

Enjoy the Holidays and Your Meals!

Embracing the holiday season can be a tiring time. Don't let the hustle and bustle during this time of year lead you to skip meals! Forgoing meals can negatively impact both your weight and overall health.

Continually skipping meals can result in your body sensing the lack of food as starvation. This can result in unbalanced hormones and a slowed metabolism, ultimately inhibiting your weight loss. Additionally, not consuming a well-balanced meal every 4-5 hours can lead you to become overly hungry. This hunger typically causes you to choose unhealthy, quick, and convenient foods at the next meal time such as fast food, processed food, or even opting for vending machines because the only thing you can think about is honoring your

hunger. Furthermore, have you found you are continually grazing on "snack" type foods throughout the day or after dinner time? This type of eating behavior can be linked to skipping meals as you are not managing your hunger throughout the day and your body is sending you a signal that you need more nutrition.

Use the following tips to avoid skipping meals during the holiday season (or in general):

1. Prep and plan your meals ahead each week to keep yourself accountable.
2. Set an alarm at meal times if you know you will be distracted during the day.
3. Carry a well-balanced snack with you just in case you need something to manage your hunger until you can consume your next meal.

4. Make meal times a priority!

5. If you know you won't be home, take your meal with you on-the-go or pack your meal for work.

6. Do not skip meals to "allow" yourself to over-indulge at a holiday feast.

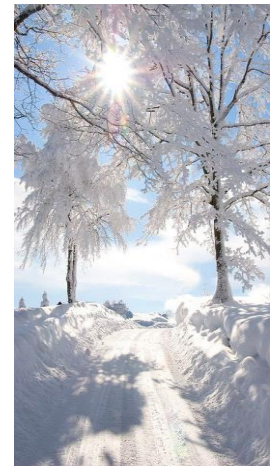
While the holidays can be a fun and exciting time, don't let the stress and distractions take away from all of the progress you have made towards your health and weight goals thus far. You want to feel your best during this time of year, therefore ensure you are not skipping meals!

If you want more guidance during the holiday season, schedule an appointment with one of the Dietitians at the Hurley Bariatric Center. You can receive one-on-one nutrition counseling surrounding holiday eating and continued weight loss management. Happy holidays and happy eating!

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Focus on Fitness



Motivation vs Habit

With colder weather, unfavorable road conditions, and fewer daylight hours, it can be hard to find *motivation* to incorporate physical activity during the winter months.

Many people wait to start exercising until they "feel" like it. Instead of waiting on unreliable motivation, rather make exercise a *habit*. In order to form a habit, you have to set yourself up for success. Start by writing exercise sessions into your weekly calendar. You are less likely to skip a work-out if you already have a planned time for it! Next, pack your work-out bag or set out your work-out clothes the night before. Additionally, start incorporating exercise in the

morning so you don't have any excuses to not incorporate it later in the day. Keep in mind, you don't have to leave your cozy and warm home to incorporate exercise during the winter months. Start implementing a 20-30 minute at-home workout instead!

If you wait until you have *motivation* you may never make a change. Forming consistent exercise *habits* will allow you to maintain your weight goals long-term, even during the winter months!

Over the years, society has created a reputation for carbohydrates (carbs), making them appear as the “enemy” in terms of weight loss. There are many fad diets which all promote eliminating carbs from our diet to achieve an optimal weight. However, if this way of “dieting” was effective, then why don’t we all remove carbs from our meals? The answer is simple, carbs are our bodies preferred source of energy and are one of the KEY factors to promoting and maintaining a healthy weight.

Let us understand the role of carbohydrates. Carbs are sugar molecules that our body breaks down to use as energy in the form of glucose. Carbs can be split into two sub-categories: Complex Carbs and Simple Carbs. Complex carbs (whole grains, fruit, beans, etc.) are high in fiber and have a

lower glycemic index therefore they can help better manage blood sugars. Simple carbs (candy, white bread, soda pop, desserts, etc.) are low in fiber and have a high glycemic index therefore they raise blood sugars very quickly. It is important to incorporate complex carbs into your diet for many reasons, not only for improved blood sugar control!

There are many other reasons as to why adequate carbohydrate intake is important to maintain an overall healthy body and promote weight loss, including but not limited to:

Promotes Satiety: Fiber found in complex carbs keeps you fuller for longer between meals and promotes gut health.

Promote Lean Muscle Mass: Sufficient carb consumption allows your body to maintain your lean

muscle mass, rather than use it for energy.

Increased Energy Levels: Ample carb intake can increase your energy levels as they are your red blood cell’s preferred source of energy.

Brain Function: Your brain wants to use carbs and consuming them can help improve brain fog!

Micronutrient Intake: Carbs provide supportive nutrients for your bodies functions, such as B vitamins.

Improve Mood: Carbs help produce serotonin (the “happy hormone”).

