

Spring Cleaning: Decluttering Your Diet

Springtime is here! The trees are starting to bud, the birds are singing, there is a freshness in the air. It's what many of us Northerners have waited on for months. Spring is often a time when people focus on cleaning. Heck, there's even a phrase for it: "Spring Cleaning"! Well, why not apply this concept to your diet?

During colder months, we can gravitate toward foods that are warm & comforting. Oftentimes, this can translate to foods that are higher in fat and calories. Our clothes are bulkier and so putting on a few pounds might not be as easily noticed.

Have you found that you picked up some unhealthy dietary habits over the Winter months? Have you noticed that your clothes fit a bit more tightly lately? Now that Spring is here, do you want to focus on getting in shape for those warm weather clothes and activities? If so, why not start with a good "cleaning" of your diet habits?

In order to "declutter" your diet, you first need to take inventory of what you are consuming so that you can know what should go and what deserves to stay. The easiest way to do this is to log your dietary intake. If you don't already keep a food journal, try one of the popular free mobile apps such as Baritastic (Hurley program code: 629000) or My Fitness Pal. If you don't have access to a mobile phone or tablet, then record on paper everything you eat and drink, including portion sizes.

Review a week's worth of your eating habits. Do you find "a small piece" of candy creeping in here and there? Do you see an occasional soda pop making its way into your journal? What about between meal snacks? Have chips or cookies become a regular staple in your eating regimen?

Make a list of the high-sugar, high-fat, high-calorie foods & beverages that you find you consume. And,

develop a plan to remove them from your diet by literally clearing them out of your environment. Also, limit time spent in places where such high-calorie, tempting foods are found, such as in workplace break rooms, etc.

But, resolving to simply NOT eat or drink an unhealthy food/beverage item will almost always backfire. It's important to do something healthier instead.

To create new, positive, habits that stick, first ask yourself why you have been choosing the unhealthy items to begin with. If it's due to physical hunger (such as between meals) then begin to shop for healthier snack items, such as fruits, veggies, low-fat cheese, whole grain crackers, and small pre-portioned baggies of unsalted nuts. If you're eating due to boredom, then be sure to have a healthy activity, such as coloring, exercise, or playing a game on your agenda.

It may take a little "elbow grease", and some sacrifice, but your health (and the scale) will appreciate your efforts!

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Focus on Fitness

Make Exercise Fun!



Not all exercises are enjoyable to everyone, but being physically active doesn't have to be a chore. There are many ways to make exercise fun. Here are a few examples:

- Exercise with a friend. This can hold you accountable and create a great bond and friendship, all while giving your body a good workout!
- Listen to music and exercise to the beat. This can make time go by super fast and helps keep your mind occupied. It is also helpful with interval training.
- Join a class and try something new. Group fitness can add support and variety to your everyday routine.
- Put on your favorite TV show and exercise while watching it. You truly kill 2 birds with 1 stone here!

- Try a fitness facility. Gyms can be fun and you may make new friends who have the same fitness goals.
- Reward yourself. For example, you could put \$1 into a jar for every workout you complete. At the end of the month, you will have money saved as well as more minutes of logged exercising.

As you can see, exercise does not have to be extremely structured, intense, rigid, or a chore. It should be fun and enjoyable in order to avoid burnout and boredom. Use the tips suggested here to switch up your routine and keep your motivation strong all year long.

Meal Planning and Prep

You're at work, it's time for lunch but you've got nothing to eat. Your choices are fast food, cafeteria, vending machine, or to skip lunch altogether.

While healthier choices can be made at fast food restaurants and most cafeterias, studies show that people generally consume more calories when dining out than when they've mindfully prepared their own meals. Vending machines tend to be void of nutritious options, and routinely skipping meals just isn't a good idea...especially if you've had bariatric surgery and need to take advantage of each meal and snack to meet your body's nutrition needs.

In working with patients, I find the number one reason given for lack of meal planning/prep is "time". Most people who have not meal prepped in the past assume it requires a big time investment. But, truthfully, the weekly time investment is probably not much

more than one spends on their dietary regimen when *not* planning and prepping meals.

For example, if a local fast food restaurant is a person's go-to plan for workday lunches, consider the time spent walking to the car, driving to the fast food place, ordering food, driving back to work, parking, & walking back to your workstation. That could easily take 15 minutes or more. Multiply that by 5 days per week and you're looking at an hour and 15 minutes each week just getting lunch meals.

Most folks stop at a grocery store each week...even if just to pick up a few staples. Why not make that shopping trip more productive by having a list of foods needed for specific recipes. Then, when you return home from shopping, spend that hour and 15 minutes from above washing & chopping vegetables, portioning lean protein foods, & even pre-cooking some items to be used for meals later in the

week. For example, you could brown 1 lb. lean ground turkey and season half of that with taco-style spices such as chili powder, garlic powder, onion powder, cumin, sea salt, & pepper for a weeknight taco dinner using a low-carb tortilla & steamed frozen veggies on the side. Season the other half of the ground turkey with a low calorie jarred marinara sauce to pour over microwaved spaghetti squash for a weeknight spaghetti-style dinner. (Be sure to check out the recipe section of our newsletters for more recipe ideas!)

