

News to Lose



Support Group Nov 2022

Topic: Surviving the Holidays

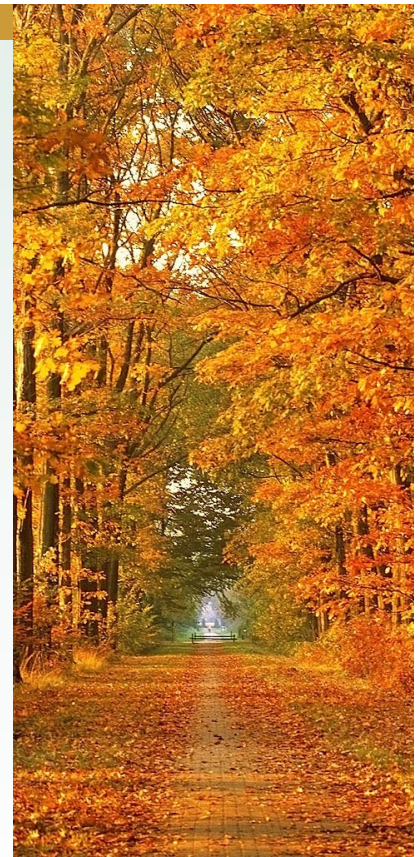
Speaker: Lauren Harrison

Date: November 8th, 2022

Time: 5:00 pm

Location: Room 160 (1st floor of building)

*Do you struggle during the holidays to stay on track?
You are not alone! If you want help navigating the
stress, busyness, and -oh yeah -FOOD the holidays bring
about join us for support group this month! We will
learn healthy holiday swaps and tips to help you
maintain NOT gain this time.*

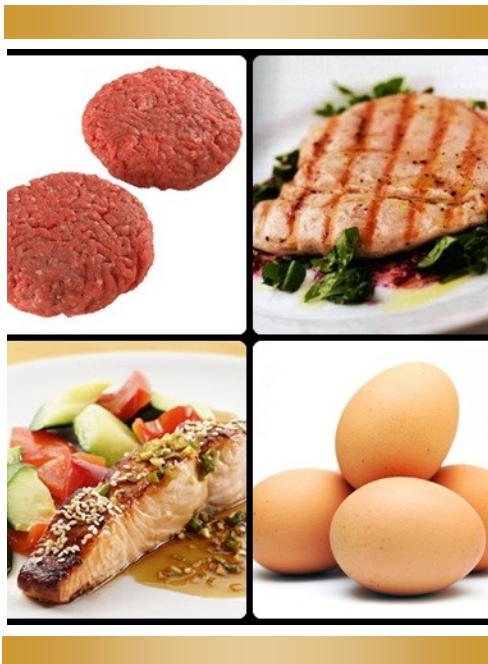


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Community Health Noblesville



What are “quality” protein sources?

Alright so we know we should have a minimum of 60 grams protein per day but what constitutes a high-quality protein source?

The quality of protein sources are rated using the term High Biological Value (HBV) to describe the ability of the protein to be used by our bodies. In general, animal protein sources are better utilized by our bodies and therefore have a high HBV ranking.

Best Quality Proteins

1. Whey protein—milk, cottage cheese, some cheese
2. Chicken
3. Lean beef
4. Fish
5. Soy protein—tofu, edamame, etc.
6. Turkey
7. Eggs
8. Egg white
9. Lean pork
10. Venison, bison, other game

Relieving Sore Muscles

If you like to workout but fear the muscle-soreness after these tips may help you! During workouts little tears are created in your muscle tissue. You don't notice the pain from these micro-tears until 12-24 hrs. later. This is a normal process and actually helps your body build new muscle tissue! Here are some tips to help:

1. Stretch after a workout to lengthen and soothe tightened muscles (especially jogging)
2. Use a foam roller on extra sore spots (see top pic)
3. Consume a quality protein source after a workout like a protein shake, yogurt, cottage cheese, or milk to help muscle groups recover
4. Reduce inflammation by regularly consuming omega-3 rich foods like salmon, tuna, olive oil, nuts, or fish-oil.





Pumpkin Chili

The seemingly odd additional of pumpkin gives this chili a creamy texture and savory taste that is sure to be a crowd-pleaser! Plus the protein and fiber content is great too: 328 kcal/Cup, 28 g Pro, and 6 g fiber!

Ingredients

- 1 Tbsp. olive or canola oil
- 2 cups chopped onion
- 1 medium green bell pepper, diced
- 6 cloves garlic, minced
- 1 ½ pounds grass-fed ground beef or lean turkey
- 1 28-oz can diced tomatoes
- ½ 6-oz. can tomato paste
- 1 14-oz. can pumpkin puree
- ½ - 1 cup chicken broth or water
- 2 ½ tsp. dried oregano
- 2 Tbsp. chili powder
- 1 tsp. ground cinnamon
- 1½ tsp. ground cumin
- 1 tsp. sea salt
- ¼ tsp black pepper

Directions

1. Heat a large pot or Dutch oven over medium-high heat. Add oil and sauté the onions and peppers, stirring occasionally, for about 7 minutes or until onions start to soften.
2. Add the garlic and cook an additional 30 seconds or until fragrant.
3. Add the ground beef. Use a spatula or large spoon to break it up as it cooks. Cook until meat is nearly cooked through, about 8-10 minutes.
4. Transfer meat mixture to the slow cooker.
5. Add remaining ingredients and stir.
6. Set heat to LOW and cook for 6-7 hours. Serve with desired toppings.

Weight Loss Support Groups

Weight loss surgery can be an overwhelming road at times. Online support groups can be a great fill-in for in-person groups that don't fit your schedule. Below is a list of online groups and links to their sites!

WLS Matters Group

WLS (weight loss success matters!) is an online group ran by two ladies (Sandy and Wendy) who had lap band surgery in 2010 and have collectively lost over 400 lbs.! Join them for online support groups in the link below

[FREE Support Groups – WLS Success Matters](#)

Smart Patients Weight Management Forum

The Obesity Action Coalition (OAC) started a site that helps you find in-person or online groups near you for weight loss support! Free to join

[Obesity Action Coalition | Smart Patients](#)

Community Bariatrics Hamilton Private FB Group

Our office's own private group comprised of pre and post-surgery patients supporting each other's weight loss journey through highs and lows!

By invite only. Email Lauren at lbrankle@ecommunity.com to be invited!

Quinoa Puffs

This RD's favorite new snack is Skinny Dipped Cashews! When a sweet-craving hits these are great to keep around to get a taste of chocolate complete with protein, healthy fats, and fiber!

These come in a wide variety of flavors and can be found at Kroger, Walmart, Target, CVS and Whole Foods.

Featured Product of the Month



150 calories

5 g Pro

2 g Fiber

Follow Us!!

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

Facebook

<https://www.facebook.com/MCEWENMD>

Twitter

@lapbandindiana

Blog

obesitycenter.wordpress.com

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: **Anytime!**

Where: **Online**

Please have interested family/friends contact the office at 317-621-2500 for more information.

Featured Patient of the Month: Viola

Meet Viola: Viola had her lap band placed in April of 2016 and since then has lost nearly 50 lbs.! Viola stays on track by attending regular office-visits and eating on small plates. Viola has so much more energy and loves how much easier it is for her to keep up with her grandchildren. Way to go Viola!

ReShape Lifesciences™ "Top U.S. Lap-Band Surgeon"



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