



Fall, 2016

In the News

As reported in HealthDay News, 7/15/16 –

Obese and overweight moms seem to serve their kids more food at meals, potentially boosting their risk for childhood obesity.

University of Florida researchers asked mothers to describe their level of hunger and that of their 3- to 6-year-olds before meals. Twenty-nine children took part in the study.

Women who were overweight or obese reported feeling hungrier and thought their kids were hungrier, too. Then, they gave them bigger portions.

“Because young children have difficulty recognizing when they are full, the more food they are presented at mealtime, the more they are likely to eat,” lead investigator Sarah Stromberg said in a university news release. Stromberg is a doctoral student in the Department of Clinical and Health Psychology.

Study senior author David Janicke, a professor of clinical and health psychology, said, “If we can start to identify those factors, we might be able to intervene to help parents develop more appropriate portion sizes for younger kids, which hopefully can lead to a longer life of healthy eating habits.”

The researchers noted that the findings are preliminary, because the study was small.

“This study was a good starting point, and ultimately if we’re able to see these findings replicated we can intervene with knowledge, awareness and strategies to help parents and kids



JFK FOR LIFE is pleased to welcome Dr. Aram Jawed who recently joined the practice of Dr. Alexander Abkin at Advanced Laparoscopic Surgeons of Morris.

Dr. Jawed is a well-trained surgeon specializing in advanced laparoscopic, bariatric and robotic surgery. He recently completed a minimally invasive, bariatric and robotic surgical training fellowship at Innovation Health in northern Virginia.

He is a member of the American Medical Association (AMA), American College of Surgeons (ACS), and the Society of American Gastrointestinal and Endoscopic Surgeons (SAGES). Procedures performed include Laparoscopic Gastric Bypass, Laparoscopic Sleeve Gastrectomy, Laparoscopic Revision of Gastric Bypass, Surgery for GERD, Laparoscopic Gall Bladder Removal and other general laparoscopic procedures.

We are very delighted to have Dr. Jawed aboard!

work together to limit how much kids are being served,” Janicke said.

Meanwhile, how can parents make sure their kids don’t eat to excess?

“Parents decide what to serve their kids and when, but kids still should have a reasonable amount of control over how much they eat,” Janicke said. “If kids eat an appropriate serving size and are still hungry, they can ask for more.”

The study appeared in the June issue of the *Journal of Human Nutrition and Dietetics*.

From Your Weight Matters – **Obesity Action Committee (OAC) Update:**

At the 2016 Your Weight Matters National Convention hosted recently in Washington, DC, OAC Chairwoman Amber Huett-Garcia shared with a diverse audience about the OAC’s five year goals to guide the organization through the year 2021. She also discussed one of the OAC’s very first initiatives to achieve one of these goals: **reduce the existence of weight bias by 10 percent in today’s society.**

Earlier in the year, we announced that the OAC would be releasing a brand new, National initiative to build an online library of stock images showcasing people with obesity in a positive light. If you research obesity, or read any story about obesity in today’s media, a very common theme exists among almost all of the pictures representing this disease: the subjects have no heads, or they’re eating food in an animated way. Perhaps they’re standing on a tilting scale, or only certain parts of their body are highlighted.

The OAC recognizes that these images which accompany stories and articles about obesity are not only stigmatizing and degrading, but they are a form of bias. They dehumanize the individual affected by obesity, and do nothing to represent what someone with obesity really looks like.

Now, we’re excited to share with you — our

members, supporters and volunteers— that we are publicly releasing the news about this National Initiative, and we’re excited to take the next step toward combating weight bias in the media and in the public eye. The OAC image gallery is our all new bias-free, non-commercial image gallery that aims to provide the right kind of images to be used in the media, in public and everywhere where individuals with obesity are portrayed. These images are also entirely free, and upon completion there will be almost 4,000 of them to choose from.

However, to achieve our goals and to progress further in reducing weight bias, we need the support of the OAC community. We ask that you share this project with your family, your friends, local newspapers and social media, and let them know that our image gallery is free and available to the public.

Want more information about the OAC and how you can join?



