

AtlantiCare

REGIONAL MEDICAL CENTER

The Center for Surgical Weight Loss & Wellness

Bariatric Support Group

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Stock a Healthy Kitchen

Written By: Stacy Simon August 27, 2019



Eating healthy meals at home helps you cut down on fat, salt, and sugar and saves money, too. According to Colleen Doyle, the American Cancer Society's managing director of Nutrition and Physical Activity, 33% of calories we consume come from restaurant food, and 43% of our total food budget is spent on eating out.

Our busy lives can make it hard to find the time to make quick, healthy, and delicious meals. Keep easy to prepare ingredients on hand that can help you make smart eating choices even when time is short.

In the pantry

Grains:

- Oatmeal and other whole-grain cereals
- Brown and long-grain rice
- Whole-wheat spaghetti, fettuccini, penne pasta, bowtie pasta
- Bulgur, quinoa, couscous, orzo, cornmeal: and whole-wheat bread, crackers, and bread crumbs

Vegetables and fruits:

- Onions, garlic, potatoes
- Black, pinto, and kidney beans, chick peas, lentils
- Canned tomatoes, including diced, whole, seasoned, sun-dried, sauce, paste
- Canned vegetables, including green beans, mushrooms, mixed veggies, and other favorites
- Canned and dried fruits, including applesauce, cranberries, and other favorites

In the refrigerator

- Fresh vegetables, fruits, 100% vegetable and fruit juices
- Nonfat or low-fat milk, yogurt (low in added sugar), reduced-fat cheeses
- Fresh poultry, seafood, tofu
- Eggs
- Whole-wheat and corn tortillas
- Minced garlic
- Sauces, including Worcestershire, soy, teriyaki, and chili
- Ketchup and mustard
- Vinegars, including cider, red and white wine; balsamic
- Fresh herbs

In the freezer

- Frozen vegetables, fruits, and 100% juices
- Frozen chopped onion and chopped green pepper
- Breads, including whole-grain breads, dinner rolls, English muffins, bagels
- Chicken and turkey
- Seafood, including red snapper, salmon, orange roughy, cod, flounder, sole, shrimp, scallops
- Nuts and seeds (they freeze well, and last longer)

Better Basics: 14 + Essentials for a Healthy Pantry

With a well-stocked pantry, healthy and delicious meals are always within easy reach.

