

News to Lose

Happy Holidays!



Support Group Schedule 2019

All support groups start at 6:30 pm and will end by 7:30 pm.

January 14th	Q&A Panel
February 11th	Love Yourself
March 4th	Spring Savings Prep
April 15th	Raining Snacks
May 6th	Move in May
June 3rd	Summer Secreate
July 1st	Big Booming Loss
August 5th	Sugar Busters
September 9th	Fall into the Groove
October 7th	Fear of Food
November 4th	Surviving Holidays
December 9th	Celebrations



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New NP

We will be welcoming a new NP into our team in January! Stay tuned for more details. Our current NP, Jessica, will also be back from maternity leave in January!



By Marisa Moore, MBA, RDN, LD

Managing Food Cravings

Avoid labeling foods as “bad” or “forbidden” as this can lead to craving them more over time.

Three balanced meals: Eat at least 3 well-balanced meals a day. Do not skip meals-you will just make your-self hungrier for the next meal, causing you to be more likely to over-eat.

Slipups: Do not beat yourself up if you slip. Everyone overeats at times. Consider trying to live by the philosophy “everything in moderation”.

Mood or situation: Accept food cravings as a normal part

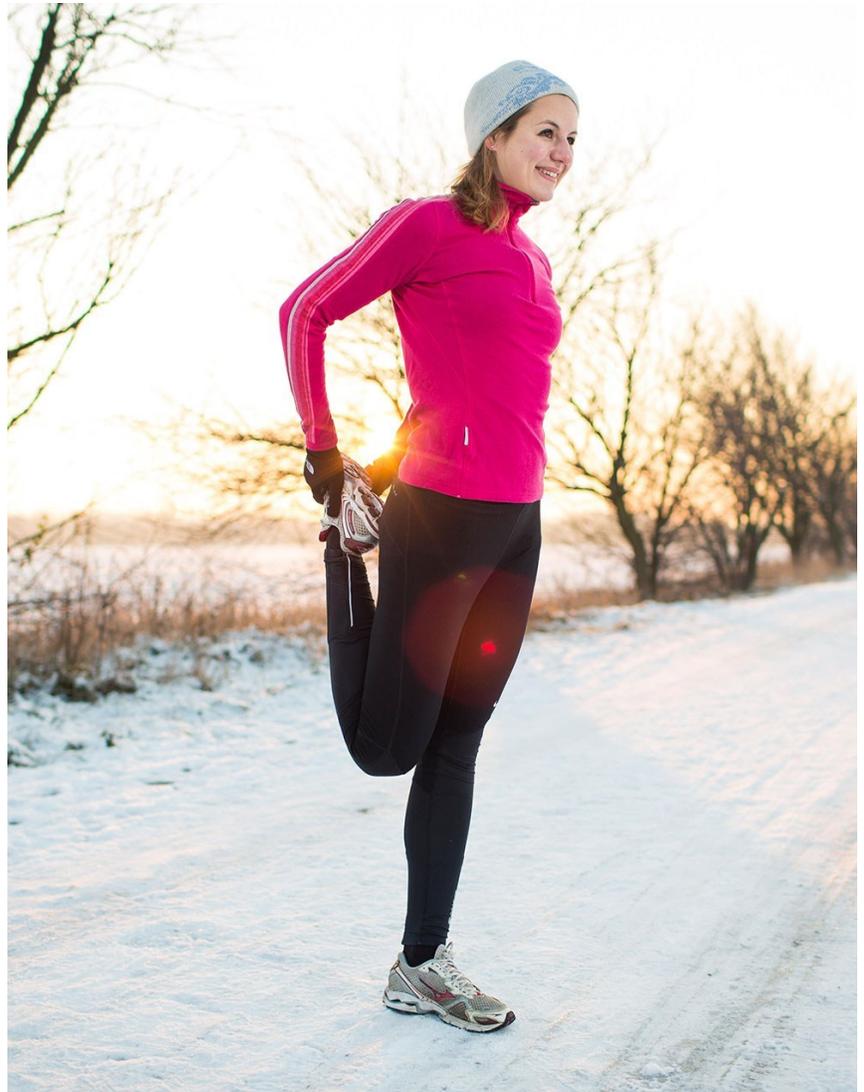
of living. Food is all around us. You sometimes cannot control the craving, but you can control your reaction. Try to understand your cravings in relation to your mood or situation.

Healthful choices: Think “management” instead of “control”. It is impossible to control every situation of your life. Take responsibility for making healthful choices in each eating circumstance, and stop when you are satisfied.

Why Exercise?

In the midst of all the hustle and bustle of the holiday season it can be easy to overlook your exercise routine in favor of other activities. Exercise is a great way to relieve the stress associated with the holidays and also will help you maintain, or continue to lose, weight over the holidays. Below are some ways to get exercise!