You can invest an additional hour pre-portioning foods for weekday breakfasts & lunches so that each day you can just "grab and go"! To help you accomplish this, fill your shopping cart with easy/no prep foods such as bagged salad and baby spinach, rotisserie chicken, tuna, canned beans/legumes, light salad dressing, fresh fruit, light string cheese, whole grain crackers, eggs, plain instant oatmeal, protein powder, frozen veggies, baby carrots, celery, instant brown rice, etc. Your waistline, your health, and even the clock will thank you!

Spotlight on Success



Diane

After Sleeve Gastrectomy

I started my journey over a year ago when I found myself at my highest weight of 235 pounds. At only 4'11" tall you can only imagine how I felt with all of this weight I had put on...pretty much everything hurt on me. My lab numbers kept increasing to where I was borderline diabetic, on cholesterol medicine, and was just tired all the time. I was embarrassed and angry for

letting myself get this big but it seemed like every diet I tried failed.

I knew I had to do something so I spoke to my family physician and he told me about the gastric sleeve and how successful it had been for people. He referred me to Hurley Bariatric Center. I cannot thank him enough for referring me to the program. I had my surgery in March of 2017 and it has been the best experience!

One year after my surgery I am proud to say I am 75 pounds lighter and have lost over 56 inches! I feel...AMAZING!! This has been such a life altering experience. I look in the mirror and feel good about myself again. I still have about 30 pounds to lose and have the confidence that I will hit my goal. I now think about what I eat, exercise regularly, and love yoga. I don't ever want to be back where I was.

What a better motivator than feeling healthy & alive again! I am off all of my medications & all of my lab numbers have gone down to normal ranges.

**"I AM OFF ALL MY
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I actually have fun going into the clothing store & seeing that the clothes actually fit and look good on me!

I can't thank my family and friends enough for all of the support and encouragement they have shown me. Also, a special thanks to Hurley for such a great support system & great care before and after the surgery!



Diane

Before Sleeve Gastrectomy



A **FREE Refresher Course** is now available monthly for patients of Hurley Bariatric Center who have had either a Gastric Bypass or a Sleeve Gastrectomy. If interested, call the clinic at 810-262-2330 for date/time info and to register.

Support Group:

A medically-supervised support group meets the 1st Monday* of every month from 5:30-6:30PM at Hurley Bariatric Center. Call 810-262-2330 for details.

A peer-run Support Group meets the 3rd Monday of the month at Flint's Central Church of the Nazarene. Contact Charles Nelson 810-715-1202 for details.

***Support group schedule subject to change in the event of a holiday.**



Online Seminars!



Did you know Hurley Bariatric Center offers bariatric seminars online? If you know of anyone who is interested in learning more about bariatric surgery, and what Hurley has to offer, let them know they can do so from the comfort of their own home!

Watch our **FREE ONLINE SEMINAR** OR register for one of our **FREE LIVE SEMINARS** at: <http://www.hurleymc.com/services/bariatric-center/attend-a-seminar/>. You can also register for live seminars by calling 810-262-2330.

Recipe Round-up

Spinach and Broccoli Strata

Yield: 10 servings



Ingredients

- 4 cups broccoli florets
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 8 large eggs, lightly beaten
- 2 cups skim (fat free) milk
- 2 cups raw spinach, chopped
- ½ tsp. sea salt
- ½ tsp. ground black pepper
- Nonstick cooking spray
- 4 slices low-sodium sprouted whole grain bread (such as Ezekiel bread), cut into 1-inch cubes
- ¼ cup crumbled feta cheese (about 1½ oz.)

Instructions

1. Steam broccoli in steamer basket; until tender-crisp and bright green, about 3-4 min. Place in ice water bath to stop cooking process. Drain and coarsely chop. Set aside.
2. Preheat oven to 350° F.
3. In a medium skillet with nonstick spray sauté onion; cook, stirring frequently, until translucent, 4-6 min.
4. Add garlic; cook, stirring frequently, for 1 minute. Remove from heat. Set aside.
5. Combine eggs, milk, spinach, salt, pepper, broccoli, and onion mixture in a large bowl; mix well.
6. Place bread and cheese in 9x13-inch baking dish that has been lightly coated with nonstick spray.
7. Top with egg mixture. Cover with aluminum foil & bake for 20 minutes. Remove foil; bake for an additional 15 to 25 minutes, or until strata has puffed up, is cooked through, and is lightly browned on top.

Nutrition Information per serving:

125 cal, 5 g fat, 11 g carb, 9 g protein

Banana Protein Brownies

Yield: 16 brownies



Ingredients:

- 3 very ripe medium bananas
- 2 scoops vanilla protein powder (such as Body Fortress)
- 6 tbsp PB2 mixed with 3 tbsp water
- 3 tbsp dark cocoa powder

Directions:

1. Blend all ingredients until smooth.
2. Pour into a greased 8-inch square baking pan (use non-stick spray) .
3. OPTIONAL: sprinkle top of brownies with no sugar added chocolate chips.
4. Bake at 350-F for 20-25 min until cooked through.

Nutrition Information per serving:

54 cal, 1g fat, 8g carb, 5g prot

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<http://www.hurleymc.com/services/bariatric-center/>