1. **Whole grains:** Oats, barley, wheat berries, bulgur wheat, farro, freekeh and more are the basis of breakfast porridges, grain salads, and delicious side dishes. Rice is a whole category to itself, but if you are looking for the most nutritional variety, stick with brown, which offers more fiber than other varieties, including basmati, jasmine, Arborio (for risotto) and sushi rice (the starchiest). Though technically not a grain, quinoa is used that way and is available in white, black or red varieties. Buy grains in bulk when possible to save money and ensure freshness.
2. **Beans and legumes:** Beans and lentils add heft to soups, stews, salads, casseroles, you name it. Dried beans make economical options, but it's hard to beat the convenience of canned beans. Look for no-salt or low-sodium varieties, preferably in non-BPA cans. Chickpeas, kidney beans, black beans, pinto beans, black-eyed peas, soybeans and lima beans are all fairly easy to find. When it comes to quick-cooking lentils (no soaking required), stick to dried; you'll find many varieties to choose from, including regular brown, tiny green (dePuy), black and red lentils, as well as similar yellow split peas.
3. **Heart-healthy oils:** Extra-virgin olive oil is an excellent all-purpose oil. Neutral-tasting oils such as safflower, sunflower, grapeseed, and canola are your go-to oils for high-temperature cooking and also in baking. Dark sesame oil and nut oils lend flavor.
4. **Vinegars:** Red wine, white wine, and champagne vinegars are the workhorses of the kitchen, while cider, sherry vinegar and balsamic have more pronounced flavors. Use them in vinaigrettes and other salad dressings, dips and spreads, really anytime you need a kick, including in certain dessert recipes. Lemon juice serves the same purpose.
5. **Canned fish:** Anchovies, tuna, sardines and mackerel are all protein-rich additions to salads, spreads, sandwiches, pizzas, pastas and more. Watch the sodium count and buy those that are packed in water or extra-virgin olive oil. Salt-packed anchovies can be rinsed off, leaving them less salty than those packed in oil.
6. **Nuts and seeds:** Almonds, walnuts, and pecans make healthy snacks out of hand or can be sprinkled on salads, added to homemade granola and muesli or baked into muffins or other wholesome treats. Same goes for pumpkin seeds, sunflower seeds, hemp seeds, chia seeds, flax seeds and sesame seeds. Nut and seed butters are also worth keeping around for sandwich spreads and also using in cooking (think Asian noodles).
7. **Canned tomatoes:** With even more lycopene than fresh tomatoes, canned tomatoes are an excellent year-round option. They're also a must for making lusty tomato sauces to toss with pasta, spread over pizza dough or to accompany meats and vegetables in a range of dishes. Canned tomatoes are also used in soups and stews. As with all canned goods, read the label for sodium counts. The less processed the tomatoes, the better the quality of the tomatoes; choose whole peeled tomatoes over crushed unless you trust the brand. Tomato paste is a shortcut to depth of flavor and body; avoid store-bought tomato sauces, which often contain added sugar (and flavorings).
8. **Whole-grain pasta and noodles:** Whole-wheat pasta has more fiber and less starch than that made with white flour, and you can also find brands that supplement pasta with protein. When choosing Asian noodles, stick with soba that's made with 100 percent buckwheat and brown-rice noodles. Not all gluten-free pasta is the same; for the best bet, buy pasta made from lentils, quinoa or brown rice (and skip the kinds made from corn or white rice).
9. **Broth:** Low-sodium chicken or vegetable broth can be purchased in cartons, making them convenient for storing in the fridge once opened

10. Seasonings: These go a long way to building flavor, instead of relying on salt and fat. Make coarse or sea salt and whole peppercorns that can be freshly ground your default seasonings. While fresh herbs are always the best option flavor wise, certain dried herbs like bay leaves, dried oregano, crumbled sage and thyme are convenient throughout the year. Cayenne and other chile powders add fiery kicks, while cinnamon, cloves, allspice, nutmeg, coriander and ground ginger can be used in sweet and savory cooking, as can fennel seeds and anise seeds. Cumin, paprika, mustard seeds, curry powder, turmeric, saffron, sumac and regional blends like ras el hand out and za'atar make it possible to cook a range of ethnic dishes. Pure vanilla extract (or whole vanilla beans) is naturally sweet and fragrant and can be stirred into plain yogurt (rather than buying the sweetened products) and baked into all kinds of wholesome sweets.

11. Natural sweeteners: Honey and maple syrup are better options than refined sugar, as is coconut sugar, raw (turbinado) sugar and dark-brown sugar. Because these are all flavorful, to begin with, you can get away with using less than white sugar, too. Stevia and sugar alcohols like xylitol are also sweeter than regular sugar and they don't actually contain any sugars.

12. Wholesome flours: White flour has less fiber and nutrients than flours made with whole grains, including whole wheat, rye, oat, and buckwheat. You can also use nut flours like almond flour, and hazelnut meal in place of grain flours. Coconut flour is yet another healthy option.

13. Condiments: Mustards (Dijon and grainy) are essential for vinaigrettes and some sauces, and makes a low-fat dip or sandwich spread on its own. Asian fish sauce, miso, chile sauce, low-sodium soy sauce (preferably tamari), curry paste and Worcestershire sauce all add tons of flavor and no fat (but watch the sodium!).

14. Storage vegetables: Garlic, shallots, and white or yellow onions can all be kept in a cupboard or other dark, dry place and used to build flavor into practically any savory preparation, from vinaigrettes to warming stews.

Refrigerator Staples

Pick up these perishable items as needed to round out the pantry basics, above. Always buy organic eggs, poultry, meat and dairy products when possible, as these will be raised without hormones and antibiotics.