Calendar

SUPPORT GROUP MEETING
WEDNESDAY, OCTOBER 12TH 6:30PM

NEW PATIENT SEMINAR
TUESDAY, OCTOBER 18TH 7PM
CALL 732-744-5955 TO REGISTER

SUPPORT GROUP MEETING
THURSDAY, OCTOBER 20TH 6:30PM

OCTOBER 31ST – **HALLOWEEN**



NOVEMBER 4TH – KING TUT DAY
King Tut Day celebrates the date of the discovery of King Tutankhamen's Tomb in 1922.

DAYLIGHT SAVINGS TIME ENDS
NOVEMBER 6TH 2AM

SUPPORT GROUP MEETING
WEDNESDAY, NOVEMBER 9TH 6:30PM

NEW PATIENT SEMINAR
TUESDAY, NOVEMBER 15TH 7PM
CALL 732-744-5955 TO REGISTER

SUPPORT GROUP MEETING
THURSDAY, NOVEMBER 17TH 6:30PM



Perfect for the Season
From the desk of Kelly DiFabio, RD

Here is a tasty recipe to pull the essence of autumn together in dish!

Slow Cooker Black Bean, Butternut Squash & Quinoa Chili

Author: Gena Hamshaw Published on: thefullhelping.com

Prep time: 15 mins. Cook time: 6 hours, Total time: 6 hours 15 mins

Serves: 10-12 servings

Ingredients

For the chili:

- 2 teaspoons olive oil
- 1 large white or yellow onion, diced
- 2 stalks celery, diced
- 3 cloves garlic, diced
- 2 tablespoons tomato paste
- 1½ tablespoons chipotle en adobo (about 1 pepper and juices), finely chopped
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 teaspoon coriander
- ½ teaspoon smoked paprika
- ½ teaspoon cinnamon
- ¾ teaspoon salt (or to taste)
- Pinch cayenne pepper (to taste)
- 3 cups low sodium vegetable broth or water
- 3 cups cooked black beans (or 2 cans, drained and rinsed)
- 1 - 1¼ pounds peeled, cubed butternut squash (about 1 small squash)
- 1 14 or 15-ounce can fire-roasted, diced tomatoes (don't drain)
- 1 cup dry quinoa, rinsed under running water in a fine sieve for about a minute
- Optional toppings: Tofu sour cream (below), chopped green or red onions, chopped parsley, chopped cilantro, avocado slices, guacamole, hot sauce

For the tofu sour cream:

- 8 ounces silken tofu
- 2 teaspoons olive oil
- 2 tablespoons lime juice
- 2 teaspoons rice vinegar or white wine vinegar
- ¾ teaspoon salt

Instructions

1. To make the tofu sour cream, simply place all ingredients in a blender or a food processor and blend till smooth.
 2. For the most flavorful chili results, heat the olive oil in a large sauté pan over medium heat. Add the onions and celery and a pinch of salt, to get the onions sweating. Sauté for about 5 minutes, or until the onions are soft and clear. Add the garlic and cook for about 1 minute, stirring frequently. Add ¼ cup water, the tomato paste, the chipotle en adobo, the chili powder, cumin, coriander, smoked paprika, cinnamon, salt, and cayenne. Allow it to cook for one more minute, stirring to incorporate all of the ingredients.
 3. Add the broth, black beans, squash, diced tomatoes and their juices, and quinoa to your slow cooker. Add the cooked onion, garlic, and spice mixture. Stir everything to combine well. Cook on low heat for 6 hours. Before serving, give the chili a good stir and add some additional vegetable broth if you'd like it to be less thick. Taste, adjust seasonings, and serve with toppings of choice.
 4. Alternately, you can simply add all of the ingredients to the slow cooker and cook for 6 hours on low. If you have the time, browning the onions and garlic will give you most flavor.
- Per 4 ounce serving – Protein: 8g (with tofu 10g), Carbohydrate: 18g, Fiber 5g, Fat+: 3g



B12 Deficiency Are You At Risk?

Vitamin B12 is a nutrient that helps keep the body's nerve and blood cells healthy. Vitamin B12 also helps prevent a type of anemia called megaloblastic anemia that makes people tired and weak.

