

News to Lose

Happy Thanksgiving!



Support Group November 2017

Topic: Surviving the Holidays

Speaker: Lauren Harrison, RD

Date: November 2nd, 2017

Time: 6:30 pm

Location: Conference Room 160

RSVP: email lbrankle@ecommunity.com or cconwell@ecommunity.com

*Worried about weight gain during the holidays? Join us for tips on maintaining not gaining during the holiday season! **Next month is our Christmas party to stay tuned! Date December 7th!***



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Community Health Noblesville

Best Weight Loss Apps



Have you tried food journaling lately? You may know of a few food diary apps but there are new ones everyday! Here are some of our favorites:

1. **Baritastic**— we love *baritastic* because it is made specifically for weight loss surgery patients! Also, it is **free!**
2. **Fooducate**—Fooducate is an app designed to help you make the best choices while at the grocery store!

*Simply scan the barcode and Fooducate will “rate” your food with a letter grade based on how nutritious it is! This is **free** as well!*

3. **My Fitness Pal**—This is a tried and true app is great for many reasons. It is a free way to keep a comprehensive food journal and you can sync it with other devices like your Fit-bit. Plus the barcode scanner is great! **Free as well!**

Staying Active in Cool Weather

As temperatures drop, the days get shorter, and there is a chill in the air it can be tough to keep active! Here are some tips to stay in shape as the winter nears.

1. **Let your kids take the lead!** If you have kids they can be a great lead on staying active in the cold! Go outside with them, build a snowman, take a walk, etc. Activity can be simple and fun!
2. **Consider joining a gym.** If the thought of being outside in the cold fills you with dread it may be time to consider a gym membership. Classes are a great way to get active and meet other people!
3. **Try working out from home!** Clear a room in your house and find a YouTube workout or 2 to get started with! Plus, its free!





Arugula Fall Salad w/ Dijon Vinaigrette

This pretty and satisfying fall salad is chock full of nutrients from the arugula and healthy fats from the olive oil and pecans. You can feel good about indulging in this side-dish at Thanksgiving!

Ingredients

Vinaigrette

- 1/4 cup balsamic vinegar
- 1 clove garlic, minced
- 1/2 tablespoon honey
- 1 tablespoon Dijon mustard
- Salt
- Fresh ground pepper
- 1/2 - 3/4 cup olive oil
-

Salad

- Arugula
- 1 medium apple, quartered, core removed & sliced thin (I like Fuji or Gala)
- 1/2 bulb fennel, sliced thin
- 1/4 cup toasted pecans

Directions

Vinaigrette

- In a small bowl, combine balsamic vinegar, garlic, honey, Dijon mustard, salt and pepper, and whisk together. Let stand 10 minutes. Slowly whisk in olive oil.
- Store in a sealed container in the refrigerator.

Salad

- Arrange a bed of arugula on each plate. Top with apple, fennel and pecans. Drizzle with vinaigrette.

Preparing for the Holidays

With the holiday season right around the corner (yikes) the time to start thinking about your plan to stay on track is now! A worthy goal during the holidays could be to simply maintain your weight and not gain. Or maybe you will focus more on keeping your portions small and sensible. Below are some basic tips

Never arrive to your destination overly hungry!

This may sound strange but arriving hungry sets you up to overeat. Make sure you've had a small snack or lite meal 3-4 hrs. before the gathering.

Grab a small plate to use.

This ensures you don't overestimate portion sizes and end up feeling more stuffed than the turkey.

protein-rich food like white meat turkey and eat this first

Bring a dish to the party!

Bring a sensible side so you know there is an option for you there. Many holiday items are bread or pasta based so be sure you have an option! Fruit and veggie trays are great.

Remember what the holidays are really about and enjoy time with family not just the food. Cut your food up first and take small bites to avoid a "sticky situation". Remember to avoid the breads as well!

Jica Chips

We all crave that satisfying crunch for a snack but so many of those snacks are off-limits after surgery. Jio-ca Chips are a crunchy alternative to traditional potato chips that are made with jicamas instead. They have less calories per serving, less fat, and 5 x's the fiber. Plus each bag is portion controlled at 100 calories!

Featured Product of the Month



100 kcal/bag

5 g Fiber

1.5 g Fat

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Snacks with Dr. Mac

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, November 1st at 6pm**

Where: **Hamilton Healthcare Campus**

**9669 East 146th Street
Suite 160
Noblesville, IN 46060**

Featured Patient of the Month: Melissa

Meet Melissa: Melissa has lost over 80 lbs with her lap band and feels amazing! She is off all of her pain meds, her kidney function has improved, and has more energy! She is also going back to school and started grad classes this fall. She credits the weight loss giving her a huge boost in self-confidence and also feels she has a much better relationship with food. Way to go Melissa!

