliflower rice and like to have a big bowl of it with a nice portion of protein on top," Alpert says. "I keep organic frozen rice cauliflower in the freezer at all times because it is so convenient and filling." It's available pretty much everywhere now. I like to get mine from Trader Joe's.

Substitute Pasta With Spaghetti Squash

There's a reason it's called spaghetti squash, right? Online recipes abound for this one, but my favorite ones are the simplest ones. Shredded squash underneath a blanket of marinara sauce. Add some Parmesan cheese if you like. It's so simple and so good.

Substitute Pizza Crust With Cauliflower Crust

This one's pretty self-explanatory, but it's worth noting nonetheless. Personally, this is my favorite way to substitute carbs. I can make it myself, or I can buy pre-made cauliflower crust from the grocery store. I normally do the latter (blame my laziness). Either way, it's delicious and an easy alternative to the traditional starchy flour crusts of yore.

Substitute Toast With Sweet Potato

This unique and genius bread alternative comes courtesy of Largeman-Roth. "If you're trying to replace processed carbs, like hamburger buns, with healthier foods, that's great. I like making little toasts out of sweet potatoes. Just slice the sweet potato into rounds, brush with olive oil or ghee and bake at 400°F for about 20 minutes. You can then top them with anything you'd usually put on toast, such as nut butter, cottage cheese, or avocado."

Satisfy Starch Cravings with Healthy Alternatives

When craving starchy, gooey comfort foods! Try looking up recipes to some of the ideas listed below. All the dishes below are healthy hacks that can keep your carb cravings at bay without leaving you feel cheated! Your family will also be surprised at how good eating healthy can taste.

Craving Mashed Potatoes

1. Mashed Cauliflower
2. Mashed Butternut and Cauliflower
3. Cheesy Mashed White Beans

FRIES: Oven or Air Fryer

1. Baked Yucca Fries
2. Baked Jicama Fries
3. Veggie Fries
4. Oven Baked Green Bean Fries
5. Butternut Fries
6. Parmesan Eggplant Fries

Pasta-Less Dishes

1. Spaghetti Squash Pasta
2. Spiralizer Sweet Potato and Butternut Squash into Noodles

Practicing Grace in the Midst of All the Gratitude

Tips for thriving during the upcoming holiday season

Written By: Meghan Lóser, 4th Year Medical Student, Geisinger Commonwealth School of Medicine, 10/30/20

The holiday season brings with it a myriad of emotions. For some, it is a joyous time filled with excitement as the much-anticipated holiday cheer finally arrives. For others, it is an emotionally taxing couple of months filled with reminders of loved ones who have been lost over the years. For many, it is a blood-pressure-raising, hair-pulling, stress-filled season full of to-do lists and shopping lists. For Bariatric patients, the holidays may yield any of the above scenarios, and then some. The holiday season in the U.S. is centered on food. We gather around the table to say our thanks and share a feast that leaves us feeling uncomfortably full of potatoes and stuffing and pie. We consume a Christmas Eve roast beef and set out trays of cookies for Santa. Or we light the menorah and enjoy latkes (potato pancakes) and sufganiyot (fried jam-filled donuts). Or we join together for a traditional African feast (Karamu) in celebration of Kwanzaa. And just when we think we've made it through, January comes knocking with alcohol and more treats and promises to start the New Year fresh with a healthy diet and a vigorous work-out regimen. No matter the tradition, food inevitably takes center stage. For anyone who is trying to lose weight, it is no wonder the holiday season may seem daunting and overwhelming. If this is you, you are most certainly not alone in feeling this way. So, how do we survive this season?

I have come up with a list of six tips to help you thrive over the next few months of feasts and festivities. Here we go...

