

News to Lose

Happy Thanksgiving!



Support Group: Nov & Dec

November 3rd @ 6:30 pm: Healthy Holiday Eating

Join us for a support group discussing healthy holiday eating and tips on how to maintain, not gain weight throughout the holiday season by our dietitian, Lauren Harrison. Recipes and healthy snacks will be provided. Please RSVP to Lauren Harrison at

lbrankle@ecommunity.com

December 1st @ 6:30 pm: Christmas Celebration

Join us for a Christmas party! Lynn will be bringing healthy snacks and treats! We will also have ornaments to decorate. Come celebrate the holidays with your lap band family. Please RSVP to Lauren Harrison at lbrankle@ecommunity.com



Inside this issue....

Protein Savvy	2
Fit Holiday Tips.....	2
Recipe of the Month.....	3
Fight Inflammation	3
Product Spotlight	4
Patient of the Month	4



Community Health Noblesville

Tip: 60 grams of protein each day is the recommended minimum

Protein Savvy



By Marisa Moore, MBA, RDN, LD

Protein is essential to help you stay full and satisfied during the day. Most Americans get plenty of protein in their diet but it is not always from the right sources. Lean protein has less fat per serving and is generally less processed than more fatty version. Examples of lean protein options include:

- Chicken breast
- Turkey, white meat
- Venison
- Tuna
- Fish
- Pork tenderloin
- Low fat cottage cheese
- Tofu
- Soy protein

In order to reach the 60 grams of protein each day you should aim for a 3 oz. serving of lean protein per meal. See an example below

Breakfast

- 3 oz. turkey sausage
- 1/2 cup low fat cottage cheese
- 4-6 oz. Greek yogurt

Lunch

- 3 oz. chicken breast, grilled
- 1 packet tuna
- 1/2 cup edamame

Dinner

- 3 oz. pork tenderloin
- 3 oz. salmon
- 3 oz. turkey breast

Staying Active through the Holidays

With the hustle and bustle of the holiday season just a few short weeks away it is important to plan ahead to keep exercise a part of your routine. The holidays can be a stressful time of year and many people tend to cut exercise out of their schedule in order to fit in other activities. Cutting out exercise, however, can lead to weight gain, depressed mood, and loss of muscle mass. Exercise is an essential component of not only weight loss, but avoiding weight regain! Check out some ideas below to stay on track during the holiday season:

- Park your car further away when shopping
- Walk laps around the mall before purchasing any gifts
- Have "game time" with your kids during their breaks. Go outside and play catch, take a bike ride, or take a walk with the family and enjoy the crisp fall air
- Write down your goals in a visible place. For example; a white board on the fridge, sticky note on the mirror, calendar in phone, etc. so you do not lose sight of these over the holidays
- Ask for a fitness-related gift for Christmas. Maybe you want a Fit Bit, new workout shoes, nice workout clothes, etc. but do not feel justified in buying them for yourself. These could all be perfect gift ideas!



Sign up for holiday 5k!

The Drumstick Dash is an annual 5k held in Broadripple where proceeds go towards helping homeless men, women, and children. It is the perfect way to give back this holiday season and to stay goal-oriented. See more below:

<http://drumstickdash.org/>



Butternut Stuffed Turkey Tenderloins

Ingredients

- 2 boneless turkey tenderloins (1 lb total)
- 1 tsp kosher salt (diamond crystal)
- 1/2 tbsp. light olive oil
- 1/3 cup chopped shallots
- 2 cloves garlic, chopped
- 1 1/4 cups (6 oz) diced butternut squash, 1/2-inch dice
- 1/2 cup fresh cranberries
- 2 tbsp pure maple syrup
- 1 cup baby kale or spinach
- 3 sage leaves, chopped
- 2 tbsp chopped pecans
- 1/4 tsp crushed black pepper
- 6 to 8 pieces cooking twine

Directions

- Heat a large skillet over medium-high heat and add olive oil. Add shallots and garlic and sauté over medium-low heat for 4-5 minutes, or until golden.
- Add butternut squash, cranberries, maple syrup and 1 tablespoon water and cover; cook on low for 10 minutes.
- Remove lid and add kale, salt, sage, and pepper, cover and cook for another 3-4 minutes. Set aside to cool and mix in pecans.
- Cut a pocket into the sides of the tenderloins, careful not to cut all the way through at the ends. Season the inside and outside of the turkey with salt
- Stuff each turkey breast with about 3/4 cup of squash mixture. Cut cooking twine long enough to tie each breast with 3 to 4 pieces of twine
- Heat skillet over medium-high heat, lightly spray with cooking spray.