- **Bundle up for a walk**
- **Go ice skating with the family**
- **Shovel snow**
- **Take the kids sledding**
- **Walk around the mall**
- **Exercise during TV commercials**
- **Brush the dust off of your forgotten treadmill**
- **30 minutes per day is the goal!**





Coffee -Braised Pot Roast with Caramelized Onions

Ingredients

- 1 4-pound beef chuck roast, trimmed of fat
- 1/2 teaspoon salt, or to taste
- 4 teaspoons extra-virgin olive oil, divided
- Freshly ground pepper, to taste
- 4 cloves garlic, minced
- 1 teaspoon dried thyme
- 3/4 cup strong brewed coffee
- 2 tablespoons balsamic vinegar
- 2 tablespoons cornstarch mixed with 2 tablespoons water
- 2 large onions, halved and thinly sliced (4 cups)

[Nutrition Facts]

- 10 servings
- 209 calories per serving
- 30 grams protein

Directions

1. Preheat oven to 300°F.
2. Season beef with salt and pepper. Heat 2 teaspoons oil in a Dutch oven or soup pot over medium-high heat. Add beef and cook, turning from time to time, until well browned on all sides, 5 to 7 minutes. Transfer to a plate.
3. Add the remaining 2 teaspoons oil to the pot. Add onions, reduce heat to medium and cook, stirring often, until softened and golden, 5 to 7 minutes. Add garlic and thyme; cook, stirring, for 1 minute. Stir in coffee and vinegar; bring to a simmer. Return the beef to the pot and spoon some onions over it. Cover and transfer to the oven.
4. Braise the beef in the oven until fork-tender but not falling apart, 2 1/2 to 3 hours. Transfer beef to a cutting board, tent with foil and let rest for about 10 minutes.
5. Meanwhile, skim fat from the braising liquid; bring to a boil over medium-high heat. Add the cornstarch mixture and cook, whisking, until the gravy thickens slightly, about 1 minute. Season with pepper. Carve the beef and serve with gravy.

Healthy Holiday Cooking Tips

Practice Healthy Holiday Cooking. Preparing favorite dishes lower in fat and calories will help promote healthy holiday eating. Incorporate some of these simple-cooking tips in traditional holiday recipes to make them healthier.

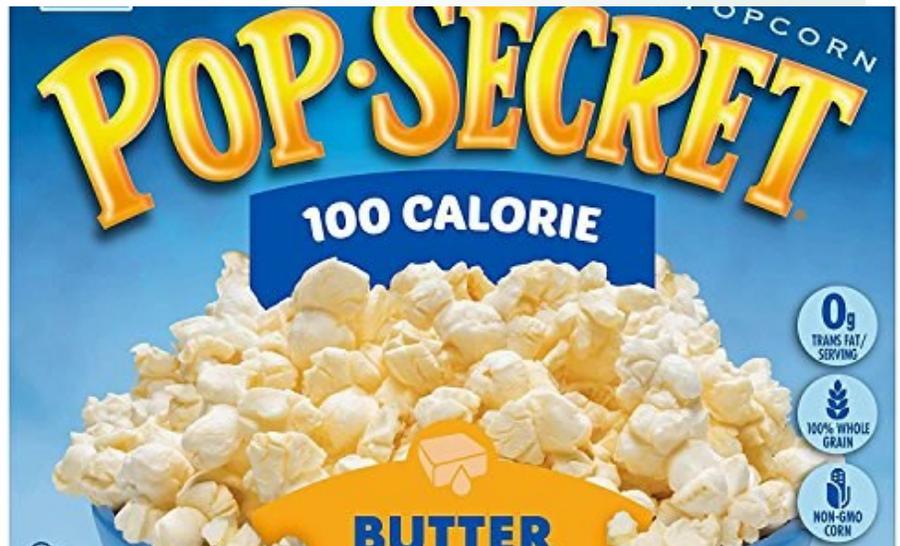
- **Gravy** — Refrigerate the gravy to harden fat. Skim the fat off. This will save a whopping 56 gm of fat per cup.
- **Turkey** — Enjoy delicious, roasted turkey breast without the skin and save 11 grams of saturated fat per 3 oz serving.
- **Green Bean Casserole** — Cook fresh green beans with chunks of potatoes instead of cream soup. Top with almonds instead of fried onion rings.
- **Mashed Potato** — Use skim milk, chicken broth, garlic or garlic powder, and Parmesan cheese instead of whole milk and butter.
- **Quick Holiday Nog** — Four bananas, 1-1/2 cups skim milk or soymilk, 1-1/2 cups plain nonfat yogurt, 1/4 teaspoon rum extract, and ground nutmeg. Blend all ingredients except nutmeg. Puree until smooth. Top with nutmeg.
- **Desserts** — Make a crustless pumpkin pie. Substitute two egg whites for each whole egg in baked recipes. Replace heavy cream with evaporated skim milk in cheesecakes and cream pies. Top cakes with fresh fruit, fruit sauce, or a sprinkle of powdered sugar instead of fattening frosting.
- **Avoid breads**—do not test you lap band! The holidays are much more enjoyable when you keep your band happy.

You CAN eat the whole bag!

There is just something about the smell of popcorn that is so tempting! We walk into a movie theatre not hungry whatsoever but as soon as we smell the popcorn we can't help ourselves.

If you are a popcorn fiend these 100 calorie bags are a great way to satisfy your salty tooth without going overboard. You pop them in the microwave so they are fresh and a good source of fiber!

100 calorie popcorn



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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 9th at 6 pm**

Where: **Hamilton Healthcare Campus**

9669 East 146th Street

Patient of the Month: Audra

Meet Audra! Audra has lost over 70 lbs over the past 5 months with her lap band. She has worked hard and made small changes each month that have added up! She is loving the increased energy level and newfound confidence in herself!

