

## Sugar Solution

Sugar---during the holidays, it seems to be everywhere! In cookies, candies, fudge, pie. You name the form and sugar is bountiful this time of year.

Research supports that sugar is an addictive substance. And many who have struggled with their weight report also struggling with a tendency to desire high sugar foods. This can not only lead to weight gain, but also to conditions such as fatty liver, high blood pressure, and diabetes. Understanding how sugar affects us can help us be more motivated to avoid excessive intake of the sweet stuff all year long.

As you can see in the image, sugar addiction can be a perpetual cycle. First, when you eat sugar, it raises blood sugar levels, causes dopamine (a "feel good"/reward chemical) to be released in the brain and insulin to be secreted, which drops blood sugar levels. This results in immediate fat storage, then craving for more sugar.

### SUGAR ADDICTION: THE PERPETUAL CYCLE



Know you are not "doomed" this time of year to give into such powerful cravings. There are things you can do to resist falling into the excessive sugar trap this holiday season:

1. Before attending a holiday event, have a snack high in both protein and fiber, such as 8-10 nuts and ¼ cup fresh berries OR 2 light string cheese and 6-8 whole grain crackers.
2. When at the event, choose raw veggies and dip (or bring your own veggie tray to share!) instead of fudge or cookies. The fiber in the veggies will help keep hunger at bay!
3. Drink fluids. Our brains sometimes confuse thirst for hunger. Choose low calorie beverages to keep yourself hydrated.
4. Choose a modest portion of your favorite sweet and really savor and enjoy it!

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## Focus on Fitness

### Winter Workouts



Winter months can be bitter cold, but do not let the cold and snow discourage you from going outside. You can safely enjoy multiple outdoor exercises as long as you have the proper gear on & take precautions. Go sledding with your

family! Sledding is fun and it is a great aerobic workout. Several muscles are used to steer yourself down a hill and you use nearly all of your large muscle groups by walking back up the hill. It is a great aerobic and leg workout.

Cross-Country Skiing is another option. You can go to any local park & cross-country ski with family and friends. This uses both your upper & lower body. Or, try ice skating at your local lake or ice rink. This physical activity is fun and gets you and your family outdoors and into the fresh air. Snowshoeing, downhill skiing, ice hockey, walking, and running are all great outdoor winter activities.

It is essential to wear several layers and proper gear to protect your ears, hands, and feet. Special cleats or boots are necessary for some outdoor activities and it is always wise to carry a cell phone or not venture too far away while alone. Go outside this winter!



# Nutrition Notes by Jennifer Traub, RD

## Healthier Holidays

Everyone has their favorite holiday dish. From sweet potato casserole to pie to egg nog... It's that certain item that you wait all year for!

But, often people find they've gained a few pounds once the New Year rolls around. This is usually because the foods we consume around the holidays tend to be rich and indulgent, which means high in calories, sugar, and fat. But, they don't have to be!

Here are some healthier food swaps you can make so that you can have your proverbial "cake" (or potatoes, egg nog, or dips) and eat it too, without seeing an increase on the scale!

**Mashed potatoes:** use evaporated skim milk or chicken broth instead of butter and cream or full-fat milk. Also consider making mashed cauliflower instead! This will free up carbohydrate calories for dessert!

**Gravy:** once you get those pan drippings, place in freezer for a few minutes, then you can skim the fat off the top before making your gravy. This can save hundreds of calories from fat per serving.

**Dips:** make dips with plain, nonfat Greek yogurt or non-fat sour cream instead of regular sour cream or mayo. Also, check out the Roasted Broccoli-Artichoke Dip recipe on page 3 of this newsletter!

**Sweet potatoes:** instead of a candied sweet potato casserole, serve sweet potatoes that have

been diced and roasted in the oven with a small amount of olive oil or olive oil spray.

**Vegetables:** give the veggies center stage by sautéing green beans with a little olive oil and topping with sliced almonds. Or, roast broccoli, cauliflower, carrots, zucchini, and sliced garlic cloves with a little olive oil in the oven. Top with shredded Parmesan before serving!

**Egg nog:** make a faux egg nog by blending 4 bananas, 1.5 cups skim milk, 1.5 cups plain, nonfat yogurt, and ¼ tsp rum extract. Sprinkle each glass with nutmeg and enjoy!

**Dessert:** instead of a high calorie dessert, try the apple crisp recipe on page 3 of this newsletter!

Holidays don't have to equal weight gain. With these suggestions and your own creativity, they can be festive, delicious, AND healthy!

## Spotlight on Success



**Mandy**

### After Sleeve Gastrectomy

I was obese my entire life and tried every diet that you can think of. I weighed close to 290#. I woke up one day & decided to change my life. I began eating healthy & working out. In Nov. 2014, I was approved for the sleeve gastrectomy. I had already change my lifestyle but I was being blessed with an extra tool to help reach my weight loss goal.

