

# News to Lose

*Merry Christmas!*



## Support Group Schedule 2020

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

January 6th	Q&A Panel
February 3rd	Snack Attack
March 9th	Meal Prep
April 6th	Non-Scale Victories
May 4th	Do Vitamins Matter?
June 1st	Back on Track
July 13th	Avoiding Weight Regain
August 3rd	Sugar Busters
September 7th	Fall Into the Groove
October 5th	Plastic Surgery
November 9th	Surviving the Holidays
December 7th	Holiday Celebrations



### 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

### MSWL Info

Starting in January we will be offering a “back on track” program called medically supervised weight loss. If you need help getting back on track call to set up an apt. 317-621-2500.



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.

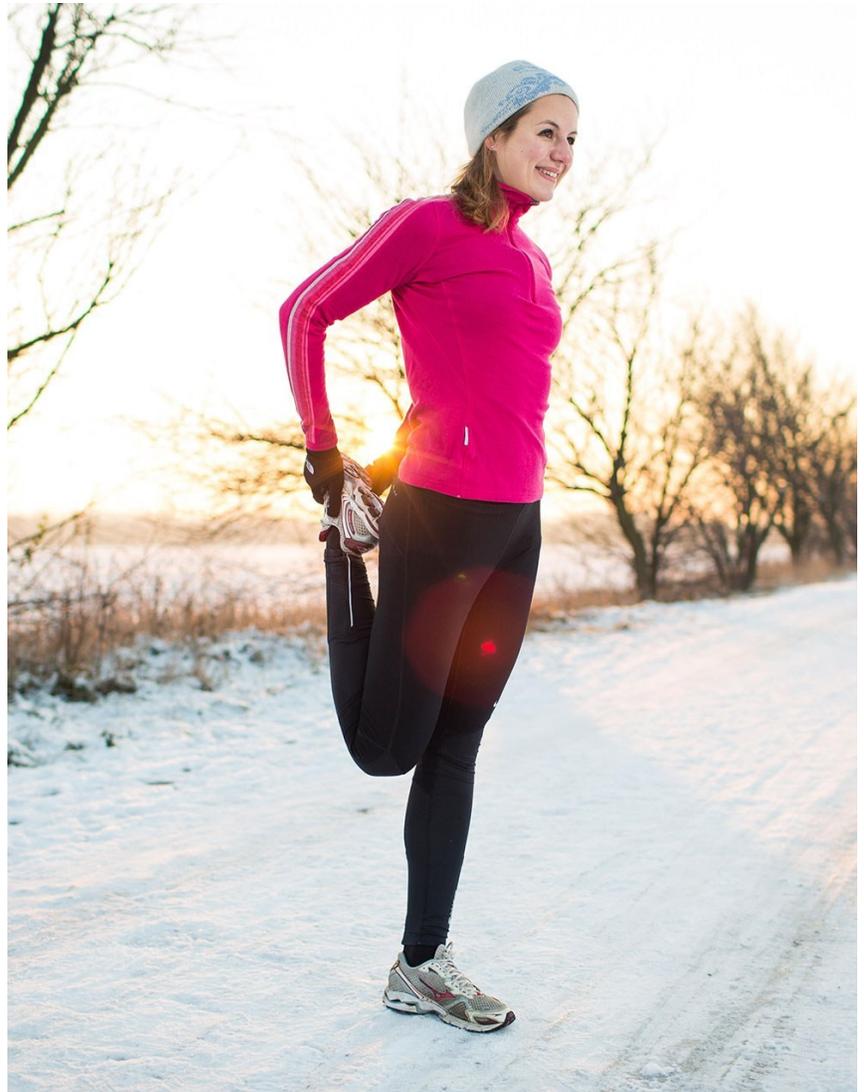
**Healthful choices:** Think “management” instead of “control”. It is impossible to control every situation of your life. Take responsibility for making healthful choices in each eating circumstance, and stop when you are satisfied.

**Suggestions, not commands:** Look at cravings as

### 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!**





## One-Pan Cranberry Balsamic Roasted Chicken

### Ingredients

#### For Marinade

- 1/3 cup cranberries
- 2 tbsp. olive oil
- 2 tbsp. soy sauce
- 2 tbsp. maple syrup
- 1/4 cup balsamic vinegar
- 1/4 tsp sea salt
- 1/4 tsp black peppers
- 2 garlic cloves (or 1 tsp minced)

#### For the pan/roasting

- 2.5 lbs. chicken thighs or breasts, with skin on (around 4 to 6 chicken thighs)
- 3–5 sprigs fresh thyme and extra to garnish
- 1/3 cup to 1/2 cup fresh/ frozen cranberries
- 1 tbsp. maple syrup and balsamic vinegar

### Directions

1. Preheat oven to 375.
2. Blend all the balsamic chicken marinade ingredients
3. Pour marinade over the chicken thighs, coat evenly and marinate for 30 min-24 hr
4. Add extra 1/3 c to 1/2 cup cranberries, 2 – 3 sprigs of thyme or a sprinkle of dried Italian herbs to the dish. Spread it out evenly on and around the chicken.
5. Bake skin side down first for 25-35 minutes depending on the size of chicken thighs.
6. Remove and turn skin side up. Check for doneness. Then brush each chicken skin with the maple syrup/ balsamic vinegar combo.
7. After thoroughly cooked, remove from oven. Spoon the sauce from the pan onto each chicken thigh/breast.
8. Serve with the roasted cranberries on top and any extra fresh herbs as desired.

### 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 crust-less 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.

## The Guilt-Free Crunch!

Veggie chips can be a great swap for potato chips when you want a salty crunch! But not all veggie chips are created equal. Flourish chips are actually made with real vegetables like kale and have a boost of fiber from beans like chickpeas.

Each serving has 80 calories and 3 grams of protein. You can find them at stores like Kroger and Amazon.

## Flourish Veggie Chips



## Follow Us!!

### **Pinterest**

<http://pinterest.com/lapbandindiana/>

### **Facebook**

<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: **December 16th at 7 pm**

Where: **Hamilton Healthcare Campus**

9669 East 146th Street  
Noblesville, IN 46060

## Patient of the Month: Lori

Our featured patient this week is Lori! Lori started with our program last fall and since then has lost over 50 lbs with her Lap Band! Lori feels great and loves her increased energy levels. She is able to walk without back pain and enjoys going shopping and finds her usual selections are now too big! She would tell anyone thinking about getting a Lap Band to "not listen to the negative comments and do what's right for your body". Lori is looking forward to continuing with the program and weight loss. Way to go Lori!