Tip #1: Shift the Focus. I just finished listing off all the many ways in which we focus on food during the holidays. So...what better way to combat that than to adjust that focus? I'm not saying food has to disappear altogether, because that is simply unrealistic. However, you can take away some of its power over your holiday season by shifting the focus to something else. For instance, when your family gets together for Thanksgiving dinner, plan to follow dinner with a game night to distract everyone from overindulging in the meal; some of my favorites (that don't require you to spend any money!) are Heads Up, Fishbowl, and of course the classic Pictionary (see the resources at the end for helpful links). If you celebrate Christmas, try incorporating activities such as gift-wrapping, making/hanging decorations, or watching Christmas classics. Whenever you know that large amounts of food and temptation will be involved, plan to have an alternate activity to which you can shift your focus.

Tip #2: Mindful Eating. What is that?! Basically, mindful eating involves slowing down and truly appreciating each bite of food. Remember, the brain lags behind the stomach in recognizing when we're full. It can take the brain 20 minutes to register that the stomach is full; if we are rushing through our meal, we're already overstuffing our stomach with second or third helpings by the time those 20 minutes are up. The solution to that is to slow down. Take small bites and chew thoroughly. Focus on every flavor you can taste. Allow yourself to really enjoy each bite you put into your mouth. If you want to learn more about mindful eating, check out the resources below.

Tip #3: Meditation. There are many different types of meditation. Most forms focus on breathing and body awareness. Meditation doesn't work for everyone, but if it works for you, it can be a great way to calm your mind and re-center yourself in the midst of this holiday season.

There are lots of free apps that you can try for guided meditation. Or, you can practice meditation by simply taking a few minutes by yourself to do some deep breathing whenever you sense that you're feeling overwhelmed, tempted, or out-of-balance. Don't be afraid to explore different options to find what works best for you.

Tip #4: Healthy Recipes. Like I said, there's no way we're completely eliminating food from the holidays. So, why not try out some new, healthier recipes to replace some of those foods? If you use Pinterest (or even just Google), there is an endless compilation of recipes that cut down on unnecessary fats, carbs, and calories. Spend a little time exploring the options; you may even discover some new favorite dishes to add to your traditions! And you'll be surprised; often, the "healthy" and "unhealthy" dishes are nearly indistinguishable in taste. I encourage you to try swapping out even just one of your usual recipes for a healthier replacement this year.

Tip #5: Support. From the very beginning of your Bariatric journey, we have been emphasizing the importance of a support system. This life-transforming path that you have chosen to take is far from easy. As I'm sure you already know, there are continuous obstacles along the way. No one is perfect, and everyone struggles at one point or another. The important thing is that you have a support system in place to help you get back up in those times when you falter. Whatever your support system looks like – whether it's your significant other, your parents, your siblings, your children, your coworkers, your neighbor – whomever it may be, keep them involved! Have an honest conversation with them as the holiday season approaches. Let them know your fears and concerns. Make a game-plan together, and ask them to hold you accountable. Whatever support system you chose, you chose them for a reason. Lean on them, and let them help you succeed!

Tip #6: Manage Expectations and Give Yourself Some GRACE. I cannot emphasize enough the importance of this final tip. At all times, not just during the holidays, but throughout your entire weight loss journey, be gracious with yourself. As humans, we all are truly our own worst critics. Actively remind yourself that you are doing your best, and that that is more than enough. Not every day is going to be a success; some days you will fail, and that's okay!! It's okay, as long as you are able to give yourself some grace and then try again the next day. Be realistic about your expectations for yourself this season. Don't expect yourself to run five miles every day or to always achieve your daily calorie goal. Set small daily goals for yourself, and focus on feeling proud when you succeed in those goals, rather than feeling guilty when you fail at unrealistic goals. Write down your successes, and look back on them to remind yourself of all that you've achieved. Every day, wake up and choose to love yourself.

This year, it's time to put yourself and your health first. Make yourself a priority, and do what is best for YOU! Have fun exploring all of these new ways to thrive this season, and Happy Holidays!

