

## Tips to avoid Holiday Stress and Weight Gain

by: Kathryn Blanchard, LCSW

According to a recent study by the American Psychological Association, nearly half of all people in the United States suffer from increased stress during the holidays. This added stress contributes to rising levels of comfort eating, drinking and other unsuitable coping mechanisms that can lead to weight gain. The study also showed that one in three people in the United States agree that when facing a problem or when feeling down during the holidays, food helps them feel better. With all of the added pressure of the holidays, it is not surprising that many of them tend to gain a few extra pounds.

For many of you, this will be the first holiday season since undergoing your weight-loss surgery. It is important, therefore, to remind yourselves that the holidays are just that—DAYS; not “holiweeks” or “holimonths”, but holiDAYS. The fact that it is December doesn’t give you carte blanche to veer off of the program. Although it is permissible to indulge a little on the actual holiday, you must remain steadfast. Before turning to other food or treats, it is vital to continue consuming protein and water throughout the hustle and bustle of the season. When planning your holiday celebrations, it will be helpful to keep the following in mind:

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**TIP #1**

Make a plan. When going to a social gathering, consider what foods will be offered. Look over the entire selection before deciding what you will eat. Determine what foods are really special to you vs. what you could do without. Choose from those that are high in protein and low in carbohydrates.

**TIP #2**

Avoid grazing. While some foods are more calorie-dense than others, no food will make you gain weight—unless you eat too much of it. At parties and holiday dinners, there is a tendency to eat more than the body's nutritional requirement, simply because food is readily available and because eating is a "social thing." Sidestep this potential hazard by consciously preparing one plate with food that you really want. Eat slowly, and remember to stop eating after 30 minutes. When you've finished, pop a mint or stick of gum into your mouth. Thirty minutes after eating, get a tall glass of water and sip on it throughout the evening.

**TIP #3**

Choose your beverage wisely. Alcohol is high in calories. Liquors, sweet wines and sweet mixed drinks contain 150-450 calories per glass. If you choose to drink, select light wines and use non-alcoholic mixers such as water and/or artificially sweetened juices. Remember to limit your intake; after weight-loss surgery, you will likely experience a reduced tolerance for alcohol.

**TIP #4**

Exercise daily. The busy holiday season can throw us off of our exercise routine. Aerobic activities (brisk walking, dancing, jogging, bicycling, roller blading, and swimming) can help relieve stress, regulate appetite, and burn up extra calories derived from holiday eating.

While food can be a big part of the season, it doesn't have to be the focus. Holidays are a time to reunite with friends and family, to share laughter and cheer, to celebrate and to give thanks. Concentrate more on these holiday pleasures rather than the traditional foods of the season.

# KEEP IT MOVING!!

By: Kim Lynn, RD, LD

While the holiday season can bring plenty of joy, it can also mean chaos with last-minute shopping, multiple parties and a steady stream of family activities. During this busy, stressful time, it may be tempting to “ease-up” on your exercise regimen, but remember: Exercise decreases stress and increases energy levels, so it would be greatly beneficial for you to stay focused on the following:



First of all, regular exercise is an essential element of a healthy lifestyle. On most days, you should devote a minimum of 20 minutes to aerobic or core exercise. If you happen to skip a few days during the holidays, don't throw in the towel and make it a habit. Get back on track quickly with your daily exercise routine, and keep it up as best you can through the busy days ahead.

Secondly, exercise actually releases feel-good hormones called endorphins that help to relieve stress and keep your blood sugar levels stable. This is important because the spiking/dropping of blood sugar can lead to cravings which could cause you to make unhealthy food choices. So, think of exercise as a valuable tool for stress reduction!

Thirdly, if you can't get in 20-30 minutes of activity, then make good use of the time you do have throughout the course of your day.

- **Work-in extra walking by parking further away from work or from the mall. Those few extra steps will add up!**
- **Avoid escalators and elevators; take the stairs when possible.**

- **Before you begin your shopping or as you go from store to store, squeeze in intervals of fast walking. This is great for getting your heart rate up and for helping to clear your head.**
- **If possible, you might want to head to the mall early in the day. The smaller crowds will make it more conducive to a fast-paced walk.**
- **Be more fidgety! Whether at work or at home, get up and move around more. Instead of picking up the phone, for example, walk to a co-worker's desk. Make the most mundane chores into a better workout. You might try making multiple trips back and forth as you unload the dishwasher or the clothes dryer.**

And lastly, be sure to get plenty of sleep. When the body is well-rested, it is better able to cope with stressful situations. Moreover, it is critical for having adequate energy levels to engage in all of your shopping, baking, etc. Don't let the hustle and bustle of the holiday season get you down. Instead...let it energize you!!