Lean Proteins

- Eggs: It's worth paying more for eggs that are pasture-raised or at least free-range; you can now find eggs that are rich in omega-3 fatty acids (among other nutrients), too.
- Fish and seafood: Wild salmon, tuna, and trout are all rich in heart-healthy fatty acids, as are shrimp and oysters. Other sustainable fish such as halibut, cod, red snapper, grouper, and flounder are other good options.

- Chicken and turkey: The breast meat is much lower in saturated fat and calories than dark meat. You can also buy ground turkey instead of beef for making burgers, chili and meat sauces, and sausages made from turkey or chicken rather than pork. Watch out for cooked cold cuts, which can be high in sodium and contain additives. Better to buy fresh poultry and cook it yourself.
- Beef and other meats: Eaten in moderation, beef, lamb, pork, and veal can be included in a healthy diet. Opt for leaner cuts, like flank steak rather than a well-marbled rib eye and ground sirloin instead of chuck. Pork tenderloin is very lean, too.

Tofu: Water-packed tofu is available in silken, firm and extra-firm varieties, depending on what you plan to use it in. Silken tofu is a great way to add protein to smoothies, while extra-firm tofu holds up well when broiling or grilling. Firm tofu is good for stir-frying and dicing and adding to salads or sandwiches.

Dairy

- Plain yogurt and/or kefir
- Low-fat or skim milk
- Unsweetened soy milk, almond milk or other non-dairy milk
- Unsalted cultured butter
- Low-fat cottage cheese

Fresh Fruits and Vegetables

- Shop seasonally: In general, buy whatever is in season, when it's in season, as the flavor and nutritional quality of these fruits and vegetables will be at their best. If it's not in season, you can buy certain types of frozen fruit or vegetables (if you want the antioxidants of berries or the convenience of frozen peas, spinach, and edamame, for instance); because they are flash-frozen at their peak, frozen fruits and vegetables have been shown to retain all or most of the nutrients as when just harvested.
- Buy organic: Whenever possible, it pays to purchase fresh produce that has been grown without harmful pesticides.
- Eat the rainbow: Color can be an indication of the specific nutrients in a fruit or vegetable, so eat a variety to make sure you are getting the full spectrum of nutrients. Think red berries, cherries, ruby red grapefruit, beets, red peppers and potatoes, rhubarb and tomatoes; oranges, cantaloupe, carrots, peaches, yellow and orange peppers, sweet potatoes and winter squash; kale, spinach, collards, arugula and other greens, plus broccoli, green beans, brussels sprouts (among so many more); blueberries, blackberries, Concord grapes and purple carrots, potatoes and peppers. Don't overlook white and brown vegetables, too, including cauliflower, pears, kohlrabi, mushrooms, onions, parsnips, and white potatoes.

10 Essential Kitchen Gadgets that Can Help You Be Successful!

Your weight loss journey begins with having all of the right food and tools in your kitchen. You are ready to jumpstart your weight loss journey and make permanent changes to your lifestyle that will help you lose the weight and keep it off for good! One of the biggest hurdles individuals face during their weight loss journey is having convenient access to healthy food options. Life is busy and no one has time to spend hours preparing healthy meals. How do you combat this problem? The answer is to prepare and stock your kitchen with the tools to make achieving weight loss and maintaining a healthy lifestyle easy. In addition to replacing processed and junk foods with healthier options, it is also important to have the right tools on hand to prepare healthy, fulfilling, and delicious meals. Let's take a look at 10 essential kitchen gadgets that will set you up for success on your weight loss journey.

KITCHEN SCALE

Weight loss is a matter of science. Your calories consumed must be less than the calories you burn. Most people consume larger than necessary portions of food. Portion control is one of the first hurdles that will need to be conquered. A digital scale in the kitchen is a must to ensure proper portion control. It is hard to guess a food's weight, by 'eyeballing' it. Using a scale to weigh your food will help you prepare the proper size portions of food and accurately keep up with the number of calories you are consuming.