Dietary sources of Vitamin B12 come from animal protein sources, including meat, poultry, fish, dairy products, and eggs. Patients having a sleeve gastrectomy or gastric bypass cannot consume enough food to meet their needs for Vitamin B12. And gastric bypass patients cannot absorb it properly.

Early signs of vitamin B12 deficiency include fatigue, weakness, diarrhea, dizziness, rapid heart beat, poor appetite, anemia, sore or swollen tongue, numbness and tingling sensations. Prolonged B12 deficiency can cause permanent nerve damage, dementia, psychosis, altered mood, spasticity and memory loss. If you experience any of these symptoms, contact your health care provider right away.

Because the liver can store B12, you may not show signs of a deficiency for several years after surgery.

Ask your healthcare provider or registered dietician how much vitamin B12 you should be taking.

Remember ~

Always take vitamins as prescribed and attend follow-up visits to review lab work.

Taking vitamin supplements is required life-long after any weight loss surgical procedure.

Lemon Chicken with Thyme

Created by: eat-yourself-skinny.com

**This recipe is an excellent source of
Vitamin B-12*

Serves: 4 servings

Ingredients

- 3 or 4 chicken breasts
- Juice of 2 lemons
- Zest of one lemon
- 2 cloves garlic, minced
- 1 Tbsp fresh thyme
- 1 tsp. pepper
- ½ tsp. sea salt

Instructions

1. Preheat oven to 375 degrees F.
2. Whisk together lemon juice, lemon zest, garlic, thyme, salt and pepper; set aside.
3. Place chicken breasts in a baking dish and pour mixture over top, making sure to completely coat them.
4. Bake for about 40 minutes (depending on size of chicken) until juices run clear. Enjoy!

Nutritional Information

Serving Size: 1 chicken breast •

Calories: 150 • Fat: 4 g • Carbs: 2.4 g

• Fiber: 0.08 g • Protein: 25 g

These members celebrated their 1
year SURGI-VERSARY since our
last issue!

TG ES JG AL AS DR SB JB
DA TV LG EW DP AB CP
MK ST SS

**Together they have lost
1, 600 pounds!**



Special Kudos to our members who
celebrated 2nd and 3rd year
anniversaries!

FS JW RA LJ AM
UP CE MD TK RB

**Together they have maintained a
weight loss of . . . 979
pounds!**

**And to DK who after 5 years has
maintained a weight loss of 110
pounds!! WOW**

October is Breast Cancer Awareness Month

which is an annual
campaign to increase awareness of the disease.
While most people are aware of breast cancer,
many forget to take the steps to have a plan to
detect the disease in its early stages and
encourage others to do the same. When breast
cancer is detected early, and is in the localized
stage, the 5-year relative survival rate is
100%.



Kelly's Hours Have Changed!

Kelly DiFabio, RD is in the JFK for Life
office in Edison on the following days:

Wednesdays 9:30am – 6:00pm *
Thursdays 11:00am – 7:30pm

*2nd Wednesday 9:30am – 7:30pm
Second Wednesday of each month
is Support Group.

If you wish to see Kelly to purchase
protein or other supplements, it is best to
call before stopping by.

Day Hiking

Hiking is an excellent low-impact workout. For adults, regular aerobic exercise like hiking has many benefits:

- Improved cardio-respiratory fitness (heart, lungs, blood vessels)
- Improved muscular fitness
- Lower risk of coronary heart disease and stroke
- Lower risk of high blood pressure and type 2 diabetes
- Lower risk of high cholesterol and triglycerides Lower risk of colon and breast cancer, and possibly lung and endometrial cancer
- Increased bone density or a slower loss of density Reduced depression and better quality sleep
- Lower risk of early death (If you are active for 7 hours a week, your risk of dying early is *40% lower* than someone active for less than 30 minutes a week.)
- Weight control; hiking burns up *370 calories an hour* (154-lb person)

Hiking exercises almost every part of your body including your mind. Studies have shown that walking in nature can lead to a lower risk of depression. Being in nature, away from our busy lives and technology, can allow you to connect to nature in a way that brings about a sense of peace and well-being.