# Notes to NeWeigh®

From Charles Rice, Jr.

4 We are always pleased when NeWeigh Program Participants take the time to share their success with us. We congratulate them for having the courage to change, and recognize them for making the necessary commitment to do so.

The following email was received from post-surgical patient, Charles Rice, who is presently employed in South Korea. As with so many others, when Mr. Rice first contacted NeWeigh, he was fighting a losing battle with his weight, but he had made the decision to take whatever measures necessary to ensure that he enjoyed a much longer, healthier life with his family.



Hello NeWeigh Staff,

I am Charles Rice, a patient who came through the NeWeigh Program. I have attached my blood work to this email for my records. I have not been in lately because I am working abroad in South Korea on the island of Okpo, located near south of Buson. To report a little about my progress: I had my surgery on Nov. 14, 2010 at 344 lbs. It is now August 31, 2011. I have lost a total of 111 pounds and now weigh 233 pounds. I am still on my vitamins. I do wish I could make the meeting so that I could tell my story to encourage others. I sometimes look at myself, amazed at where I came from and what I used to look like. I will list below my progress up to now:

### Weight Loss Achievements

1. Went from a shoe size of 13 to size 12
2. Pant size now 36 from a whopping size 48
3. Shirt size went from a 4X to a large
4. Weight dropped from 344 lbs to 233 lbs
5. Blood pressure is normal now

### Activity Achievements

1. I now run 1.5 to 2 miles, 3 to 4 days a week
2. I lift weights 4 times a week to tone up
3. People I know no longer recognize me
4. I have been told that I look 20 years younger
5. I am so happy to now wear regular clothes
6. Being here in South Korea for Worley Parsons, I am able to walk, climb, and get into small places...smile

### Goals

1. Tighter abs
2. Lose the remaining 33 lbs to reach my 200 lb weight goal by December 2011



I just want to say thanks, Dr. Jorge Leiva; you are the best.

I want to close this email by saying thank you, Rice family, for your support!

Thank you.  
감사합니다.

Charles Rice  
찰스 라이스

Principle Piping Designer  
Sakhalin Arkutun-Dagi Top Side Project  
7F, DSME Harmony Center  
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# HAPPY HOLIDAYS

This is a busy time of year, and as you prepare to enjoy the upcoming holiday season, please make a note in your calendar that the NeWeigh offices will be closed beginning December 23, and will return to normal business hours on Tuesday, January 3, 2012.

Thank you for allowing us into your lives as we wish you continued success in the coming year.

# HOLIDAY FARE

By: Kim Lynn, RD, LD

The holiday season is upon us. We all know what that means: a flurry of activities, gatherings with family and friends, and of course, food—lots and lots of food. Life after bariatric surgery does not mean having to cancel your family dinners or do without your favorite holiday fare.

This season, to help you stay the course, try making a few modifications to some of your family's favorite dishes to "lighten them up", or test some new recipes that offer higher protein and nutrient intake. These changes are healthier for everyone who will take part in your holiday feast. As a matter of fact, if you don't mention the alterations, chances are that no one else will even notice the difference.

The following recipes were selected in order to give everyone, regardless of their weight-loss dietary restrictions, some food choices with holiday flair. So, don that apron and get cooking; after all, the holidays are right around the corner!

The first recipe is suitable for the **LIQUID DIET**

## Butternut Squash Soup

### Ingredients:

- 2 Tablespoons olive oil
- 1 cup chopped onions
- 2½ pounds butternut squash - peeled, seeded and cubed (about 6 cups)
- 1 Granny Smith apple (peeled, cored and diced)
- 3 cups low-sodium chicken broth
- 1½ cups apple cider
- ½ teaspoon salt
- ½ teaspoon chopped fresh thyme

### Directions:

Sauté onions in olive oil until softened, about 5 minutes. Add the squash and the apples and sauté for about 5 more minutes. Add the remaining ingredients and bring the mixture to a boil.

Reduce heat to a simmer, cover and cook until the squash is tender, about 20 minutes. Remove from heat.

In small batches, carefully puree the soup in a blender or food processor until very smooth. For liquid diet – put through a strainer. Add 1 scoop of unflavored protein powder such as Unjury to each serving for 20 grams of additional protein.

Portion size: ½ cup

**Calories:** 74, **Protein:** 3gms (23 gms with protein powder), **Carbs:** 12gms, **Fat:** 2gms

The next two recipes will fit nicely into a **SOFT SOLID DIET** meal plan.