MEASURING CUPS AND SPOONS

Stocking your kitchen with easy to use sets of measuring cups and spoons compliments your kitchen scale, in that measuring your food helps you keep an accurate tally of calories consumed. Every food product has a label that tells the consumer the portion size and nutrient information per serving. You would be amazed at how many calories you will save yourself by taking the time to measure your food.

SMALL DISHWARE

Eating off of smaller plates and bowls is a great way to trick your mind into feeling like you are consuming more food than you actually are. It also reduces the temptation to add more food to the empty space on larger plates. Another little helpful tip is to put away all of the food once you

AIR FRYER

Just the word fryer may make you think that this piece of equipment has no business on this list. Hold that thought. Air Fryers work much like a convection oven and have the ability to cook entire meals with very little oil. Enjoy sweet potato and traditional fries with fewer calories than fries at a restaurant. You can also fry vegetables with ease as well. This offers an alternative to steaming vegetables and allows you to fill up on flavorful, high fiber foods. With an air fryer, you can cook wholesome delicious meals that aren't saturated in oil. There's no need to deprive yourself of your favorite fried foods.

PRESSURE COOKER

A pressure cooker is versatile and can be used to prep a meal in the morning, leave it all day, and come home to a perfectly cooked dinner. However, a pressure cooker is known for cooking foods like veggies in only 4 to 7 minutes. This is great when you're in a time crunch and need a meal or snack prepared quickly. With this handy tool in your kitchen, you are more likely to choose healthy food over junk food in a pinch.

FOOD PROCESSOR

Food processors have the ability to coarsely or finely chop, blend, and puree foods. This gives you the ability to make healthy smoothies, add fresh vegetables to your dishes, or make a variety of foods from scratch with ease. The use of a food processor is much easier than trying to chop ingredients by hand and saves you a great deal of time. You are much more likely to make healthy, homemade meals if the preparation is simple.

SLOW COOKER

With so many things to juggle, life can get hectic and it can be hard to find time to cook a healthy meal, which can lead to eating processed foods full of empty calories. On busy days, you can prepare a healthy meal in the slow cooker, let it cook all day and come home to a delicious, healthy, ready to eat meal. There is an abundance of recipes available for healthy meals, prepared in a slow cooker. You can be sure there will no end to the variety of meals you can cook.

SPRAY BOTTLE

A spray bottle in your kitchen may seem a little odd at first, but it is actually great for ensuring that you use olive oil in moderation. While it is true that olive oil is healthy, it is also true that there is such a thing as too much of a good thing. Pouring olive oil on vegetables and other foods can lead to racking up on the calories. However, if you spray your food instead, you will inherently use less olive oil and evenly coat your food.

STORAGE CONTAINERS

Storage containers have a variety of uses in your kitchen. They are great for storing leftover food so that you do not feel like you have to eat all of it at one time to avoid throwing it in the garbage. You can also use storage containers as a way to portion your food for future meals. For instance, there are containers that have built-in dividers which are perfect for taking your lunch to work or to have on hand when you come home in the evenings.

Smart Strategies for Supermarket Shopping

NEVER go to the supermarket when you are hungry: this is the “Golden Rule”

You are more likely to make impulse purchases of items with low nutrition value.

Try to make a weekly meal plan each weekend for the upcoming week. Check your inventory to see what items need to be purchased for these meals and make a list.

Be sure to keep a supply of the following items in your pantry:

- Fat free “broth in a box”
- Canned beans (black beans, pinto beans, kidney beans, etc)
- Frozen vegetables (canned vegetables often have high sodium content and fresh vegetables can spoil if not used quickly).
- Fat free cooking spray
- Your favorite herbs and spices
- Wondra flour to thicken sauces or soups
- Canned chilis: they can be added to anything from scrambled eggs to soups to give a “kick” to your dishes
- Fresh garlic: Improves the flavor of just about anything...maybe not desserts...
- Fresh lemons/limes: these can wake up the flavor of boring meals
- Skim milk: always great to make a last minute protein shake