Soon after, I started the journey for surgery working with the dietitian. She suggested I take a different route to work because every day I would stop and pick up a large McDonald's Coke. This was a hard one for me. I did not like her suggestion, but she was doing her job. I put my pride aside & listened to everything that she told me to do. Thank goodness, because the weight was falling off before and after surgery.

I now work out six days a week and eat healthy, with an occasional cheat meal. My life has changed dramatically & I feel amazing. I lost 120 pounds & I have kept it off. It's one of the best decisions I've ever made! My advice to anyone considering surgery is: don't hesitate. You are in great hands with Hurley. Listen to every piece of advice they give you. Surgery is just a tool, there is also work you will have to do. I'm able to eat ANY foods that I could eat before surgery! But, I *choose* not to. Surgery didn't take my addiction away & unfortunately we can't live

without food but you make healthy choices to continue your success. If you are blessed to get this tool it's a second chance at life. Don't take it for granted. Take the opportunity by the horns, do the work, and you'll see results and keep it off.



**Mandy**

### Before Sleeve Gastrectomy

**"MY LIFE HAS CHANGED DRAMATICALLY & I FEEL AMAZING!"**

# Hip Happenings

## Back by Popular Demand!



Our Back on Track classes, which teach the concept of Mindful Eating, are going to be offered again starting Monday, January 14, 2019. This 6-week course will run Monday evenings from 5-6:30PM and cost just \$10 per class! Pre-registration is necessary. Call our clinic at 810-262-2330 for more info and to register.

## Support Group:

A medically-supervised support group meets the 1<sup>st</sup> Monday\* of every month from 5:30-6:30PM at Hurley Bariatric Center. Call 810-262-2330 for details.

A peer-run Support Group meets at Flint's Central Church of the Nazarene. Contact Charles Nelson 810-348-2263 for details.

\*Support group schedule subject to change in the event of a holiday.



## Gastric Balloon is Here!



If your BMI is between 30-35 and you don't qualify for bariatric surgery, the ReShape IntraGastric Balloon might be the solution for you!

**PLEASE NOTE: IF YOU HAVE HAD PREVIOUS BARIATRIC SURGERY, THE BALLOON IS NOT AN OPTION.**

Call 810-262-2330 to learn more!

# Recipe Round-up

## Roasted Broccoli-Artichoke Dip

Yield: approx. 6 servings



### Ingredients

4 heaping cups chopped broccoli florets  
4 garlic cloves, minced  
1 tablespoon olive oil  
1/4 teaspoon ground black pepper  
One 14-ounce can artichoke hearts, drained, rinsed and chopped  
2 scallions, thinly sliced  
1 shallot or 1/2 yellow or red onion, finely diced  
1 teaspoon fresh tarragon  
1/2 teaspoon cumin  
1/2 teaspoon paprika  
1/2 cup non-fat plain Greek yogurt  
1/4 cup grated Parmesan cheese  
Chopped fresh parsley for garnish, optional  
Pinch of salt to taste

### Instructions

Preheat oven to 400 degrees.  
Mix the broccoli with garlic, oil, salt and pepper.  
Spread out the broccoli on a baking sheet covered with parchment paper. Mist the tops with oil spray and roast in the oven for about 10-15 minutes, until the broccoli is soft and slightly browned.  
While the broccoli roasts, combine the artichokes, scallions and shallot (or onion) in a larger bowl.  
Add the broccoli into the artichoke mixture. Add the tarragon, cumin and paprika. Mix until everything is well combined.  
Add in the yogurt and Parmesan cheese and mix everything to thoroughly combine.  
Season with more ground black pepper to taste and garnish with optional fresh parsley. Serve with cut veggies and whole grain crackers.

### Nutrition Information per serving:

25 cal, 0.5g fat, 1g carb, 2g protein

## Healthier Apple Crisp

Yield: 8 servings



### Ingredients:

4 medium tart apples, peeled and thinly sliced  
1/4 cup Stevia  
1 tablespoon all-purpose flour  
2 teaspoons lemon juice  
1/4 teaspoon ground cinnamon  
**Topping:**  
2/3 cup old-fashioned oats  
1/2 cup packed brown sugar  
1/4 cup all-purpose flour  
1/2 teaspoon ground cinnamon  
3 tablespoons cold butter

### Directions:

Toss apples with stevia, flour, lemon juice and cinnamon. Transfer to a greased microwave-safe 9-in. deep-dish pie plate. Mix first four topping ingredients. Cut in butter until crumbly; sprinkle over filling. Bake in 350-degree oven for 35-40 minutes until apples are tender and top is golden. Serve with vanilla frozen yogurt, if desired.

### Nutrition Information per serving:

197 cal, 5g fat, 35g carb, 3g prot

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