

AtlantiCare

REGIONAL MEDICAL CENTER

The Center for Surgical Weight Loss & Wellness

Bariatric Support Group

July 2020



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Snacking: Do's and Don'ts

Having a snack and snacking are very different concepts. Snacking means you are eating food without being mindful of what you are eating or if you are eating from hunger or boredom. Having a snack is just a smaller healthier meal that provides you satiety between meals which helps to provide greater control during meals. If it is truly a healthy snack it will also help to control your calorie intake.

Patients ask how many meals a day should they be eating? The answer is whatever makes you comfortable as long as you stay within your allotted calories and make healthy choices.

Do Eat Small Amounts Of Protein

-String cheese, Chicken, hard boiled egg, protein shake, low fat/ sugar yogurt.

Having Nuts can be Enough

-They are not complete proteins but will provide nutrition and satisfy a crunch. Do be mindful of how many you are eating and of the calories.

Do Have Fruits Low In Sugar And High In Fiber

-Some smart choices are berries, citrus fruits, apples, water melon – they can be high in sugar so eat in moderation but they do provide fiber.

Don't Have Sugary Fruits, Dried Fruits Or Juices On Their Own

- Do avoid grapes, mango, bananas, fruit juices, dates, figs. Dried fruit sounds like a great option but are loaded with sugar and oils. If you are going to have them, limit how much and eat with a small amount of good protein.

Do Have One To Two Snacks Per Day

-Remember you need calories to function properly. Too low of a calorie intake can lead to fatigue, poor food selections, and lack of results. Think protein, healthy fats, and good carbs – remember fruits and veggies are carbs!

Don't Eat High Fat, Starchy Carb Snacks

-Don't grab for the chips, ice cream, or candy. Don't grab a processed cheese and meats.

Do Eat Good Fats

-We need fat in our bodies for many reasons! It helps improve your immune system, good fat gets rid of bad fat, helps improve hormone balance and creates satiety. Choose nuts, nut butters, avocado, olive oil, and avocado oil.

There Are Many Ways To Get In Healthy Snacks

Preparation is key to success! Like most, you are probably on the run from morning until night. To avoid panic and bad choices take Sundays to prepare for the week. Cut and prepare fruit into to go containers and add a little yogurt. Small salad with protein can also be prepared for the week. IF preparing your food in advance isn't something you can do grab lunch or a snack from a grocery store with a salad bar. Grab portion controlled unsalted nuts. To avoid high calorie drinks keep a case of water in the trunk of your car. If you don't like water keep individual sugar free packets or flavored drops of your favorite drink mix in the car too.

Key is not to just eat to eat but to eat mindfully. Avoid eating because of boredom, cravings, or mood. If you are eating during these times of emotions assess what you are eating or what you drank. You may want to consider journaling. Document what your eating, when you are eating, what you are doing, and what emotions you are feeling. Think balance and mindful eating.



Tackling Parties and Cookouts

Family, Friends, and backyard barbeques are what summers are made of...but how do we tackle this fun and be successful with weight loss. We all love summer parties but they can wreak havoc on the waistline. Unless you follow a few tips to get you through the afternoon social.

- **Don't go on an empty stomach.** Have a healthy protein snack before you go. This will help to provide satiety and prevent you from overeating. You will find that you have more self control and will eat less of the unhealthy fatty snacks.
- **Bring a healthy dish.** Offer to bring a dish to the gathering. Bring a dish you enjoy and can help to keep you from noshing on the bad menu items. There are many recipes that can be tasty and not feel like you're serving up a "diet" entrée.
- **Assess the Menu before eating.** There may be healthier dishes past the appetizer table. Look to see what available options there are before diving in and eating what's right in front of you. You also don't want to plant yourself in front of the food table.
- **Fill your plate only once.** Prepare a plate and walk away from the food area. You will feel less tempted to refill your plate if it's not in arms reach. Choose your protein, preferably lean proteins first. Then fill up on veggies, raw or cooked. Enjoy your food but you're really there to enjoy the friends and family at the party so mingle!
- **Monitor your drinks.** Calories come in all forms and can be hidden within your drink. Keep in mind you need to hydrate. Limit alcohol and sweet sugary drinks. Water is always the best way to hydrate.

Recipes

Chocolate Hazelnut Protein Shake (serves 1)

Ready in 5 minutes

Ingredients

- 1 cup of milk of choice (e.g. unsweetened almond milk)
- 1 serving of chocolate protein powder
- 1 tsp. Imitation Hazelnut Extract
- ¼ cup plain nonfat Greek yogurt

Directions

Combine all ingredients into a blender. Blend until smooth and powder dissolves.

Serve and Enjoy!!

Nutrition (may vary depending on choice of milk and protein powder): Per serving using unsweetened almond milk = 165 calories, 3 g fat, 1 g saturated fat, 35 mg cholesterol, 298 mg sodium, 7 g carbohydrates, 1 g fiber, 5 g sugar, 27 g protein.