Tips for the Beginner

Decide how long you have to hike. If you are a hiking novice, your first experience will not be on the Appalachian Trail. Start with hiking a trail that can be done in less than a day that doesn't require a tent. Pick a hike based on how much time you have. Do you have an entire Sunday or just a Saturday Afternoon?

Don't hike alone. Hike with a friend or significant other. Another option is to find a local hiking group or club.

Pick your hiking location. Go to Trails.com and enter your zip code. The skill level, length and duration of each trail is provided. You can also ask co-workers, friends and neighbors for trail locations.

Let someone else know. If you do go out alone let someone know where you are going and what time you expect to be back. Make sure to bring your *charged* cell phone.

Wear appropriate clothing. Long pants are preferred especially if you are predisposed to poison ivy. Wear light weight shirts that wick away moisture. Bring a waterproof jacket or wind breaker. You can easily get sunburn on the back of your neck while hiking – wear a hat! Invest in a good pair of hiking boots. Wear sunglasses.

Water. Do not leave home without a water bottle! Make sure you bring enough water with you to keep you hydrated through your adventure – a liter or two should be sufficient. Make sure you have been consuming water before you go hiking so that you're not starting at a hydration deficit.

Bring Snacks. Nuts and a piece or two of fruit

Check for ticks. If you are in a heavily wooded area, check yourself for ticks. Make sure you take a shower with hot water and soap immediately when you get home in case you came in contact with any poisonous plants or things like that.

Bring out what you bring in. Don't leave trash in the woods and pick up any trash you may see. Be a good steward of our planet!

Bring a camera. You never know what you might see!

Just in case – Bug spray and a first aid kit.



Overcoming Gym Phobia

There are many reasons for not joining a gym or fitness center – lack of money, time, and energy – but these are often excuses for the real reason that is common among those with obesity.

Fear #1 – *The gym environment intimidates me.*

If walking into a gym and seeing a sea of machines gives you anxiety, you are not alone. There is something extremely overwhelming about seeing endless rows of equipment filling a brightly lit room.

Luckily, this is not your only option. If you are a woman, there are women-only facilities. You can also look for hospital based fitness centers or one at a recreational center. These locations have a tendency to be more intimate and less intimidating.

Fear #2 - *I don't know what to do at the gym.*

Whether it's a large gym or a personal training studio, try to learn everything you can about what the place has to offer. The more you know about what is available to you, the more empowered you will feel when you step into the gym.

Many gyms offer free initial sessions with a personal trainer who can teach you how to use the equipment. Once you understand how to properly use the gym equipment, cut out further ambiguity by making a specific plan as to what you will specifically do when you come to the gym.

Fear #3 – *I don't like exercising alone.*

While the easiest solution to this problem is to exercise with a friend, we all know that despite the best of intentions, this arrangement often falls through.

This is where group fitness can play a role. After you join a group fitness class and commit to coming weekly, you'll quickly notice who the

regulars are. With time, you may end up befriending these individuals and before you know it, you may end up being one of the regulars yourself.

Fear #4 - *I can't keep up with everyone else.*

Personal fitness is not a competition unless you count competing against your personal bests. When you try to learn a new sport, you don't expect to play at a professional level by your second week, so why would you set that expectation for yourself at the gym? Do not compare yourself to others -- live your reality and allow yourself to progress at a pace that works for you.

Fear #5 - *I feel embarrassed to go to the gym.*

After hours of positive self-talk, you finally convinced yourself to go to the gym. You dress at home to avoid locker room gawkers. As you step onto the gym floor, your eyes pan across a crowd of would-be fitness models. Your heart sinks and the nerves kick in. It's hard to feel like people are not judging you as you step onto the treadmill. Don't waste your energy on worrying about what others think -- you'll need that energy for your bicep curls. Also, keep in mind that skinny does not necessarily equal healthy. Reality check: a thin person may actually be less fit than you. Not only that, they may actually feel just as self-conscious and out of place as you do. ■

“When your life flashes before your eyes, make sure you've got plenty to watch.”

