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# The Bariatric Scoop

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Lincoln  
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SBL Bariatric Care Coordinator

I hope you are doing well and looking forward to the holiday season. I am so excited to start this newsletter. Each month you will find valuable information to help you be successful

throughout your bariatric journey with wellness tips and tricks, easy recipe ideas, educational topics, provider spotlights and more. I look forward developing this newsletter and would welcome your ideas and feedback to make it even better.

I would also like to share that our bariatric support group is open to **all** patients, starting this month. Meetings take place at the Center for Healthy Living conference room, on the third Tuesday of each month, either in person or via Zoom. You will find upcoming meeting dates on the next page of the newsletter. I will send text reminders and an email with the Zoom link one week prior to the meeting.

Knowledge is power, and trusted health information is so important. A great resource is the Sarah Bush Lincoln health library <https://library.sarahbush.org/>. You will find information on just about any health-related topic that might be of interest to you.

This time of year can be difficult to stay on track. I searched the library and found this article on how to eat healthy and develop healthier eating habits through the holidays.

## **Give Thanks for Healthy Diet Changes During the Holidays**

It's holiday eating season, when everyone is constantly tempted by sweet treats, rich foods and fancy, high-calorie drinks. Before diving into decadent eating, consider trying to make healthy food choices during the festivities.

“The holidays are a time for celebration and social gatherings, delicious meals and an abundance of sweet treats. It's a time when people look forward to indulging in their favorite dishes, but also take the time to enjoy the company of treasured friends and family,” said Dr. Luis Rustveld, an assistant professor of family and community medicine at Baylor College of Medicine in Houston.

Any time of year can be a good time to adjust your diet, Rustveld noted, but the holidays may encourage more mindful eating because you can practice strategies like portion control, moderation and appreciating textures, flavors and smells of food.

Taking your time while eating to focus on these details is one way to enjoy your meal and prevent overeating, he said.

People should not deprive or limit the amount of food they eat in the days leading up to celebrations, as this may actually prompt overindulgence.

And don't forget the calories in alcohol and seasonal drinks. Alcohol is usually served up with holiday meals and should be consumed in moderation for health and safety reasons, Rustveld said.

Combining these sugary beverages with desserts can have negative impacts on health. Sugar-free or sugarless substitutions for mixed drinks can counter that.

If you or a loved one has a modified diet due to health concerns, Rustveld said a couple of simple strategies will guarantee holiday meals are still enjoyable.

Make holiday hosts aware of meals or ingredients you or your loved one need to avoid. You can also take matters into your own hands and bring your own version of dishes to share. When eating healthy, don't think of it as punishment.

“The word diet has been misused as something that refers to caloric deprivation,” Rustveld said. “When people think about ‘going on a diet,’ they really should be thinking about what they want to accomplish with their eating habits, like losing weight, reducing cholesterol levels or adjusting what they eat for chronic conditions, then changing your current eating habits to meet those goals.”



SOURCE: Baylor College of Medicine, news release, Nov. 15, 2023



**Michelle Schultz**  
SBL Registered Dietitian

## AIR FRYER ITALIAN CHICKEN






This easy recipe for air fryer chicken breast makes for the perfect healthy dinner. Marinated in a simple mix of Italian dressing and garlic, the chicken comes out perfectly cooked in the air fryer every time!

### INGREDIENTS:

- 1 pound raw chicken breast
- 1/4 cup Italian dressing
- 1 T. minced garlic

### DIRECTIONS:

Pound chicken breasts to an even thickness. Combine the chicken breasts with Italian dressing and garlic. Cover and refrigerate for at least 30 minutes, or up to overnight. Place chicken breasts in a single layer in the air fryer basket. Set air fryer to 360 degrees and cook for 15 to 25 minutes, flipping chicken halfway through. Chicken is cooked when the inside reaches at least 165 degrees with a meat thermometer. Make sure to check the temperature because cook time can vary based on air fryer model and chicken breast size.

-  Prep time: 5 minutes
-  Cook time: 20 minutes
-  Marination time: 30 minutes
-  Total time: 55 minutes
-  Yield: 2 servings

## TIME TO HYDRATE

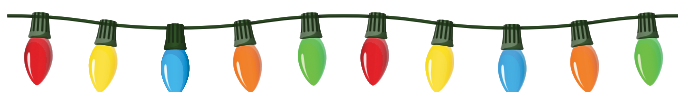
It may be cooler outside, but you still need your water. Hydration is important all year long. Here are some signs you may not be drinking enough:

- Dry or chapped skin or lips
- Constipation
- Feeling faint or tired
- Low blood pressure
- Dark urine color

How to up your intake. Space your intake over your day. Set reminders on your phone. Have visual cues such as keeping water bottle, cup, or glass with you at all times. Acknowledge the amount you need to consume to feel your very best and strive to drink that amount. If you've lost sight of how much you're drinking on a daily basis, track your intake for 2 to 3 days.

## JOLLY HOLIDAY TIPS

- Stick to your daily schedule as best as you can.
- Take time to do the things you need to feel your very best.
- Fuel your body properly. Remember to choose protein first!
- Move your body.
- Don't compromise on sleep.
- If you aren't happy with a choice you made, learn from it and move on.



### Holiday Lights at SBL

Be sure to stop by the Health Center and enjoy the holiday light display.

### A Little Laugh

What did the vegetable platter say to the fruit salad at Christmas dinner?

Lettuce have a grape time tonight!



### Support Group Meetings

- December 19
- January 16
- February 20
- March 19

6 - 7 pm  
Center for Healthy Living Conference Room or via Zoom.  
Open to all bariatric patients.