

Grocery Shopping on a Budget

It is not a secret that over the last few years, grocery prices have continued to rise. The average family of 4 in the US can spend upwards to \$1,500 per month on groceries. However, with all of the enticing packaging it is easy to go overboard with splurges and non-essentials. Use the following tips on how to grocery shop on a budget!

Start by reviewing your grocery budget each month. Budgeting is going to help you stretch your dollar and avoid unnecessary spending. If you budget for \$600 one month and typically grocery shop once per week, this will allow you \$150 per week to spend on groceries.

Next, make a grocery list. Review the deals being offered at your grocery store and plan some meals around these items. Following a list will help you stick to your budget and avoid some of those

unnecessary purchases. You may also find grocery pick-up to be helpful as you will then not have to step foot into a store.

Additionally, multiple studies note when you pay with cash you will spend less money than if you swipe a card. Dedicate a cash envelope to your grocery budget. This way you will always know how much you have left to spend each month.

Being smart with your money is not only *what* you buy, but *where* you buy it. Review prices at multiple stores and shop around if needed! There is also no shame in buying generic. According to The Wall Street Journal, generic products cost 30% less than name-brand products and are typically made from the same manufacturers as name brand products. It may also be advantageous to shop in bulk at warehouse stores for items you use day-to-day.

Companies are always providing coupons as well. Coupons are (basically) free money! However, be careful with coupons as you are truly only going to save money if you were already going to purchase that product, no matter how enticing the deal may be.

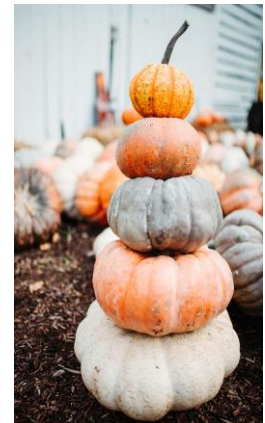
Lastly, shop in-season produce! Not only will you save cash, but you will also enjoy the freshest food on the market! Check out the Recipe Round-up section for some recipes that use pumpkin, as this is in-season September through October. Be sure to skip any pre-cut or pre-packaged fruits and veggies, as you will be paying extra for the convenience however, you can easily do it yourself!

The biggest take away for grocery shopping on a budget is always be intentional. Remember, your money is only going to do what you tell it to. Therefore, be intentional and wise with what you spend it on!

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Focus on Fitness

Water Aerobics

If you are struggling with joint, hip, or knee pain, water aerobics may be a great form of exercise for you to try! Water aerobics is a low-impact exercise that can be performed in a swimming pool or other body of water. It has a lot to offer, no matter what age or fitness level. There are different forms of water aerobics such as aqua yoga, aqua zumba, classic water aerobics, and deep water aerobics. With many formats available, you'll be sure to find one you enjoy.

There are many benefits to water aerobics besides weight loss via burning calories. It can help to improve cardiovascular health, increase flexibility, and improve muscle strength.



Water has more resistance than air so you will build strength just by moving water! It has also been found that this form of exercise can help improve one's mental well-being as the soothing water helps to reduce stress and anxiety and the group classes promote a sense of belonging.

The next time you are looking for an effective and enjoyable workout, consider water aerobics! It may surprise you how gratifying and effective it is for your overall mood and health.

Nutrition Notes by Myckayla Myers, RDN

Fiber is an important part of a healthy diet that many people tend to forget about. Fiber is a type of carbohydrate known as a complex carbohydrate. This means that the body is going to digest it at a slower rate compared to other carb choices such as simple carbohydrates (white bread, table sugar, desserts, etc). High fiber, complex carb foods are encouraged to be incorporated at meal and snack times throughout the day.

Fiber has great benefits for weight loss, weight maintenance, and overall health. Fiber containing foods tend to be more nutrient dense as they are less processed. Examples of high fiber foods include things such as non-starchy vegetables, legumes, and whole grain products. Fruits are also higher in fiber however contain higher amounts of sugar so while this is a good way to get additional fiber it should not be your main fiber source.

Potential benefits of a high fiber diet

include prolonged satiety, better heart health, improved blood sugar control, and improved digestion/gut health.

Fiber helps with satiety as it slows down digestion, meaning food will stay in your stomach for a longer period of time. Since digestion is slowed, less carbs are being broken down and absorbed at once. This assists blood sugar control as your blood glucose levels will increase and decrease at a slower rate. This can help prevent "sugar crashes" and improve energy levels between meals.



Fiber is known to support heart health because it has a similar structure to dietary cholesterol meaning these two things will compete to be absorbed. Therefore, more cholesterol will be excreted if eating a high fiber diet,

overall lowering cholesterol levels.

Some fiber foods, known as prebiotics, provide your gut bacteria, known as probiotics, with food to keep you microbiome healthy. Examples of prebiotics are bananas, whole or steel cut oats, onions, garlic, asparagus, apples and flax seed (just to name a few). Remember all prebiotics are fiber foods, but not all fiber foods are prebiotics. Additionally, fiber provides bulk to our stool and can help avoid constipation.