~ Unknown

Parts of this story were originally from Woman's Health at NBC News.com

Why Do I Still See Myself as Fat?

While many people are thrilled when they lose excess weight, not everyone is as happy as they expected to be.

Body-image experts say it's not uncommon for people, especially women, who have lost a lot of weight to be disappointed to some extent to discover that they still aren't "perfect." The excess fat is gone when they reach their goal weight, but they may have sagging skin, cellulite or a body shape that they still deem undesirable. Some even continue to see themselves as though they are overweight.

Some specialists use the term "phantom fat" to refer to this phenomenon of feeling fat and unacceptable after weight loss.

Some people who were formerly overweight often still carry that internal image with them and see themselves as still living in a large body. Experts suspect this may happen because the brain hasn't "caught up" with the new, leaner body, particularly for people who were obese for many years and then experienced rapid weight loss. Body image is a lot harder to change than the physical body.

Experts say part of the problem in our body-obsessed culture is that many women — and increasingly more men — have highly unrealistic expectations of what weight loss can do for them. Too often, they think hitting their ideal weight will make them look like a swimsuit model in a magazine, and they're disappointed when that's not the case.

Some people will adjust naturally and more quickly to the weight loss than others, experts say. But it's time to get help when people are experiencing significant distress, sadness or depression, they say, or their feelings are

interfering significantly with their normal activities (such as not going to parties or children's events, always looking in the mirror or avoiding intimacy with a partner).

Understanding that you have been reinforcing this negative image for probably a long time is a major first step. Counseling may involve challenging distorted ways of thinking about one's appearance (by studying before-and-after photos, for instance, or bringing out the "fat pants" and seeing the difference in the mirror), learning how to think about oneself in a more positive manner, and working to engage in activities one's been avoiding. ■

From the desk of Karen Rose, LCSW....

"Staying healthy with little time and effort is possible. If I don't make time now to look after my health, I will be forced to make time later to take care of my sickness."

~ Unknown

Solve the Cryptoquote!

Each letter stands for another:

**Y TSSQ WYFTC YUQ Y WSUT
JWRRG YBR ECR EDS ZRJE
MFBRJ KSB YUHECOUT.**

~ OBOJC GBSIRBZ

Food and Sugar Addiction

Do you have difficulty controlling your intake of sugary, high fat, or processed foods? Do you go out of your way to obtain certain foods or eat until stuffed? Do you ever avoid social or work obligations due to having overeaten, or fear of overeating? If so, you are not alone.

Brain and behavioral research continue to support the fact that food absolutely can be addictive and can look similar to alcohol or drug addiction. People who describe themselves as “food addicts” often decide that total abstinence from a particular food or food group is the only answer to their problem. For many this may work. But for others it is impossible or burdensome. But there are other options.

There is a lot of evidence that cognitive-behavioral, mindfulness, and acceptance-based therapies effectively treat conditions such as stress eating, binge eating and food addiction.

Addictive food behaviors often stem from the fact that our brains have learned a way to cope with particular circumstances to provide short-term relief, but this coping method is ultimately not helpful long-term. But like any unhealthy behavior, we can learn to replace it with new and better behaviors.

6 Tips for Reducing Food and/or Sugar Addiction:

1. Improved your food environment.

Make sure you have healthy food options at home and minimize the high sugar and high-fat foods you bring into your home. This does not mean these foods are “bad” or “off-limits” but especially since you are at the beginning of your journey with making peace with food, you may find that keeping them out of the home will make the process easier for you, and your brain. If you really want ice cream, make a plan with a loved one to go get it, and truly enjoy it without guilt.

2. Gradually wean so your brain can adjust its preferences.

Drinking a can of soda pop per day? See if you can drink ½ a can, then perhaps skip a day. If you put sugar in your coffee, wean down slowly. And be careful with artificial sweeteners. They taste equally sweet, sometimes even more so, and can increase your preferences or cravings for sweets. Your taste buds will adjust over time.