Helpful Resources

Games to try:

Heads Up free app: https://play.google.com/store/apps/details?id=com.wb.headsup&hl=en_US&gl=US

Fishbowl: <https://funattic.com/how-to-play-fishbowl-game/>

Mindful eating:

<https://www.mindful.org/6-ways-practice-mindful-eating/>

<https://www.health.harvard.edu/staying-healthy/8-steps-to-mindful-eating>

Meditation free apps:

Mindfulness: <https://apps.apple.com/us/app/mindfulness/id1467213450>

Unwind: <https://apps.apple.com/us/app/unwinding-anxiety/id1247855111>

Relax Now: <https://apps.apple.com/us/app/relax-now-hypnosis-meditation/id415093712>

Tips Towards Weight Regain or Stales in Weight Loss Goals

By Debbie Gullo MSN, RN, CBN 10/2020

Weight regain or a Stale in weight loss can be discouraging with the months that are ahead of US! With a little motivation and support you can regain control. Having setbacks during the weight loss journey is common. Whether you've hit a plateau or had some regain, you can get inspired towards recapturing a positive mind set. Don't be too hard on yourself, you are not alone in the battle. Skills to help get back on track.

Weight loss Stales

It's normal to hit a plateau during your weight loss journey. It is different for everyone with many contributing factors so Do Not compare your journey to another person.

Tips to Review:

- Reduce portion sizes along with decreasing calories through healthier foods. Caloric intake should be between 1200-1500 calories to lose or maintain weight depending on height and sex. Try reducing your daily intake by 200 calories, making sure to get in 65-80 grams of protein a day and not going below 1200 calories.
- Journal your food, vitamins, water, and activity: This will help you to evaluate your snacking, portion sizes, food choices, daily activity/ exercise and/or lack of nutrients and minerals. For extra nutritional counseling, support, and guidance you can schedule an appointment with a dietitian.
- Start or increase your daily exercise time by 15 minutes along with intensity as you progress. Nothing wrong with starting low and slow. You have to start somewhere!
- Don't make all goals weight related. Look at other accomplishments that have been achieved: Fitting into an old pair of jeans, climbing the stairs without being short of breath, having energy to keep up with the kids, rings fitting, etc... You get the idea!

Get back into your program values. Set realistic weight and goals for yourself. We often tend to set ourselves up for failure with unrealistic challenges. Weight lost is still a win no matter what the number on the scale dictates. Don't minimize the goals you have achieved!

Coping with setbacks

Weight regain or staled weight loss can occur if old behaviors return. Relapses into old behaviors can become discouraging or difficult to get yourself mentally back on track. Creating a plan of action and setting goals can help you to regain control in your weight loss journey.

Tips that can help you to regain control:

- **Negative thoughts can be overwhelming:** Every day is a new start, don't let one bad day or moment consume you. Change your frame of mind to positive thinking and life's challenges won't be so overwhelming. As they say... "Take it one day at a time"
- **Transformation in small steps:** Life style changes are a transformation of life and happens over a period of time..."One small step at a time equals change"

- **Ask for support:** Accepting support from family and friends isn't a sign of weakness. Losing weight is not an easy challenge and is a valid struggle for so many. Find someone that may also be trying to lose weight and hold each other accountable! You have a higher chance of success if you are held accountable. Another strategy can be to hold a challenge amongst friends or co-workers. We are competitive by nature and it could be fun.
- **Create a strategy:** Clearly identify the problem and then create a list of possible solutions. If your plan isn't work then modify it until you find a plan that works for you. Especially with the Holidays quickly approaching! Having a plan of strategy during holiday gatherings will help to keep you in control.
- **Work out your stress with exercise:** Exercise is not an evil word or a form of punishment...If you give it a chance you will find that it elevates your mood and decreases hunger. The frustrations of life along with the scale not moving can cause a lot of added stress increasing cortisol levels. If you are consistent with a workout plan, 30-45 minutes a day 5 days a week, you will see a change, mentally and physically. There are many ways to exercise, it doesn't always have to be within a gym or class setting. Try something new that you have always found interesting but haven't been adventurous enough to try. Find an activity that is fun! If you find it's not fun for you then find another activity.
- **Commit to having goals:** Review your goals and make sure that they are realistic and fit within your daily life activities. Make a list of small goals that lead to a large goal, this will keep you from getting frustrated or derailed from your end goal. Keep in mind your goals may change along the way or need to be re-evaluated during your journey to a healthier life. There are no defined paths... you are an individual who must create a path that makes you happy and works for you!