Summertime Sherbet

Serves 6 ~ ½ cup serving

Ingredients

- 3 cups seedless watermelon
 - Cut into 1 inch cubes
- ½ cup nonfat Greek vanilla yogurt



Directions

1. Freeze watermelon until completely solid.
2. Add some of the frozen watermelon cubes into a food processor. Process until watermelon breaks down and becomes grainy.
3. Stop processor and add ¼ cup of yogurt. Process until the mixture becomes smooth and creamy, scraping down the sides of the bowl as necessary.
4. Scoop the sherbet into separate container and repeat steps for the remaining ingredients.
5. Serve immediately or freeze. Be sure to thaw sherbet by placing in the refrigerator to slowly soften over 3 hours before serving.

Nutrition (may vary depending on choice of Greek yogurt): Per serving yogurt = 60 calories, 0 grams fat, 0 grams saturated fat, <5 mg cholesterol, 9 mg sodium, 11 grams carbohydrate, 0 gram fiber, 8 grams sugar, 3 grams protein.

Chicken & Vegetable Kabobs

Ingredients

Marinade

- 2 Tbsp. Extra Virgin Olive Oil
- 2 Tbsp. White Wine Vinegar
- ½ tsp. Garlic Powder
- ½ tsp. Onion Powder
- ½ tsp. Dijon Mustard
- 1/3 tsp. Black Pepper
- Pinch of Oregano
- Pinch of Basil
- ½ lb. boneless, skinless chicken breast, cubed (approximately 12 pieces)



Kabob

- 2 Large Zucchini, sliced thick
- To add more color, you can do one green and one yellow
- 1 medium Red Onion, Quartered
- 24 Grape Tomatoes
- 12 skewers (metal or wooden)

Directions

1. Combine all of the marinade ingredients together with the chicken in a sealable dish or zip lock bag. Set in the refrigerator to marinate for at least 2 hours, however it is recommended to marinate overnight (the longer the meat marinates, the more tender and flavorful the meat will be).
2. Once the chicken has marinated, skewer the meat and vegetables together.
3. Grill kabobs until chicken has cooked through or bake in 400 degree F preheated oven (approximately 15 minutes).

Nutrition (may vary): Per skewer = 75 calories, 3 grams of fat, 0 grams saturated fat, 16 mg cholesterol, 26 mg sodium, 5 gram carbohydrate, 1 grams fiber, 4 grams sugar, 7 grams protein.

Salsa Sliders

(Mini burgers on pita quarters)

Makes 8 servings

Ingredients

- 1 pound ground beef (use ground turkey breast to lower the fat content)
- 4 tsp hot sauce
- 4 Tbs salsa
- ¼ cup shredded Monterey Jack cheese
- ¼ cup reduced fat shredded cheddar cheese

2 pita bread pockets

Directions

1. Preheat grill.
2. Mix first 5 ingredients together in a bowl. Do not overmix.
3. Divide into 8 patties.
4. Grill sliders 5 minutes on each side or until cooked through.
5. Divide pita into quarters.
6. Add 1 slider to each pita quarter.
7. Top with your favorite condiment.

Nutrition Facts

Serving Size: 1 slider

Calories 177, Calories from Fat 53, Total Fat 5.9g, Saturated Fat 2.8g, Cholesterol 57mg, Sodium 257mg, Total Carbohydrates 8.9g, Dietary Fiber 0.4g, Sugars 0.5g, Protein 20.4g

Helpful Hints:

- Office is moving to the new out patient surgery center at the end of July. Location is still within the office park, Building 1200 on the 2nd floor.
- Summer is here...Remember to keep **Hydrated!!!** 64 ounces of non-carbonated sugar free fluids, **water is Best!**
- Reminder to eat your **proteins First!** (65-80 grams a day)
- **Don't forget to follow-up...** schedule your appointments with the dietician 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 consecutive month weight checks.
 2. Do not **GAIN** any weight prior to surgery. Your insurance company may deny your approval for surgery.

2020 Bariatric Support Group Schedule

Monday 6 – 7 PM in Building 200 (AtlantiCare Life Center)

Date	Topic
July 6	→ Snacking: Do's and Don'ts
August 3	→ Vegetables: Not Just Salad
September 7	→ No SG: Happy Labor Day!!
October 5	→ Cooking Demonstration
November 2	→ Stress Management: Guest Speaker Marcel
December 7	→ Holiday Party

Thursday 10:30 – 11:30 AM in Building 800 (APG Office)

July 9	→ Tackling Parties and Cook Outs
August 6	→ Social Media and Apps
September 3	→ Reading Food Labels
October 1	→ Protein is a Priority
November 5	→ Starch Substitutes