## Broccoli Souffle

### Ingredients:

- 2- 10 oz packages frozen chopped broccoli
- 2 eggs, beaten or ½ cup egg substitute
- 1 can Campbell's Healthy Request Cream of Mushroom Soup
- ¾ cup Lite Mayo Blend\*
- 1 cup 2% shredded sharp cheddar cheese
- 2 Tablespoons minced onion
- Cracker crumbs - optional
- 2 Tablespoons Smart Balance Light margarine - optional

### Directions:

Cook broccoli in a small amount of water for 5 minutes; drain well. Combine eggs, soup, mayo mixture, cheese and onion in bowl. Stir in broccoli. Spoon into baking dish prepared with vegetable cooking spray. Lightly sprinkle with crumbs and dot with margarine, if desired.

Portion size: 1/3 cup

**Calories:** 84, **Protein:** 7gms, **Carbs:** 6gms, **Fat:** 3.5gms

## Holiday Sweet Potatoes

### Ingredients:

- 2 lbs sweet potatoes (5 or 6 medium)
- ½ cup loosely packed Splenda Brown Sugar
- 1/3cup pecan pieces\*
- ¼ teaspoon salt
- ¼ teaspoon ground ginger
- 2 tablespoons Smart Balance Light margarine
- Walden Farms Sugar Free Marshmallow Dip

### Directions:

Bake sweet potatoes at 375 degrees for 40-45 minutes. Allow to cool. Peel and slice into thick crosswise pieces. In a bowl, combine Splenda Brown Sugar, pecans, salt and ginger. Spray a 10x6x2-inch baking dish with non-stick cooking spray. Layer half of the sweet potato slices into pan. Top with half of the brown sugar mixture. Repeat layers. Dot with Smart Balance Light. Bake covered at 350 degrees for 30 minutes. Uncover and bake mixture about 10 minutes longer.

Remove from oven and drizzle with Sugar Free Marshmallow Dip.

\*Omit if on a Soft Solid diet.

Portion size: 1/3 cup

**Calories:** 80, **Protein:** 2gms, **Carbs:** 10gms, **Fat:** 4gms

Turkey and cranberry sauce are staples on most holiday tables. These recipes are perfect for those of you who have advanced to a **REGULAR DIET**.

## Herb Roasted Turkey and Gravy ( ☆ )

### Ingredients:

- 1 small (8-10 lbs) turkey, thawed
- ½ cup coarse-grained or Dijon style mustard
- ¼ cup chopped fresh sage (or 2 Tbsp dried)
- 2 Tbsp chopped fresh thyme (or 1 Tbsp dried)
- 2 Tbsp chopped chives or tarragon (or 1 Tbsp dried)
- 2 Tbsp all-purpose flour
- 1 cup reduced-sodium fat-free chicken broth
- ¼ cup fat-free half and half
- ¼ tsp salt
- ¼ tsp pepper

### Directions:

Preheat oven to 450 degrees F. Rinse turkey with cold water and pat dry with paper towels. Carefully insert fingers under the skin beginning at the neck cavity and slide down over the breast forming a pocket between the skin and breast.

Combine mustard, sage, thyme and chives in a small bowl. Spoon mixture into pocket. Use fingers to massage the outside of the skin, spreading mustard mixture into an even layer. Place breast side up on a rack in a shallow roasting pan. Place in oven. Reduce heat to 325 degrees F. Roast turkey for 18 minutes per pound unstuffed or until the internal temperature reads 180 degrees on a meat thermometer inserted into the thigh. Once turkey browns, tent with foil for remaining roasting time. Transfer cooked turkey to a carving board with a well to catch drippings. Tent with foil; let stand for 20 minutes before carving.

Meanwhile pour drippings from roasting pan into a glass measuring cup. Mix flour with a small amount of room temperature broth until smooth. Add remaining broth, mix well and simmer over medium heat, stirring constantly. Spoon off fat from turkey drippings and discard. Add drippings to gravy. Stir in half and half, salt and pepper. Transfer to a serving dish.

Discard turkey skin. Carve and transfer to platter.

Serving size: 3 ounces meat, 2 Tbsp gravy

**Calories:** 265, **Protein:** 26gms, **Carbs:** 2gms, **Fat:** 6gms, **Sugars:** 0gm, **Fiber:** 1gm

## SUGAR-FREE CRANBERRY SAUCE ( ☆ )

### Ingredients:

- 1 jar Smucker's Sugar Free Preserves – Raspberry, Cherry or Orange Marmalade
- 1 – 12 ounce bag fresh cranberries
- ¼ teaspoon ground cinnamon
- 1 cup Splenda Granular

### Directions:

Empty jar of preserves into heavy saucepan, and cook over medium low heat for 3 to 4 minutes until preserves melt. Add the cranberries and cinnamon, stirring constantly over medium-high heat until mixture comes to a boil. Cook until berries begin to pop. Reduce temperature to low and simmer for 15 to 20 minutes or until sauce is thick and glossy, stirring and crushing berries against the side of the pot. Stir in the Splenda Granular and cook 5 more minutes. Remove from heat and allow to cool. Chill for several hours or overnight.