Although weight regain or staled weight loss can be disappointing, we can always learn from our past mistakes. Evaluate why or what may have caused you to relapse into poor life style choices. What can be changed to re-engage those healthy life style habits you lost sight of? Most importantly, Commit to YOUR Health & Wellbeing!

The Holidays.....

By Marcel Tabone 11/2020

The gift or better, the blessing to maintain a positive outlook on life, no matter what the situation, is one of the keys to stay healthy: mentally, physical, psychologically and spiritually. One reason, if not the core reason, someone considers and make a decision to have bariatric surgery is the hope of better health, cleaner life, increase physical activity and giving oneself a chance to build on what is already good to make it better and healthier.

So, yes we are in the middle of a pandemic... and yes, unfortunately there seems to be an increase in cases... and yes, the Holidays are here... but there is also a yes, that you want to stay healthy, stay positive, stay purposeful, stay safe and open to enjoy the Holidays in a **safe, positive** and **healthy** ways. Here are some suggestions that may be of help keeping us on track with self-care in every way during this years' unique Holiday experience....

- Stick around people who are **positive, supportive** and **kind**....
- **Cherish** the gift of family relationships and friendships.... That, after all is the real gift/s ...
- Stay away from alcohol and see and **feel real joy** – and some healthy anxiety – when you are in the company of family and friends...
- **Enjoy** the food and the cooking... eating in a **mindful** way...**appreciate** the food... those who cooked it... think of all those who had something to do with making food possible from the farmer...to the truck driver....to the attendant at the grocery store...
- Be flexible with your schedule making sure of making time for yourself... you **deserve** that...
- Engage in **positive conversations, kindnesses** .stay away from gossip, from thorny subjects...
- Leave the gathering **better** than you arrived... **leave blessings** with those you were hanging out with...
- Set **healthy** psychological and emotional boundaries (**Psychological limits** define personal dignity. **Emotional boundaries** involve separating your feelings from another's feelings.)
- Good reading from Obesity Help: <https://www.obesityhelp.com/articles/happy-healthy-holidays-with-bariatric-surgery-support/>

Enjoy a Safe, Happy and Healthy Holidays!



Holiday Recipes



Pumpkin Spice Protein Shake

Ready in 5 minutes

Ingredients

- 1 cup of unsweetened vanilla almond milk
- ¼ cup pumpkin puree
- 1 scoop vanilla protein powder
- ½ tsp. vanilla extract
- 1 tsp. pumpkin spice
 - If you do not have pumpkin spice, combine a pinch of nutmeg, a pinch of cinnamon, a pinch of ground clove, and a pinch of ground ginger.

Directions

1. Combine all ingredients in a blender. Blend until all ingredients are well-mixed.
2. Pour into a cup or mug with some cup of ice and enjoy. Can also be served warmed but temperature most not exceed 140 degrees F (texture of protein may be affected).

Nutrition (may vary depending on choice of protein powder): Per serving using UNJURY® Vanilla Protein Powder = 160 calories, 3 grams fat, 0 grams saturated fat, <5 mg cholesterol, 175 mg sodium, 10 grams carbohydrate, 2 grams fiber, 6 grams sugar, 22 grams protein.

Caramel Apple Protein Shake (serves 1)



Ready in 5 minutes

Ingredients

- 1 scoop vanilla protein powder
- ¼ cup unsweetened applesauce
- ½ tsp. caramel extract
- ½ tsp. pumpkin spice
- 1 cup unsweetened almond milk
- ¼ tsp. stevia
- 1/8 tsp. ground cinnamon

Directions

1. Combine all ingredients in a blender. Blend until all ingredients are well-mixed.
2. Pour into a cup or mug with some cup of ice and enjoy. Can also be served warmed but temperature most not exceed 140 degrees F (texture of protein may be affected).