3. Connect with others who understand.

There can be a lot of shame associated with food addiction, and isolation just worsens the problem. You are not alone, and there are many people who can relate, you just have to be open to finding them. Support groups and your dietician are excellent resources! If necessary, take it to the next level and seek out a professional with experience in this area for additional support and guidance.

4. Notice and challenge your beliefs about yourself and food.

Do you buy into the notion that you “cannot control yourself around food?” Do you worry you will never be able to control your intake of certain foods? Catch yourself if you fall into these old ways of thinking. Take a deep breath, and remember that change is possible, but it takes time to re-learn new habits. Be patient with yourself, and persistent.

5. Visualize yourself behaving and feeling the way you want to.

Do you dream of being that person who easily passes on dessert or just has a few bites because you are full? In an ideal world, if you knew it was possible, how would you act in certain situations around food? When someone brings in donuts, do you want to use willpower to avoid them? Or would you rather say to yourself, “I know I will feel exhausted and sluggish 20

minutes after I eat this and so I choose to take care of myself and be more productive today by not eating them.”

6. Get away from depriving yourself psychologically.

Want to avoid sweets during the weekdays? Great, but think about why. What do you say to yourself when you try to pass the free cookies on the table? Are you saying “Oh man I want those so badly, but that would be really bad, and I have to control myself.” Or are you saying “I am stressed right now, and I know I’m not going to really be able to enjoy it without guilt. It isn’t in my plan. I can have a donut another time if I really want one, just not impulsively today.” ■



What’s Halloween without a few jack-o'-lanterns to carve? Well, you may have more than your fair share of leftover pumpkins or rotting gourds once the festivities are over. So if you've been carving up a pumpkin storm or otherwise decorating with pumpkins, here's what to do with the leftovers.

- 1. Remove the seeds and stringy pith from the pumpkin.**
- 2. Cut it into manageable pieces for roasting.**

- 3. Preheat the oven to 425 degrees and oil a baking sheet with a high heat oil of choice. Oil the cut sides of the pumpkin and arrange on the baking sheet.**
- 4. Roast the pumpkin until it is soft. A sharp knife should slide into the pumpkin pieces with no resistance. Obviously, the time on this will depend on the size of your pumpkin pieces and on the variety of the pumpkin.**
- 5. When the roasted pumpkin is cool enough to handle, scoop the pumpkin flesh into the bowl of a food processor and puree until it is smooth. You may have to do this in several batches.**
- 6. Scoop the pumpkin puree into a large colander placed in a large bowl or some container for catching the drips.**
- 7. Keep the puree draining for at least a few hours (overnight preferably), stirring occasionally. The puree will thicken considerably.**

You can also freeze pumpkin puree in freezer safe containers or heavy duty plastic bags. The puree will last for several months. Simply thaw overnight in the refrigerator or in a bowl of cold water.

Health Benefits of Pumpkin

Pumpkin is an excellent source of vitamin A and all the carotenes, especially beta-carotene. It is also a good source of potassium, manganese, vitamin C, and magnesium. Canned pumpkin is a good source of vitamin K. Many of the phytonutrients in pumpkin have been shown to have antioxidant and anti-inflammatory properties.

Fall Fitness Challenge!

Our Fall Fitness Challenge begins on Thursday, 9/22 and ends on Wednesday, 12/14.

Q. "How does it work?"

A. "Log your daily workouts on our fitness challenge board. Each 20 minute workout counts for 1 workout session."

Q. "Why should I participate in the Fitness Challenge?"

A. "A Fitness Challenge encourages you to push yourself a little farther than your daily exercise routine. It helps you achieve your goals, gives purpose to your work out and boosts your self-esteem."

Q. "Anything else I need to know?"

A. "Kelly and Pat will be sending out weekly challenges for extra points."

Q. "How do I sign up?"

A. "Attend a Support Group meeting or email Pat or Kelly."

*Fitness Challenge results will be announced at our annual holiday party in December.

Answers to the candy quiz:

- (1) (e) 8.5
 - (2) (a) 11
 - (3) (d) 7
 - (4) (c) 11.5
 - (5) (b) 2.4
-

What is Ensure?

The ENSURE Original Nutrition Shake is promoted as source of complete, balanced nutrition when used in conjunction with a healthy diet and exercise plan.

