

News to Lose

Happy New Year!



We are starting a weight loss challenge on **January 5th at 6:30 pm!** If you need motivation to make 2017 a great year we encourage you to join us!!

When: January 5th at 6:30 pm

Where: 9669 E 146th St. Conference room 160

What: Weight Loss Challenge and Q&A Panel

Cost: \$5 to participate in weight loss challenge



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Community Health Noblesville

Problem Band Foods

Use caution with stringy produce like asparagus, pineapple, broccoli stalks, etc.



Many patients notice after lap band surgery there are 1 or 2 foods that they have trouble with. "Sticking" is a word used to describe an instance where food "goes down hard" or is not well tolerated by the band. Below are some common problem foods and tips on how to avoid problems.

will clog the band causing swelling and/or vomiting.

Chicken or Steak: Opt for steak that is a tender cut (filet mignon or NY strip) and ask for it to be prepared medium. Chicken does best when made in the crock pot or marinated prior to cooking.

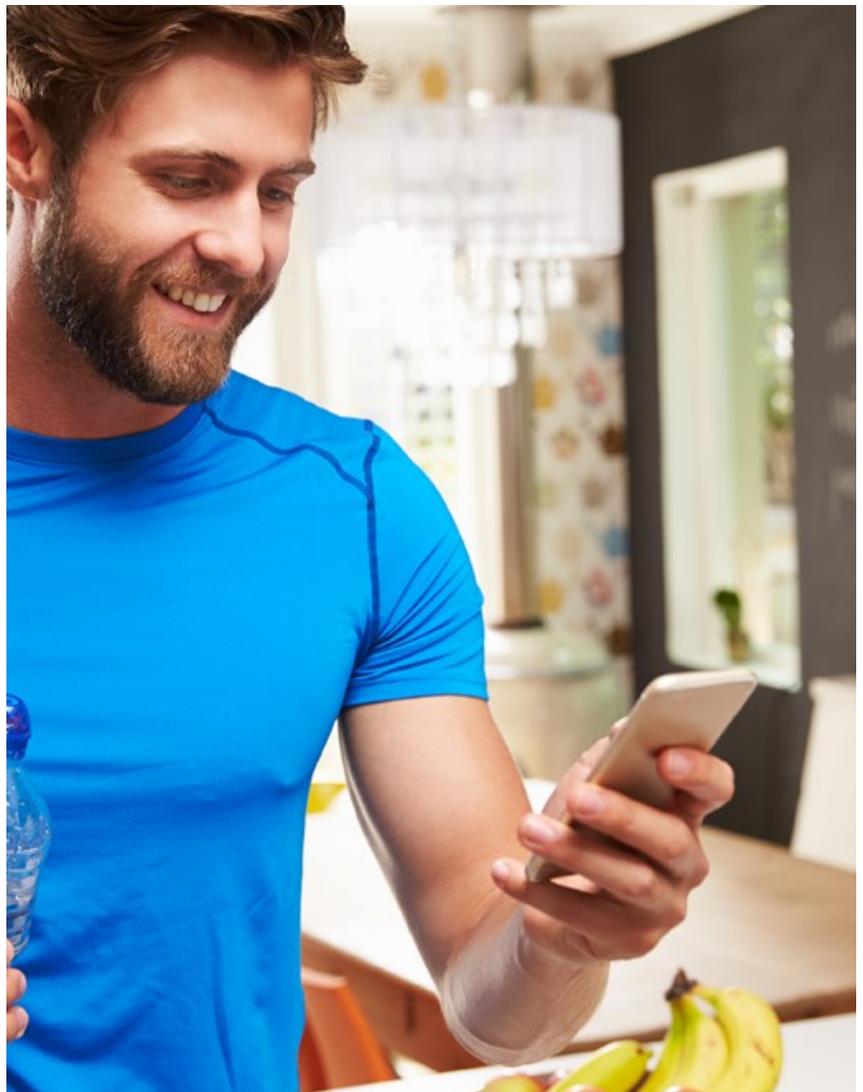
Bread: Just need to avoid this completely including any bread derivatives like biscuits, pasta, pizza crust, crackers, etc. The doughy consistency

Eggs: Scrambled eggs commonly get stuck as well. Try mixing eggs with milk prior to cooking and avoid cooking too long as they can become tough

FREE Exercise Apps

Lets admit it...we all tend to use our phones entirely too much. If you are someone who always has your phone constantly in hand or in pocket a fitness app could be a great way to motivate you and keep you on track with your weight loss journey! Below are a list of FREE apps you can download to use.

- Couch to 5K
- Blogilates
- Zombies, Run!
- Fitnet
- Sworkit
- Motion Traxx
- StrongLifts 5x5
- Strava Running and Cycling
- Map My Run
- Spotify Running
- Daily Yoga





Quick and Easy Crock Pot Salsa Chicken

Ingredients

12 boneless, skinless chicken thighs (about 2 1/2 pounds)

1 teaspoon salt

1 tablespoon vegetable oil

1/2 cup Old El Paso™ Thick 'n Chunky salsa

1 can (15 oz) Progresso™ black beans, rinsed, drained

1 can (11 oz) whole kernel corn, drained

2 tablespoons chopped fresh cilantro

Directions

1. Sprinkle chicken with salt. Heat oil in 12-inch skillet over medium-high heat. Cook chicken in oil about 4 minutes, turning once, until brown.

2. Mix salsa, beans and corn in 3 1/2- to 5-quart slow cooker.

3. Cover and cook on low heat setting 7 to 9 hours or until juice of chicken is no longer pink when centers of thickest pieces are cut.

4. Remove 4 chicken thighs and cool slightly. Shred 4 thighs to make about 2 cups; place shredded chicken in refrigerator or freezer container and save for another use.

5. Sprinkle remaining chicken thighs and vegetable mixture with cilantro to serve now.

Nutrition Facts	
•	10 servings (4 oz.)
•	305 calories per serving
•	30 grams protein

Organic Produce Dilemma

Every year since 2004, the Environmental Working Group (EWG) publishes a "Dirty Dozen" list that ranks the most popular fruits and vegetables based on their pesticide residue levels. By analyzing pesticide residue data from more than 35,000 samples tested by the U.S. Department of Agriculture (USDA) and Food and Drug Administration (FDA), this year EWG found a total of 146 different pesticides on fresh produce samples tested in 2014—residues that remain even after items are washed and, in some cases, peeled. Here's the quick and dirty on which fruits and veggies you might want to be wary of at the grocery store:

Dirty Dozen

1. Strawberries.
2. Apples
3. Nectarines
4. Celery
5. Peaches
6. Grapes
7. Cherries
8. Spinach.
9. Tomatoes
10. Bell Peppers
11. Cherry Tomatoes
12. Cucumbers

Kashi Frozen Entrees

Looking for a quick and simple lunch idea? We don't always have time to prep meals and when time runs short keeping a stock of healthy frozen meals on hand can be a life saver!

Dishes like the Lemongrass Coconut Chicken with 300 calories, 18 grams protein, and 7 grams protein this dish is calorie-smart and filling! Other options include Chicken Florentine and Red Curry!

Kashi Frozen Entrees



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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, January 11th at 6 pm**

Where: **Hamilton Healthcare Campus**

9669 East 146th Street

Patient of the Month: Amy

Amy has lost over 105 lbs. with her lap band!
Amy has used her lap band as a tool and is now reaping all the rewards of that hard work. Amy is down 105 lbs from her initial weight and feeling great! She enjoys having more energy to play with her children and shopping for better-fitting clothes at some of her favorite stores. Way to go Amy!