Nutrition (may vary depending on choice of protein powder): Per serving using UNJURY® Vanilla Protein Powder = 165 calories, 3 grams fat, 0 grams saturated fat, <5 mg cholesterol, 235 mg sodium, 12 grams carbohydrate, 2 grams fiber, 9 grams sugar, 22 grams protein.

Cauliflower Stuffing (serves 6)

Prep time: 15 minutes/ Ready in: 40 minutes

Ingredients

- 3 Tbsp. olive oil
- 1 onion, chopped
- 2 large carrots, peeled and chopped
- 2 celery stalks, chopped or thinly sliced
- 1 small head of cauliflower, chopped
- 8 oz. baby bell mushrooms, chopped
- Freshly ground black pepper
- ¼ cup freshly chopped parsley
- 2 Tbsp. freshly chopped rosemary
- 1 Tbsp. freshly chopped sage (or 1 tsp. ground sage)
- ½ cup low sodium vegetable or chicken broth

Directions

1. In a large skillet over medium heat, heat oil. Add onion, carrot, and celery and sauté until soft (7 – 8 minutes).
2. Add cauliflower and mushrooms and season with pepper. Cook until tender (8 – 10 minutes more).
3. Add parsley, rosemary, and sage. Stir until combined. Pour over broth and cook until totally tender and liquid is absorbed (10 minutes).

Nutrition (may vary): Per serving = 100 calories, 7 grams fat, 1 g saturated fat, 0 mg cholesterol, 45 mg sodium, 6 grams carbohydrates, 2 grams fiber, 3 grams sugar, 2 grams protein.

Source: Funston L. Best Cauliflower Stuffing – How to Make Low-Carb Cauliflower Stuffing. Delish Website. <https://www.delish.com/cooking/recipe-ideas/a50127/cauliflower-stuffing-recipe/>. Published November 19, 2018. Accessed October 8, 2019. **Recipe has been altered from the original recipe. **

Mashed Cauliflower (serves 6)

Prep time: 10 – 15 minutes/ cook time: 10 minutes/ Ready in: 30 minutes



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Ingredients

- 1 medium head of cauliflower
- 3 oz. low fat cream cheese
- 3 Tbsp. skim or 1% milk
- Kosher salt
- Ground Black Pepper
- 1 tsp. whipped butter

Directions

1. Bring large pot of water to boil. Add cauliflower florets and cook until tender (about 10 minutes). Drain well, pressing with paper towels, or a clean dishtowel to remove as much excess water as possible.
2. Return to pot and mash cauliflower with a potato masher until smooth and no large chunks remain.
3. Stir in cream cheese, whipped butter, and milk. Season with salt and pepper. Mash until completely combined and creamy. Measure and scoop out into 6 servings and serve warm.

Nutrition (may vary): Per serving = 110 calories, 6 g fat, 3 g saturated fat, 19 mg cholesterol, 167 mg sodium, 6 g carbohydrate, 0 g fiber, 5 g sugar, 5 g protein.

Sources: Mashed Cauliflower Recipe. Delish Website. <https://www.delish.com/cooking/recipe-ideas/recipes/a50786/mashed-cauliflower-recipe/>. Published June 26, 2019. Accessed November 13, 2019.

Oven Roasted Beets, Carrots, and Onions (serves 6)



Ready in 45 minutes

Ingredients

- 3 large beets, peeled and cut into chunks
- 3 large carrots, peeled and cut into chunks
- 2 red onions, cut into wedges
- 3 Tbsp. apple cider vinegar
- Ground black pepper to taste

Directions

1. Preheat oven to 400 degrees F.
2. Combine beets, carrots, and onions in a casserole dish. Pour vinegar over the vegetables and season with pepper. Cover the dish with aluminum foil.
3. Bake in the preheated oven until vegetables are tender (about 40 minutes). Serve warm.
4. Garnish with fresh parsley if desired.

