

## Mindful Munching

When it comes to weight loss and maintaining a healthy weight, it is important to remember to be "mindful" when eating. There are many factors that can drive what, why, and when we are eating. Paying attention to these factors such as what you are doing, what emotions you are feeling, and what you are thinking all have a large impact on the choices we make at meal times.

The next time you eat a meal, pay attention and note what your surroundings include. Are you watching television while eating your meal? Are you being distracted by your work? Are you eating in the car on your commute? These distractions can influence our meal times and the choices we make during this time. Not being mindful and present in the moment when eating a meal can lead to overconsumption or eating too quickly. Focusing on what is going on around you rather than

your meal can ultimately distract you from the eating process and lead you astray from the mindful experience.

Not only do we want to pay attention to outside factors that may be impacting our eating habits, it is also important to be in tune with our emotions and how they may be influencing our meal choices. Before eating a meal, ask yourself how you feel emotionally. Is this emotion or feeling guiding your meal choice? Are you truly hungry or are you possibly stressed, sad, or bored? If the answer is yes to any of the previous questions, find a healthy non-food way to manage these feelings that better support your health goals such as reading a book, going for a walk, or possibly calling and talking to a friend. Be in tune with your emotions and don't let these feelings drive the food choices you are making!

When eating your meal, it is also important to be present in the moment. Tune into your hunger and know your intentions when consuming a meal. Start eating when you feel the sensation of physical hunger. Do not wait until you are overly hungry as this typically leads to consuming a larger than needed portion size. On the latter end, sense when you are full and stop when you feel satisfied. Note how the food smells, the texture, and the taste. Our senses have a large impact on food choices and being able to manage them will help you stay more aligned with your health and weight goals.

There are many factors that can impact our meals and eating habits - these are just a few. Practicing mindful eating allows you to slow down and focus on the present moment and realize the influences that may be driving our choices.

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## Focus on Fitness



### Setting Fitness Goals

Setting goals is essential for success. Goals should never be about perfection. The focus should be on consistency and improving overall wellbeing.

SMART goals are the best way to be sure you are on the right Path.

**SMART** goals are **S**pecific to what you want to accomplish and why is it important. They are **M**asurable by allowing you to track progress and see results through numbers and documentation. They are **A**ttainable, a realistic expectation of yourself. They should be **R**elevant, pertaining to what you are trying to accomplish. Lastly, focus on a reasonable **T**imeframe in which you expect to complete your goal/s.

It is helpful to write down small, more

attainable, goals that lead up to a larger goal. It can be very motivating to set a small goal and achieve it! This is the best time to create a new goal, or revise your previous goal, and challenge yourself further.

Not only does setting fitness goals improve your overall well-being, it can improve your self-confidence, focus, empowerment, and satisfaction. Let your goals help you to realize the best version of YOURSELF, without the influence of others. Aim for the stars and focus your mind and body on your fitness goal – you *can* reach it!



Stocking your kitchen with healthy choices that are readily available to you is KEY to reaching your health goals. These food and meal options start with the choices you make at the grocery store. Navigating the grocery store can be intimidating when trying to lose weight, especially when they are designed to make you buy and eat more. So, the questions arise: How do you keep the tempting treats out of your cart? What healthy food choices

should you buy? The following tips and tricks will help you feel more confident navigating the grocery store and help you choose items that will better support your health and weight goals!

- **Be prepared** - Physically write out and plan your meals for the week ahead. Entering the grocery store without a plan will most likely lead you to adding items into the cart that are not conducive to your health goals.
- **Never grocery shop on an empty stomach** - Hunger leads to impulsive purchases that typically do not support our health goals.
- **Shop the perimeter of the store first** - The perimeter of the grocery store is where you will find the majority of fresh,

whole foods. Most "processed" food is shelved in the aisles - stay clear of these areas as much as possible.

- **Focus on nutrition labels** - Companies have mastered the art of catching consumer's eye with labels such as "low-fat" or "natural". Rather pay attention to the total calories, protein, carbohydrate, and fat in the recommended serving sizes. And, look at the ingredient list. In general, the fewer the ingredients, the healthier the option.

The grocery store doesn't have to be a dreaded experience. Use these tips and tricks the next time you head to the grocery store to make sure you are making choices that support and align with your health and weight goals!

## Spotlight on Success



**Jeff**  
**After Sleeve Gastrectomy**

I had the gastric sleeve on 6/14/2021. I've lost 134 pounds so far. Everything I do now is so much easier: my knees don't hurt as much, breathing is easier, my overall ability to do just about anything is easier.

I have so much more energy and my quality of life is much better. I feel 30 years younger!

**"I WISH I COULD  
HAVE MADE THE CALL  
TO HURLEY  
SOONER.... IF I CAN  
DO IT ANYBODY CAN."**

I eat healthier foods, in smaller portions, making sure to get all my protein and water in each day. I exercise regularly and feel great! I wish I would have made the call to Hurley sooner. I have no regrets. If I can do it anybody can.



**Jeff**  
**Before Sleeve Gastrectomy**



The CRIM training is in full swing! Hurley is able to offer a discount code when you register for either the 10 mile, 5 mile, or 5K races. See below for the applicable code:



**HURLEYRACE22 - \$10 off 10 Mile, 5 Mile, and 5K race entries at HAP Crim Festival of Races**

Learn more and register at [crim.org](http://crim.org)

## Recipe Round-up

### Creamy Avocado & White Bean

#### Wrap

Yield: 2 servings



#### **Ingredients:**

- 1 tablespoons cider vinegar
- 2 teaspoons finely chopped canned chipotle chile in adobo sauce, (see Tip)
- ¼ teaspoon salt
- 1.5 cups shredded cabbage with carrots (e.g., bagged coleslaw, no dressing)
- ¼ cup chopped fresh cilantro
- ½ of a 15-ounce can white beans, rinsed
- ½ ripe avocado
- ¼ cup shredded reduced fat mozzarella cheese
- 1 tablespoons minced red onion
- 2, 8- to 10-inch low-carb tortillas

### **Support Group:**

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



The support group meets the 1<sup>st</sup> 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

#### **Directions:**

Combine vinegar, chipotle chile, and salt in a medium bowl. Add bagged coleslaw mix and cilantro; toss to combine. Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion. To assemble the wraps, spread about ½ of the bean-avocado mixture onto a wrap (or tortilla) and top with about ¾ cup of the cabbage-carrot slaw. Roll up. Repeat with remaining ingredients or store remaining ingredients to assemble for another meal the next day. Cut the wraps in half to serve, if desired.

Tip: Chipotle chiles in adobo sauce are smoked jalapeños packed in a flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once opened, they'll keep at least 2 weeks in the refrigerator or 6 months in the freezer.

#### **Nutrition Information per serving:**

293 cal, 10g fat, 39g carb, 17g protein

#### Frozen Protein Pops

Yield: 10 servings



#### **Ingredients:**

- 1 banana
- 1/2 cup plain nonfat Greek yogurt
- 1/4 cup peanut butter
- 1 cup almond milk
- 2 scoops chocolate protein powder

#### **Directions:**

Add all ingredients in blender and blend until smooth. Pour into popsicle molds and let freeze 30-40 minutes. Remove from freezer add fresh berries (if desired) and popsicle stick. Return to freezer and allow to freeze until completely solid. (May run bottom of popsicle mold under warm water to make removal from mold easier.)

#### **Nutrition Information per serving:**

99 cal, 4g fat, 7g carb, 9g prot

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