A few tips to help increase your fiber intake:

- Include vegetables in at least two meals per day.
- Add flax seeds or oats to smoothies and protein shakes.
- If having a dessert try to include a fruit with it or in place of it.
- Snack on whole grain crackers or raw veggies in between meals.
- Add chopped vegetables to soup, stews, and sauces.
- Focus on choosing more whole grain products like breads and pastas.

Spotlight on Success



**Richard After
Gastric Sleeve Surgery**

In August of 2022, I underwent the Sleeve Gastrectomy. Since my first visit to the Hurley Bariatric Center, I have lost a total of 110 pounds. Having surgery was the best thing I have ever

done and I wish I had done it sooner.

Prior to surgery, I had pre-diabetes. Due to my weight, my balance was poor and I suffered from numerous falls, which lead to significant injuries, and blood clots. I had zero energy; even walking was a struggle. I can confidently say I am now a different person.

Since having bariatric surgery, I have so much more energy. I can move freely and easily. My heart issues have diminished. I can buy clothes off the rack. I can sit comfortably in an airplane without a seatbelt extender. I can sit in a booth at a restaurant without being embarrassed. I have a higher quality of life and I enjoy life, as I should. Beforehand my excess weight denied me of this.

"I have added years to my life and I plan to live those years to the fullest."

I attribute my success to following the program guidelines the Hurley Bariatric Center recommended. Because of them, I have a new lease

on life. My family supported me along my entire journey and my wife tells me every day she is so happy I am healthy again. I have added years to my life and I plan to live those years to the fullest.



**Richard Before
Gastric Sleeve Surgery**

Hip Happenings

Online Seminars!



Did you know Hurley Bariatric Center offers bariatric seminars online? If you know of anyone who is interested in learning more about bariatric surgery, and what Huley has to offer, let them know they can do so from the comfort of their own home!

Watch our **FREE ONLINE SEMINAR** or register for our **FREE LIVE SEMINAR** at:

<https://www.hurleymc.com/services/bariatric-center/attend-a-seminar/>
Or call 810-232-2300 to register.

Support Group:

Join us for our monthly support group! This is open to both pre- and post-surgery patients!



The support group meets the 1st Monday of every month from 5:30-6:30PM at Hurley Bariatric Center (with exception of inclement weather/holidays). No need to pre-register—just come! Call 810-262-2330 for details.

REGAIN – Post Surgical Medical Weight Loss Program:



THIS PROGRAM IS FOR HURLEY BARIATRIC CENTER PATIENTS WHO HAVE HAD BARIATRIC SURGERY, YET ARE EXPERIENCING WEIGHT REGAIN.

For individuals who are at least 1 year post-surgery and experiencing weight regain, this 8-week program uses meal replacements as well as education in the areas of diet, exercise, and behavior to help achieve an average weight loss of 15-30 pounds.

If you, or someone you know, is interested, please call the clinic at 810-262-2330 for more information.

Recipe Round-up

Pumpkin Chili

Yield: 6 Servings

Serving Size: 3-4 ounces



Ingredients:

- 1 ½ lbs lean ground beef
- 1 medium yellow onion, chopped
- 1 medium green bell pepper, chopped
- 1 (28oz) can diced tomatoes, with juice
- ½ (14.5oz) can black beans, rinsed
- ¾ cup pumpkin puree
- 2 Tbsp chili powder
- 1 tsp pumpkin pie spice
- ½ tsp salt
- ½ tsp pepper
- 1 tsp cumin

Directions:

1. In a medium sauce pan, brown ground beef, drain.

2. Add the onions and bell peppers and cook until onions are translucent (about 5 minutes).
3. In a slow cooker, combine the diced tomatoes, beans, pumpkin, chili powder, pumpkin spice, cumin, salt, and pepper.
4. Stir to combine.
5. Add in cooked beef mixture and stir to combine.
6. Cook on low for 6 hours or high for 4 hours.
7. Top with your favorite toppings and enjoy!

Tip: Top with reduced fat feta cheese or plain non-fat plain greek yogurt to boost your protein intake!

Nutrition information per serving (Pumpkin Chili):

244 cal, 28g protein, 17g carb, 13g fat



Protein Pumpkin Pancakes

Yield: 4 pancakes

Serving Size: 1 pancake

Ingredients (Pancake):

- 1 scoop vanilla whey protein powder
- 1 tsp pumpkin pie spice
- 1 tsp ground cinnamon
- ½ tsp baking powder
- 1 egg
- 3 Tbsp unsweetened almond milk

Ingredients (Topping):

- ½ cup non-fat greek yogurt
- 1 Tbsp pure maple syrup or honey
- ½ tsp pumpkin pie spice

Directions:

1. Mix dry ingredients together.
2. Add egg to mixture and combine. Add unsweetened almond milk and mix batter until smooth.
3. Add to pre-heated griddle and let cook until slightly bubbly on top. Flip and cook for about 30 seconds longer.
4. Mix together "topping" ingredients in separate bowl until well combined.
5. Top pancakes with topping mixture and enjoy!

Nutrition information per serving (Protein Pumpkin Pancakes):

70 cal, 9g protein, 4g carb, 2g fat

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