BE A LABEL READER!!!! How can you possibly account for what you are eating if you don’t even know the nutritional value? Be especially careful to note:

- Calories PER SERVING (many times there are several “portions” for an item that “looks” like a single serving”
- Sodium: the silent cause of hypertension
- Saturated fat AND Trans fat: Trans fat is one of the worst things you can put in your body
- Sugar: try to look for items low in sugar. “Fat free” items typically add more sugar to make up for the “missing” fat
- Protein: If you are going to purchase a protein bar or meal supplement...make sure it has at least 10g of protein per serving

Shop the perimeter of the store: Fresh fruits & veggies are along one side...meat & seafood is along the back...dairy and eggs are along the other side. Cross the items off your list as you go.

Only go down the additional aisles if they contain items on your list...**stay AWAY from the “snack” and “soda” aisle.** No go

Write Your Vision Statement for Weight Loss

Find Out Why You've Set Your Goals

[Print](#)

By [Dean Anderson, Behavioral Psychology Expert](#)

If you give it some thought, I bet you'll agree that losing weight is not really your goal. Sure you want to lose weight and it's important to you. But why? Is it because some number on a scale is really that important and meaningful in and of itself? Probably not.

If you're like most people, you probably want to lose weight because in your mind that will make it easier for you to live the kind of life you want to live.

What this means in concrete terms will be different for everyone. It may involve solving or preventing medical problems; living to see children and grandchildren grow up; having the ability to do activities that you enjoy (or need to do); or looking in a mirror or going out in public without feeling like some kind of escapee from a circus side show act.

But whatever your *real* goals might be, losing weight is just **one** thing that will help you achieve those goals. It is not the ultimate goal itself, and that's important to keep in mind while working on your weight loss. Maintaining your motivation for a long-term project like weight loss means clearly picturing the *real* reasons for all of your hard work. If you make the mistake of getting the means confused with the ends, at least two major problems can develop:

You may develop weight loss tunnel vision. You'll be so focused on the scale and your weekly weight loss drama that the inevitable ups and downs you experience will make you miserable, stressing you out so much that you become your own worst enemy. Emotional eating, here you come.

You'll make the first-then mistake. This involves the incorrect belief that you need to lose the weight first, before you can do anything else about reaching your actual goals. This is a tragic mistake. You may arrive at your weight loss goal, only to realize that being lighter doesn't magically solve other problems in your life. Many people go back to their old ways at this point, regaining the lost weight. If you expect everything to be different when the weight is gone, but don't work on making other necessary changes, you'll put too much pressure on your weigh-ins. You'll tell yourself that not dropping pounds means you are still that much further from having the life you want, but that's just not true.

To avoid these problems and others, you need to prepare your Weight Loss Vision Statement **right now!**

Writing Your Weight Loss Vision Statement

A comprehensive and wide-ranging **Vision Statement** sets the stage for everything that follows in your weight loss efforts. This Vision Statement can (and should) provide both **inspiration** and **direction**.

Inspiration

Your Vision Statement should tell you **why** you want to lose weight or get fit, and **why** the hard work and effort to accomplish your goal is worth it. Your answers to these "why" questions can include some "general" elements (feeling good about yourself, being around for your grandkids, being a good role model, having the career or relationship you really want, etc), but as much as possible, the big picture you paint here should have specific details. You can generate this detail by asking yourself questions like:

1. *What do I want my life to look like in (1, 5 or 10) years?* Explain what you want to be doing, the roles you want to take on, how you want to see yourself, etc.

2. *What would my ideal days look like?* Explain why you'd look forward to getting up in the morning, the first thing you'd do every day, who you'd spend time with, the good experiences you want to have each day, how you'd face challenges in your daily life, etc.
3. *What personal values (love, human connection, security, independence, comfort, variety, interest, excitement, contribution to society, family, career success, etc.) do I want my daily life to express and reflect?* Include how you'd rank these values if you had to choose between them at any given moment.