Serving size: 2 Tablespoons

**Calories:** 10, **Protein:** 0gms, **Carbs:** 4.5gms, **Fat:** 0gms

## Pumpkin Pie

### Ingredients:

- ¾ cup Splenda Granular
- ¼ teaspoon salt
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- 3 large eggs, beaten or ¾ cup egg substitute
- 1 15 oz can 100% Pumpkin (NOT pumpkin pie filling)
- 1 12 oz can low-fat evaporated milk (NOT sweetened condensed milk)
- 2 Prepared pie crusts – preferably low fat (9-inch frozen works fine)
- Sugar Free Cool Whip

### Directions:

Preheat oven to 425 degrees. Mix the Splenda, salt, cinnamon, ginger and cloves in a small bowl. Beat the eggs in a large bowl and blend in the pumpkin and the spice mixture. Gradually blend in the evaporated milk.

Divide the pumpkin filling between the 2 pie crusts. Bake at 425 degrees for 15 minutes; then reduce to 350 degrees for 20-30 minutes or until knife inserted in center comes out clean. Allow to cool. Top with Sugar Free Cool Whip when serving.

Serving size: 1/10th of a pie (without Cool Whip)

**Calories:** 90, **Protein:** 3gms, **Carbs:** 10gms, **Fat:** 4gms





## Houston Location

8111 N. Stadium Dr. Ste. 200

Houston, TX 77054

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## Woodlands Location

101 Vision Park Blvd. Ste. 200

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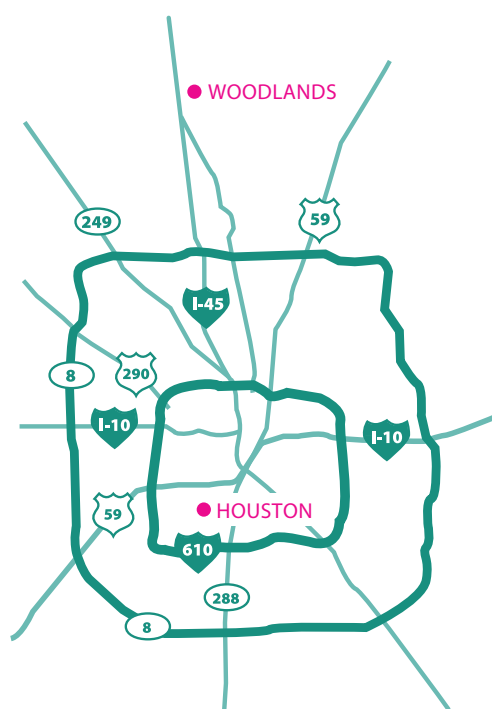
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[www.NeWeighWeb.com](http://www.NeWeighWeb.com)

# Looking for Help? You'll find it at



## Two Convenient Locations

### Houston Location Meetings

Pre-Surgical Preparatory Group meets Thursdays from 5:30 to 6:15 pm and every third Saturday from 10:30 to 11:15am.

General Support Group meets the 3<sup>rd</sup> Saturday of each month from 11:15 to 12 noon.

Basic Principles Group meets Wednesdays from 6:00 to 7:00pm.

Lap Band Group meets the 3<sup>rd</sup> Thursday of the month from 6:15 to 7:15pm.

Back on Track Group meets on the last Thursday of the month from 6:15 to 7:15pm.

Intermediate Support Group meets Thursdays from 6:15 to 7:15pm.

Advanced Support Group meets Thursdays from 7:15 to 8:15pm, except for the last Thursday of the month.

The NeWeigh Walking Group meets on the last Thursday of the month from 7:15 to 8:15pm.

Tasty Topics gatherings are held the 1<sup>st</sup> Thursday of the month from 6:15 to 8:15pm for the Intermediate and Advanced Support Group.

### Woodlands Location Meetings

Pre-Surgical Preparatory Group meets every other Wednesday from 5:30 to 6:15pm.

General Support Group meets every other Wednesday from 6:15 to 7:15pm.

Tasty Topics will be held on the 1<sup>st</sup> regularly scheduled meeting of each month. Please call at the beginning of each month for the schedule.