Nutrition (may vary): Per serving = 50 calories, 0 grams fat, 0 grams saturated fat, 0 mg cholesterol, 11 grams carbohydrate, 3 grams fiber, 6 grams sugar, 1 gram protein.

Source: Purple Beet, Carrot, and Onion Medley. All Recipes Website. July 26, 2019.

No Crust Pumpkin Pie (serves 8)

Prep time: 10 minutes/ cook time: 25 – 40 minutes/ ready in 40 – 45 minutes



Ingredients

- 1 (15 oz.) can of pumpkin puree
- 2/3 cup granulated Splenda
- ½ tsp. salt
- 1 tsp. cinnamon
- ½ tsp. ground ginger
- ¼ tsp. ground cloves
- ½ cup egg substitute
- 1 (12 oz.) can evaporated skim milk

Directions

1. Preheat oven to 350 degrees F.
2. Mix pumpkin, Splenda, cinnamon, ginger, and cloves in a large bowl.
3. Beat in egg substitute.
4. Gradually stir in evaporated milk.
5. Pour mixture into a glass or ceramic baking dish. Bake until done (insert knife in center – done when knife comes out clean) – approximately 25 – 40 minutes.
6. Cool on a wire rack.
7. Serve slightly warm or room temperature.

Nutrition (may vary): Per serving = 70 calories, 0 grams fat, 0 grams saturated fat, 0 mg cholesterol, 77 mg sodium, 13 grams carbohydrate, 1 gram fiber, 8 grams sugar, 5 grams protein.

Source: No Pie, Pumpkin Pie. Bariatric Eating website. <https://www.bariatriceating.com/2015/10/no-pie-pumpkin-pie/>. Accessed October 22, 2018.

Low Fat Turkey Gravy

By Mayo Clinic Staff

Number of servings

Serves 10

Low Fat

Low Sodium

Ingredients

4 cups (32 fluid ounces) unsalted turkey stock, divided

2 tablespoons chopped fresh sage

2 tablespoons chopped fresh thyme

1 cup (8 fluid ounces) skim milk

1/4 cup cornstarch

Directions

After you roast the turkey, place the roasting pan on the stovetop over medium heat. Add 2 cups of turkey stock to the pan and stir about 5 minutes or until the drippings and browned bits from bottom dissolve.

Place a strainer over a fat separator cup. Pour pan drippings through strainer. Add enough stock to the drippings to make 4 cups total.

If you don't have a fat separator cup, you can remove fat from drippings by adding several ice cubes to the liquid and placing it in the freezer for 10 minutes. Remove hardened fat with a spoon and place stock into a saucepan. You should have about 4 cups of liquid.

Place the saucepan on the stovetop over medium heat and bring to a simmer. Add the sage and thyme. Continue to simmer until the stock is reduced by one-fourth, or until about 3 cups of stock remain.

Pour milk into a small bowl. Add cornstarch and stir to mix evenly. Slowly pour milk mixture into the simmering stock, stirring slowly. Bring sauce to a boil and continue to stir until stock thickens and has a nice shine, about 3 to 5 minutes.

Pour gravy into warmed gravy boat and serve.

Low Fat Turkey Gravy

Nutritional analysis per serving

Serving size: About 1/2 cup

Calories 28

Total fat Trace

Saturated fat Trace

Trans fat 0 g

Monounsaturated fat Trace

Cholesterol 1 mg

Sodium 15 mg

Total carbohydrate 6 g

Dietary fiber Trace

Total sugars 2 g

Added sugars 0 g

Protein 1 g

Helpful Hints:

- **ZOOM Support Group Meetings to start! Look to the website soon for details.**
- Our office has moved to the new outpatient surgery center located in **Building 1200 on the 2nd floor in EHT.**
- Due to our move, we have a new phone number. To reach us, **please call (609) 833-9833.**
- The Holidays are coming! Monitor those sugary sweet holiday drinks at all the family, friends, and holiday parties. 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.