

News to Lose

March is National Nutrition Month!



March Support Group: Game Night!

Thank you to those who attended February’s support group and thank you to Dr. Stote for being our featured speaker and facilitating such amazing discussion. If you were unable to attend we hope you will take the time to attend this month’s support group.

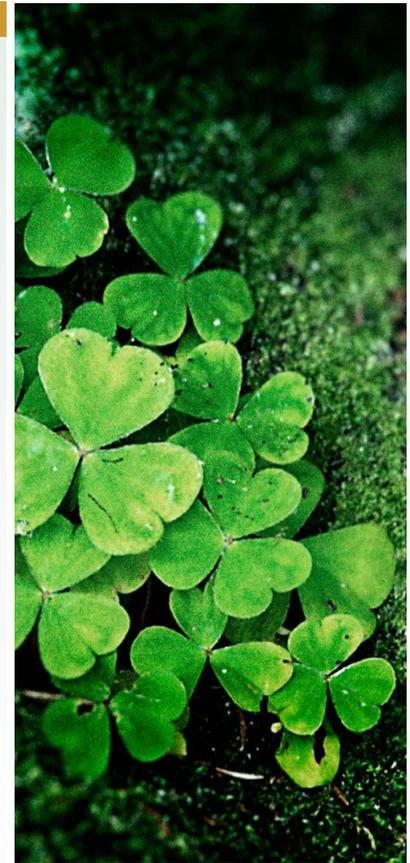
March’s support group will be March 3rd at 6:30 pm in conference room #160. Forrest Williamson will be speaking about his lap band journey and how he has lost 80 lbs. so far! We will also be having a game night after with games such as Catch Phrase, Uno, Apples to Apples, and more! Feel free to bring friends and family and your own games as well.

National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

-2016 NNM Theme: “Savor the Flavor of Eating Right”-

This theme encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives. How, when, why and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods!



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Community Health Noblesville

The more lean muscle mass a person has the higher their metabolism generally runs!

4 Metabolism Myths and Facts

Why can one person eat like a growing teenager and not gain a pound, while another person's every indulgence shows up on the scale? Chalk it up to individual differences in metabolism, muscle mass and physical activity....

1. Our metabolism rate can't change...

Fact: While it is true that genetics helps determine our metabolism, muscle burns more calories than fat. Increasing lean muscle mass through strength training will increase metabolism

2. A diet of green tea & chili pepper will increase metabolism

Fact: Studies have shown that these foods temporarily boost metabolism

but eating a variety of fresh fruits, veggies, lean meats, and low fat dairy will do more in the long run for weight management.

3. Eating late at night slows metabolism

Fact: It is the extra calories, not when you eat them that cause weight gain. Avoid mindless snacking in the evening to prevent weight gain and do not eat in front of the TV

4. Very low calorie diets and skipping meals will increase weight loss

Fact: Creating too large a calorie deficit can backfire causing our bodies to enter "starvation mode" and do more with less energy. **1200 kcal minimum for women and 1500 kcal minimum for men per day is suggested.**



30 Min Workouts for Any Schedule

Hold 10-minute mini-workouts. Matthews suggests taking 10 minutes in the morning, afternoon and evening to do some form of activity. Strength, cardio, and stretching are all options.

Involve the family in daily fitness. Thirty minutes will fly by if you get the kids engaged in something that they, too, can enjoy. Grab the family and head out for a walk, game of tag or bike ride.

Clean with purpose. Don't just sweep the floor, scrub the floor. Don't just unload the dishwasher, dance with the dishes. Minutes add up fast when you move more during your clean-up time.

Look for opportunities to walk. Suggest work meetings on the go. "Walk and talk in lieu of sitting in an office," suggests Felicia Stoler,



"If you can't seem to find the self-motivation needed to make it happen, consider recruiting a workout partner or hiring a fitness professional. Knowing that someone is expecting you at a certain place or time can help to enhance accountability for being more active."

- Jessica Matthews, Exercise Psychologist



Warm Snow Pea & Chicken Salad

Snow peas aren't just for stir-fries. Thinly sliced, their crunchy texture and sweet taste combine with a creamy Asian dressing to make this salad special.

INGREDIENTS

- 1 pound boneless, skinless chicken breast, trimmed
- 1 14-ounce can reduced-sodium chicken broth
- 3 tablespoons rice vinegar
- 3 tablespoons reduced-sodium soy sauce
- 3 teaspoons toasted sesame oil, divided
- 2 tablespoons tahini, or cashew butter
- 1 tablespoon minced fresh ginger
- 2 cloves garlic, minced
- 1 pound snow peas, trimmed and thinly slivered lengthwise
- 2 tablespoons chopped cashews

INSTRUCTIONS

1. Place chicken in a medium skillet or saucepan and add broth; bring to a boil. Cover, reduce heat to low, and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board to cool. Shred into bite-size pieces. (Cool and refrigerate the broth, reserving it for another use.)
2. Meanwhile, whisk vinegar, soy sauce, 2 teaspoons sesame oil and tahini (or cashew butter) in a large bowl until smooth.
3. Heat the remaining 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add ginger and garlic and cook, stirring, until fragrant, about 1 minute. Stir in slivered peas and cook, stirring, until bright green, 3 to 4 minutes. Transfer to the bowl with the dressing.
4. Add the chicken to the bowl with the peas; toss to combine. Serve sprinkled with cashews.

Lap Band Health

Your lap band is an awesome amazing tool and just like a car or house your lap band needs regular maintenance too! Are you taking care of your band?? Check these 5 tips below to see..

- 1. Make sure you have regular, yearly esophograms.** Esophograms let us know that your band is in the right position and can alert us to changes before they become problems.
- 2. Stick to 8 oz., and 8 oz. only per meal!** You have heard it time and time again but portion size really is key to weight loss and a healthy band. Use a food scale for accuracy.
- 3. Chew, chew, and chew again.** That's right, 25 x's for each bite. It should take you 20-30 minutes to finish a meal
- 4. Just say no to bread!** We know it is hard and maybe you've tried it before and "nothing happened" but having bread is a problem just waiting to happen.
- 5. Forks over spoons!** Eating solid food is key for feeling full. Choosing "fork foods" over "spoon foods" help you to feel full after a meal; i.e. salad vs soup.

The Chip to Dip

Who doesn't love a great chips? Have a less-guilty snack with Beanitos – a bean-based alternative to corn and flour tortilla chips. Because they are bean based, these chips have an extra dose of protein and fiber. Plus, the bean base leads to a crumbly texture that is less likely to get stuck on it's way down. You can purchase them at Meijer, Marsh, Walmart, Earth Fare, and Target.

Product Spotlight—*Beanitos!*



THE *Original* BEAN SNACKS™

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New Patient Seminar!

Tell your family and friends to join us to hear Dr. McEwen talk about lap band surgery and to hear from guest speakers about their experience. The next seminar will be:

When: **Wednesday, March 2nd at 6 pm**

Where: **Hamilton Healthcare Campus**

9669 East 146th Street
Noblesville, IN 46060

Am I Really Hungry??

Use the chart below to determine if you hunger is physical or emotional in nature

HUNGER

Physical vs. *Emotional*

<ul style="list-style-type: none">• Is gradual• Open to all different foods• Based in the stomach• Is patient• Occurs out of physical need• Involves deliberate choices & awareness of eating• Stops eating when full• Realizes eating is necessary	<ul style="list-style-type: none">• Is sudden• Is usually for a specific food• “Above the neck”• Is urgent• Paired with an upsetting emotion• Involves automatic or absent-minded eating• Does not stop when full• Feels guilty
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