

The Bariatric Scoop



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The holiday season is here, and so are holiday events and celebrations with friends and family. While these changes in your typical, everyday routine might present some challenges, it's important not to allow your health-focus to stop. Remember, consistency in what you do is key. You've worked hard to establish your healthy habits and behaviors. Allow them to support you in maintaining your health focus, even during the holidays. If you're looking for a few reminders, keep these tips in mind.

- **Keep your daily routines in place as best as you can.** The fewer the disruptions, the easier it will be to follow through with actions that you'll feel good about.
- **Don't skip meals.** This can lead to overeating, just as arriving to your event hungry can. Strive to follow your typical meal schedule. Consider a light snack ahead of your event to take the edge off hunger and to prevent overindulging when you arrive.
- **Watch portions.** Don't deprive yourself, but stay focused on mindful portions of all food selections. Make it a goal to consume protein first.
- **Eat at a slow pace.** Spend at least 20 minutes on meals. This will not only encourage taking small bites for tolerance, but rushing can lead to overeating.
- **Avoid socializing around food.** This will cut down on unnecessary nibbling.



- **Bring a healthy dish to share.** This assures there will be at least one healthy option for you to enjoy.
- **Stay up on your water.** Hydration is important all the time and this will lessen consumption of holiday beverages that are rich in calories you don't need.
- **Schedule time to exercise.** Find ways to stay active, even during the holiday season.



Our private Facebook is up and running. The group is open **ONLY** to Sarah Bush Lincoln bariatric patients and is a place to share ideas, information and support each other.

We would love for you to join us online. Please feel free to contact Danyll at dcox@sblhs.org or at 217-238-4961 for more information.



HOLIDAY SCHEDULE

The SBL Medical Clinic will be closed Christmas Eve and Christmas Day.

The clinic will be open 8 am to noon on New Year's Eve and closed on New Year's Day.



HOLIDAY FOOD SWAPS

Looking to add a healthy spin to your holiday menu.
Consider these swaps.

Main Dishes

- Turkey vs. ham. Turkey is lower in calories, fat, and salt per serving than ham.
- Lean meat vs. casseroles. Casseroles typically have added ingredients including butter and heavy cream that contribute calories and fat that lean meat doesn't.
- Grilled or baked vs. fried. Healthy cooking techniques keep overall calories, especially fat calories in check.

Sides

- Mashed cauliflower for mashed potatoes. The cauliflower has fewer carbohydrates and calories.
- Sweet potato for white potato. Sweet potatoes increase intake of vitamin A, C, potassium, and fiber.
- Seasoned green beans for green bean casserole. Green beans have less fat, salt, and calories.
- Vegetable tray or fresh fruit is the perfect side to any holiday meal.

Desserts

- Pumpkin pie vs. pecan. Pumpkin pie has less calories and fat.
- Baked apple with cinnamon vs. apple pie. The baked apple has fewer calories, fat, and carbohydrates.
- Really be mindful of dessert portions, no matter what you choose to enjoy.

Other

- Try using oatmeal instead of bread crumbs.
- In place of sugar, use a sugar substitute or use half of what the recipe calls for.
- Replace half of the butter, margarine, or shortening in a recipe with applesauce, prune puree, or mashed banana.
- Black beans can be used for oil, butter, or even flour.
- Use canned, evaporated fat-free milk in place of whole milk or heavy cream.
- Greek yogurt is a great substitute for sour cream, and it has more protein.
- To lower sodium, reduce amount of salt in recipes by half.
- Try quinoa instead of rice.
- Mashed potato flakes can be used in place of cream to make soup creamy.
- A graham cracker crust vs. pie crust has less calories and fat.
- Use egg whites or egg substitute for whole egg.
- Whole grain or multigrain pasta instead white pasta is a better option.
- Use herbs and spices for seasoning rather than salt.
- Choose lean cuts of meat .



A Little Laugh

What did the Thanksgiving turkey say to the Christmas Ham? *Nice to Meat You*

What's a pilgrim's favorite dance?
The Turkey Trot

Why didn't the pilgrim want to make the bread?
It was a crummy job

What's the weatherman's favorite food in winter?
Brrr-itos!

What is a snowman's favorite snack? *Ice Krispy Treats.*

NIK'S CHRISTMAS COOKIE PROTEIN SHAKE

4 servings

- 8 oz. milk
- 1 serving vanilla protein powder
- 1 T. sugar-free butterscotch instant pudding mix
- 2 T. sugar free cinnamon brown sugar syrup (Torani)

Directions:

If making cold, combine ingredients in a blender and mix for about a minute, until smooth and creamy. Add ice then blend again until smooth. If making hot, combine dry ingredients with about an ounce of room milk in a mug. Stir well, making sure to remove all the lumps. Once the lumps are all removed, stir in the rest of the milk and microwave in 30 second increments until it reaches your desired temperature. Top with whipped cream, if desired, and any deco. Then SLURP!

Source: <https://www.bariatricfoodie.com/niks-christmas-cookie-protein-shake/>



COTTAGE CHEESE BAKE

8 servings

- 2 cups low-fat or fat-free cottage cheese
- 2 whole eggs
- 10 ounce package of frozen spinach (thawed and drained)
- ½ cup parmesan cheese

Directions:

Preheat oven to 350° F. In large bowl, mix all ingredients together well. Place evenly into 8 x 8 pan. Bake for 20 - 30 minutes or until cheese bubbles on outside. Let sit 5 minutes before serving. Season to taste with salt, pepper, and garlic as desired.

Source: <https://www.froedtert.com/bariatric-surgery/recipes>



SPICY DEVEILED EGGS

3 servings

- 6 hard-boiled eggs (you will not use three of the yolks in this recipe)
- 2 T. of creamy horseradish sauce or Greek yogurt
- ½ tsp. dill
- ¼ tsp. spicy mustard (Use Dijon for mild deviled eggs.)

Directions:

Peel the eggs and cut in half lengthwise. Place 3 yolks into a mixing bowl, and set the whites aside. Save the other three yolks for another use. Mash the yolks with creamy horseradish sauce or Greek yogurt, dill, mustard and salt. Spoon or pipe filling into egg white halves. Sprinkle with pepper and paprika.

Source: <https://www.froedtert.com/bariatric-surgery/recipes>