Nutrition

- 4 servings
- 221 calories per serving
- 22 grams protein
- 4 grams fiber

Foods to Help Fight Inflammation

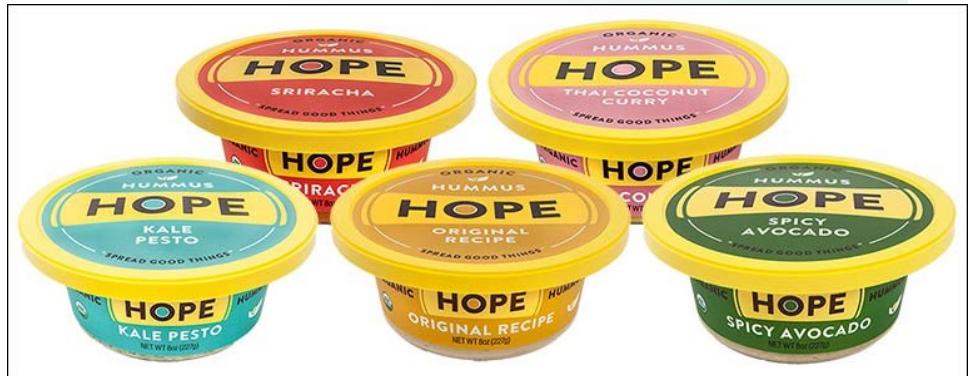
Joint pain is a common companion to obesity. With extra weight gain comes extra pressure on joints leading to joint pain and swelling. Inflammation can also be the cause of joint pain and achiness. Inflammation is the body's natural response to protect itself from injury or illness which is not necessarily a bad thing but chronic inflammation can worsen certain diseases like diabetes. Inflammation is also present in certain autoimmune disorders like rheumatoid arthritis. To help combat inflammation a diet with a wide variety of fresh fruits, vegetables, whole grains, and lean meats should be incorporated as well as healthy fats. See below for some inflammation-fighting foods:

- Green leafy vegetables like kale, swiss chard, and bok choy. Sauté as a side dish!
- Beets, which are antioxidant rich and great roasted with olive oil and sweet potatoes
- Blueberries due to the component quercetin which is a potent antioxidant
- Salmon, which is rich in omega-3's. Opt for wild-caught not farm raised with a deep red color
- Tumeric is a spice with natural anti-inflammatory component called curcumin
- Walnuts, rich in omega-3's and easy to bring as a snack

Creamy and Tasty Dip!

Hope hummus is a new brand of hummus that has savory and sweet options available. Their flavors range from spicy Sriracha to Kale Pesto to Dark Chocolate Coconut spreads! All average around 50 calories per serving and are a great to dip veggies or pretzel thins in! The dark chocolate can be used with fruit as a healthy alternative to more sugar-laden sweet snacks. Find at Costco, Earth Fare, Fresh Thyme, Fresh Market, and Whole Foods

Hope Hummus



Follow Us!!

Pinterest

[http://pinterest.com/
lapbandindiana/](http://pinterest.com/lapbandindiana/)

Facebook

[https://www.facebook.com/
MCEWENMD](https://www.facebook.com/MCEWENMD)

Twitter

@lapbandindiana

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,**
November 14th at 6 pm

Where: **Hamilton Healthcare Campus**

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

Patient of the Month: Tori!

Meet Tori! Tori has lost 47 lbs. with her lap band!

She got the lap band in order to lead a healthier lifestyle. She wanted to be able to play with her daughter and not feel so tired. She also wanted to have more energy. Her biggest non-scale victory is loving to post pictures on social media and actually being proud of herself in them. Her advice is to embrace it not as a diet but more of a lifestyle.