Who should consider taking Ensure?

Ensure can benefit people who are on modified diets, at nutrition risk, experiencing involuntary weight loss, recovering from illness or surgery, particularly if they are recovering from bone fractures or wounds. It also benefits people who have osteopenia or osteoporosis, are experiencing constipation or diarrhea or have an acute or chronic illness. Should Bariatric patients take Ensure? The short answer is no. Bariatric patients should not take products such as Ensure to satisfy their daily requirement of protein intake.

An 8 oz serving of Ensure Original Vanilla contains 220 calories, 6 grams of fat, 200mg of sodium, 32 grams of carbohydrates, 15 grams of sugar and 9 grams of protein. The first ingredient listed in Ensure is water. Compare that with a scoop of Unjury Protein powder (vanilla) mixed in 8 oz of skim milk: 180 calories, 0 fat, 55mg of sodium, 4 grams of carbohydrates, 3 grams of sugar and 21 grams of protein. The first ingredient listed in Unjury is whey protein isolate.

As is always the case, follow the recommendations of your bariatric healthcare provider, surgeon or dietician. ■

Reasons For Not Drinking With Meals – Stay Full Longer!

One of the most frequently asked questions heard in the bariatric center is ‘Why can’t I drink with my meals?’

Not drinking and eating at the same time may be one of the single best behavioral changes you can make while trying to lose weight.

Here is why. First, by allowing food to sit in the stomach longer, which happens when food is not mixed with liquid, the patient experiences more fullness and the signal is sent to the brain that it’s time to stop eating.

Second, when liquid is added to solid food and mixes with stomach acids, the food literally liquefies faster and moves from the stomach down into the intestine at an accelerated rate. With the stomach emptying faster, and the feeling of fullness not being truly experienced, both physical and emotional hunger returns more quickly. This begins the cycle of increasing the amount of food the patient is able to eat (physical) as well as the patient’s need to eat more (emotional), sabotaging a patient’s weight loss success.

Even if you haven’t had bariatric surgery, not drinking with your meals is a good tool for all of us trying to lose weight! ■

*A GOOD LAUGH AND A LONG SLEEP ARE THE TWO BEST CURES FOR ANYTHING.
~ IRISH PROVERB*

Trick or Treat!



You've been doing great following your bariatric nutritional guidelines, but what happens at Halloween? But do you do about those adorable trick-or-treaters? Don't you have to have some candy? And if so, will you be able to resist temptation? Here are some ideas to make it easier:

Don't participate. Be a fuddy-duddy and go out for the evening or turn out the lights.

Give out healthy treats such as packages of nuts, or non-food treats.

If you're going to give out candy, don't buy it until Halloween afternoon. No use having it hang around the house.

Give out candy you personally don't like or are allergic to.

If you're going to give out candy, check out this list to see the calories and carbs in "fun size" candy.

At the end of the evening, bag up the candy, seal the bag, and take it out to the trunk of your car. The next morning, take it somewhere you won't have access to it -- your hairdressers, a part of your workplace where you don't often go, or to someone you know will appreciate it. Or donate it to a shelter, if you can do it that day.

Halloween Candy Match Game

Match the candy to the number of grams of sugar each one contains. All candies are fun sized.

- | | |
|-----------------|----------|
| (1) Snickers | (a) 11 |
| (2) Dots | (b) 2.4 |
| (3) Kit Kat | (c) 11.5 |
| (4) M&Ms plain | (d) 7 |
| (5) Sweet Tarts | (e) 8.5 |

Did You Know?

The second Friday in October is *World Egg Day*.

World Egg Day celebrates and promotes the benefits of eggs. One egg has only 75 calories but 7 grams of high-quality protein, 5 grams of fat, and 1.6 grams of saturated fat, along with iron, vitamins, minerals, and carotenoids. The egg is a powerhouse of disease-fighting nutrients like lutein and zeaxanthin.

And that's no yolk!!



98 James Street
Suite 212
Edison, NJ 08820
Phone: 732-744-5955
Fax: 732-906-4967

Please visit our Facebook Page!