Your Vision Statement doesn't need to include all these questions and answers—just your main goals and concerns that float to the top. The questions are just tools you can use to get yourself thinking. It should also include your beliefs about why losing weight is crucial to meeting your "big picture" goals.

Direction

Your Vision Statement should tell you what else (besides your weight) needs to change within yourself and your life to help you get from where you are now to where you want to be. For example, you could take the list of ranked values you created above and compare that to the values that appear to be guiding your life right now; you could compare your ideal day to your typical day now.

It is crucial NOT to get down on yourself over the way things are now. **Make sure you are focusing on what you CAN do to change your life as you see fit.** If you aren't ready to give up the self-blame, skip this part of your Vision Statement for now.

Your Vision Statement should be in writing. It's also a good idea to include pictures or other objects that will remind you of your goals and vision on tough days. Use your Vision Statement regularly to remind yourself why you are committed to your weight loss plans, especially on those hard days. For more ideas you can use to prepare your Vision Statement, see:

Why Setting Goals Is Crucial to Holiday Success

By [Brock Cady](#)



The holiday season is officially upon us! Time to get yourself ready for action. And that starts with identifying what you want to accomplish this season. It can be anything you want, but you've got to figure out what your goals are early on.

Why set goals?

If you don't set goals before you begin, it's extremely hard to measure if you've been successful or not, and that not only impacts your short-term goals, but your long-term strategy as well. Think of an archer shooting an arrow at a target: If he's not aiming at anything, how will he know where to shoot? Setting goals gives you a baseline for measuring success and the motivation to keep on course when things get crazy (and during the holiday season, they will!).

How to set goals

Before you can start setting goals for yourself you need to define exactly what you want to achieve. Everyone's goals are different. But no matter what you set out to achieve, make sure that you are ready to commit to hitting them. Otherwise your efforts will be in vain.

A popular and effective method for giving shape to your objectives is setting "SMART" goals. It's an acronym for: Specific, Measurable, Attainable, Relevant and Time-Related. Using this framework will help you understand what you need to do to get where you want to go!

When you're thinking about your goals, make sure they're:

Specific — The more specific you can make a goal, the better. Instead of simply saying, "I want to sell more than I did last year," define a dollar amount you want to hit and break that figure into certain products you plan to push to make that goal. You'll find it's much easier to hit your target when you break it down in this way.

Measurable — If you've made your goal specific, this should be easy since you'll already have dollar values, specific visitor totals, and so on to measure against. By setting measurable goals, you should be able to figure out if you've been successful or not.

Attainable (some say "Agreed")— This is extremely important! Make sure your goals are realistic. Look at your past sales performance, visitor history, or any other relevant information to get a decent baseline to measure against (think of this as your "before" and "after" shot for metrics). Also, take a look at how you're spending time and see if, given your schedule, your goals are realistic or not.

Relevant — Make sure that the goals you set make sense with what you want to achieve long-term as a business.

Time-Related (or, "Time-Bounded")— Setting a timeline—and more importantly, a deadline for when you want to achieve your goals—is crucial. It should have some sense of urgency but be achievable. For example, if you're planning for the holidays, keep in mind the "big" dates like Christmas, Hanukkah, and so on. Think about the last day you can ship to get your goods to their recipients in time for the holidays and work backwards from there to build a timeline.

Setting goals can be a difficult thing to spend time doing—we get it! And it's even harder to do the things you need to do to accomplish them. However, by following the guidance above, and taking the small steps you need to along the way, you'll be on your way to crushing your goals!

4 Ways to Stick To Your Goals

The holidays are the time of year when many people are at risk for losing sight of their behavioral goals (e.g., drinking less, losing 5 pounds less, quitting smoking, starting a new work out routine, etc). It's often the busiest time of year in terms of work (both professional and personal, considering all the additional cooking and shopping) and it's often very socially demanding too. And, it's often emotionally demanding, even though the holidays are "supposed" to be a time of family, togetherness, and celebration. Many people are in fact alone, have conflict with their family, or have suffered losses that feel more acute over the holiday period. Unfortunately, this swirl of stress often causes us to devote less time to the activities that actually decrease stress...like getting enough sleeping, eating well and exercising. No matter what your goal, most people need to identify the holiday period as a risky time in terms of staying with it!