The next time you prepare a meal, ask yourself if it is well-balanced with an appropriate carbohydrate choice. Be sure to incorporate complex carbs and reduce your intake of simple carbs. You can start by adding 1 slice whole grain bread at breakfast, ½ cup mixed fruit at lunch, or a small baked sweet potato at dinner! Carbs are not the “enemy”. Just be sure to consume the ones that are going to make you feel your best!

Spotlight on Success



**Candace After
Roux-en-Y Gastric
Bypass Surgery**

Growing up, I was always the “petite” (short and thin) girl in my family. All of that changed when I got to college and started taking a new medication. My weight grew quickly but then

fluctuated over the years with little success trying to manage it on my own. After trying other weight loss methods with my doctor (like medications and fad diet programs) with only short-term success, I began to think that my health issues were inevitable for me.

“I am currently down to 130 pounds and no longer have pre-diabetes.”

Almost everyone on one side of my family had diabetes and I worried that I would struggle with that if I didn’t change. My family thought it was a drastic step to elect for bariatric surgery as I weighed 220 pounds at that time. Fortunately, after our first meeting with Hurley Bariatric Center, those concerns were put to rest. However, even after the pre-surgery program that I followed for 6 months (for my insurance) my bloodwork showed, I STILL had pre-diabetes.

I underwent gastric bypass surgery on March 15th, 2021. I am currently down to 130 pounds and I no longer have pre-diabetes. I have gained so much motivation, confidence, and control over my health.



**Candace Before
Roux-en-Y Gastric
Bypass Surgery**

Hip Happenings

The Post-Op Refresher Course is back!



The next time you are in clinic for your follow-up visit, ask about the post-op refresher course. During this 1 hour class you will receive nutrition education from one of our Registered Dietitians in regards to meal choices, serving sizes, and general post-op recommendations. This class is designed for patients that are at least 1 year post-op and will be free to you. It is great if you need help getting back on track or if you want a refresher in general! Don't waste time as spots are limited!

Recipe Round-up

White Chicken Chili

Yield: 4 Servings



Ingredients:

4 skinless, boneless chicken breasts
4 cups chicken broth
1 clove minced garlic
1 medium onion, diced
1 medium green pepper, diced
1 can Northern beans (drained)
1 can (14.5oz) diced tomatoes (drained)
1 can (4oz) green chilies
1 packet white chicken chili seasoning
Toppings as desired: cilantro, low-fat cheddar cheese, plain Greek yogurt, sliced avocado

Directions:

1. Add chicken breast and chicken broth to a slow cooker. Cook on high for 3-4 hours or low for 6-7 hours.
2. Once thoroughly cooked, remove

Support Group:

Join us for our monthly support group! This is open to both pre- and post-surgery patients!



The support group meets the 1st Monday of every month from 5:30-6:30PM at Hurley Bariatric Center (with exception of inclement weather/holidays). No need to pre-register—just come! Call 810-262-2330 for details.

REGAIN Post-Surgical Medical Weight Loss Program:



THIS PROGRAM IS FOR HURLEY BARIATRIC CENTER PATIENTS WHO HAVE HAD BARIATRIC SURGERY, YET ARE EXPERIENCING WEIGHT REGAIN.

For individuals who are at least 1 year post-surgery and experiencing weight regain, this 8-week program uses meal replacements as well as education in the areas of diet, exercise, and behavior to help achieve an average weight loss of 15-30 pounds.

If you, or someone you know, is interested, please call the clinic at 810-262-2330 for more information

Chocolate Mousse Dip

Yield: 4 servings



Ingredients:

1/2 cup low-fat cream cheese
2 Tbs cocoa powder
1 Tsp vanilla extract
2 Tbs unsweetened almond milk
3/4 cup light whipped topping
1/2 cup natural sweetener (such as Stevia)

Directions:

In a large bowl, combine all ingredients except the whipped topping and mix using a hand mixer. Once well combined, fold in whipped topping. Refrigerate 30 minutes or longer until ready to eat. Use your favorite fruit such as apples or strawberries for dipping (or eat plain) and enjoy!

Tip: Take this to your next holiday party to enjoy a sweet treat!

Nutrition Information per serving:

61 cal, 1g fat, 9g carb, 5g protein

chicken breast from slow cooker.
3. Shred chicken breast and return to slow cooker with chicken broth.
4. On stove top, sauté minced garlic, onion, and green pepper over medium-to-low heat until soft (approx. 4-7 minutes).
5. Add cooked garlic, onion, and green pepper to the slow cooker with chicken breast and chicken broth and stir until well-combined.
6. Add Northern beans, diced tomatoes, green chilies, and white chicken chili seasoning to the slow cooker.
7. Stir well and continue cooking on low for 30 minutes to 1 hour.
8. Garnish with toppings as desired and enjoy!

Tip: Top your white chicken chili with plain Greek yogurt in replacement for sour cream for some added protein! If you want a thicker consistency, you can also mix 1/2 cup plain Greek yogurt into the slow cooker when adding the seasoning packet.

Nutrition Information per serving:

220cal, 3g fat, 17g carb, 29g protein

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