Here are 4 ways to stick to your goals during the holidays (and decrease the risk that you will drift into drinking too much or gaining back the 10 pounds you lost over the summer).

Play the Tape Forward:

Go into the holidays with your eyes open and thinking not just about right now, but about tomorrow! Ask yourself, "How do I want to feel come January 1st." "What would I like to feel good about when I reflect on this last year?" It's all too easy to get lost in what you want to do in this moment and forget about what that might do to you going forward. By keeping in mind how you want to feel later on, you might make choices that help you get there now.

Set Your Boundaries:

It's important to establish some personal limits. If you have your limits in mind as you go to each event where you might be tempted to break your goal(s), you will be better equipped to resist getting caught up in the frenzy of the moment and seduced by the thought that a couple of drinks or the second serving of dessert won't matter. Before you go to a party, ask yourself how you want to feel the next day. Write your goals for the evening down in your journal or on your calendar and look at them before you go. Then (and this is really important) record

Prepare and Reward Yourself:

You may have been to a million holiday parties in the past, but going to one where you have clear goals that require you to behave in a different way than you usually do is going to make this party feel different. Reduce your stress before you go to the 3rd holiday party of the week...take a quick nap or jump on the treadmill, eat a little bit before you go. That may give you the energy you need to maintain those changes going forward. Also, don't lose sight of the things that can compete with the pull to drink or eat too much. Giving yourself a small reward (that is also in line with your stated goals) can make a difficult situation feel all the more worth it (and therefore more likely to keep occurring).

Get Some Support:

Support from other people has been found to be a very important predictor of positive behavioral change. If you know you want to get home early, ask a friend to meet you at the gym in the morning so you are less likely to stay out late. If you know resisting drinking will be difficult, ask a non-drinking friend to come with you to heavy drinking events (or give yourself permission to avoid them all together!)

Which brings us to the *benefits* of alcohol. Alcohol, at least initially, can feel like a quick cure to tension, anxiety, and social discomfort. And during this stressful period of time there can be a natural pull toward drinking more as alcohol can feel like it's available at almost every event and it works quickly. In other words, it often feels easier to have a glass of wine than to find 30 minutes to go for a run. Whether you are counting calories or trying to reduce or stop drinking...the holiday season is a particularly tricky time to avoid or manage alcohol use. We encourage you to ask for support, stay focused on your long-term goals and find ways to manage the stress of the holidays in healthy ways that you will feel good about as you enter 2016. You are worth it!

By, Carrie Wilkens, PhD

Kitchen



Pumpkin Protein Shake

Nutritional Info

Servings Per Recipe: 1
Amount Per Serving
Calories: 263.7
Total Fat: 5.5 g
Cholesterol: 6.4 mg
Sodium: 394.6 mg
Total Carbs: 28.2 g
Dietary Fiber: 5.3 g
Protein: 27.6 g

Introduction

Breakfast on the go - just like Mom's **pumpkin pie**! Breakfast on the go - just like Mom's **pumpkin pie**!

Number of Servings: 1

Ingredients

- 6 ice cubes
- 1/3 cup canned pumpkin puree
- 1/3 cup 2% evaporated milk
- 1 cup vanilla-flavored soy milk
- 2 packets Splenda
- Cinnamon (to taste)
- Nutmeg (to taste)
- 1 scoop vanilla protein powder

Directions

Add all ice cubes, wet ingredients and dry ingredients to blender.

Blend until shake consistency.

Pour into large tumbler, add a straw and go!

Please note the evaporated milk is used simply for its creamy consistency in shakes. For those lactose intolerant, remove evaporated milk and increase soy milk to 1-1/3 cup. A vanilla flavor protein powder is preferable for this recipe.

Number of Servings: 1

Slow Cooker Whole Turkey

- Total Time: 4 hours 10 minutes
- Yield: depends on size of turkey, if larger size you can cut thighs and wings off and place into pot.

Ingredients

- 8–10 pound whole turkey
- 3 carrots, peeled & chopped
- 3 celery stalks, sliced
- 1 large onion, chopped
- 1 sliced orange or whole apple

Homemade Rotisserie Seasoning Mix

- 1 tablespoon paprika
 - 2 teaspoons salt
 - 2 teaspoons onion powder
 - 1 1/2 teaspoons oregano
 - 1 teaspoons garlic powder
 - 1 teaspoons pepper
 - 1 teaspoons cayenne
-

Instructions

1. Remove innards from the turkey and pat the turkey dry.
2. In a small bowl, mix together homemade rotisserie seasoning. Season turkey generously and evenly with homemade rotisserie seasoning on all sides.
3. Add carrots, celery, and onions to the bottom of the slow cooker. Add turkey to the slow cooker on top of the vegetables.
4. Cook HIGH 3-4 hours or LOW 6-8.
 - Prep Time: 10 minutes
 - Cook Time: 4 hours

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

Directions

- 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

Mashed Cauliflower (serves 6)



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

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

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.

Return to pot and mash cauliflower with a potato masher until smooth and no large chunks remain.

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.

Corn Bread Stuffing With Cranberries

This can be made this a day ahead. One hour before baking, remove from refrigerator to bring to room temperature. This will speed your baking time.

1 loaf corn bread, cut into 1/2-inch cubes
1 cup coarsely chopped pecans or walnuts
2 tablespoons extra-virgin olive oil, plus more for baking
2 large (about 4 cups) chopped onions
1 1/2 cups dried cranberries
1 TBS dried sage
1/2 cup chopped fresh flat-leaf parsley
1 1/2 cups fat-free, less-sodium chicken broth
1/4 teaspoon salt
1/2 teaspoon black pepper
Cooking spray

1. If time allows, leave corn bread out for a day to become stale.
2. Toast nuts in a large skillet over medium heat until aromatic (about 5 minutes), shaking pan occasionally; transfer to a bowl. Heat oil in pan; add onion and cook, stirring occasionally, until onion is translucent (5-10 minutes). Add onion, corn bread, and next 5 ingredients to bowl with nuts.
3. Preheat oven to 350°.
4. Coat a 13- x 9-inch baking dish lightly with cooking spray. Place corn bread mixture in dish; cover with foil and bake for 15 minutes, then uncover and bake another 20 minutes or until top is lightly browned and stuffing is thoroughly heated. Serve with turkey and gravy.

Yield: 28 servings (serving size: 1/2 cup)

CALORIES 95 ; FAT 4.5g (sat 0.5g,mono 2.5g, poly 1g); PROTEIN 2g; CHOLESTEROL 0.0mg; CALCIUM 32mg; SODIUM 81mg; FIBER 2g; IRON 0.5mg; CARBOHYDRATE 13g

Crustless Pumpkin Pie



Ingredients

One 15-ounce can Libby's pumpkin purée

$\frac{1}{3}$ cup Truvia sugar replacer or $\frac{2}{3}$ cup Splenda granulated

$\frac{1}{2}$ teaspoon salt

1 teaspoon ground cinnamon

$\frac{1}{2}$ teaspoon ground ginger

$\frac{1}{4}$ teaspoon ground cloves

2 large eggs

One 12-ounce can evaporated milk

Splenda sweetened whipped cream

Instructions

Preheat oven to 350° F.

Mix the pumpkin, Truvia, salt, cinnamon, ginger, and cloves in a large bowl.

Beat in the eggs.

Gradually stir in evaporated milk.

Pour into glass or ceramic baking dish. Bake until knife inserted near the center comes out clean - this time can vary greatly depending on how big a baking dish you use. Cook until done, but if you use a pie plate, 25 to 40 minutes is a guide. Cool on wire rack, then either serve at room temperature or chill. Serve with whipped cream.

Helpful Hints:

- Our office is located in 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.
- 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.



**Have a
Happy
Fall!**

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