

WINNING INFORMATION

October, November and December, 2020

Upcoming events: - Please note that due to the coronavirus these groups are subject to time and day changes. Please call 527-2946 for the most up-to-date information.

Bariatric Support Group: 6:00-7:00pm, by Zoom meeting, Oct 15th topic: Sabotage by Others and Yourself; Nov 19th topic: S.O.S. How to Survive the Holiday Food Spread; and Dec 17th Topic: Holiday Party! Potluck & Yankee Swap

Non-Surgical Weight Loss Information Sessions: Oct 20th; Nov 17th and Dec 15th at 8:30-9:30am or Oct 6th; Nov 3rd; and Dec 2nd at 3:45-4:45pm. Call to register.

Surgical Weight Loss Informational Session: Oct 14th and Dec 9th at 3:00pm or Nov 11th at 5:00pm.

BRAELYNNE'S BALANCED BITES

10 Ways to Enjoy Winter Squash

Winter squash (i.e. pumpkin, butternut, acorn, delicata, spaghetti, etc.) is in season and packed with wonderful nutrients and flavor! It is a good source of vitamin A, vitamin C, vitamin B6, and fiber, which are great for our skin, immune systems, brains, and digestive tracts. All those deep yellow and orange colors are also loaded with antioxidants! Here are some healthy ways to enjoy it:

- Roast it and use it on salads.
- Use canned or steamed squash in pumpkin or gingerbread-spiced smoothies.
- Bake it with a drizzle of maple syrup and sprinkle of cinnamon for a healthier dessert.
- Add it to soups, or even make it the base.
- Roast it with other in-season vegetables like broccoli and Brussels sprouts.
- Use it in whole grain baked goods or breakfast items like pumpkin oat waffles.
- Use spaghetti squash "noodles" in place of pasta.
- Roast it and use as a whole grain pizza topping.
- Use it alongside sautéed kale or spinach in a quiche or omelet.
- Incorporate it into a dip, hummus, or sauce.

HOMEMADE HOT CHOCOLATE— PERFECT FOR THE 1ST DAY OF WINTER ON DEC 21ST

Ingredients:

1 TABLESPOON UNSWEETENED COCOA POWDER

2-3 PACKETS OF STEVIA (TO TASTE)

1 CUP FAT FREE MILK OR MILK ALTERNATIVE LIKE UNSWEETENED ALMOND MILK—WARMED TO STEAMING

OPTIONAL ADD INS: ORANGE ZEST, GROUND CLOVE, GROUND CARDAMOM, VANILLA EXTRACT

OR CHILI POWDER AND GROUND CINNAMON

INSTRUCTIONS

1. Combine cocoa and sugar sub in a mug
2. Swirl in steamed milk.
3. Add one optional add in if desired.

Source: www.eatingwell.com

If you are interested in any of the programs offered at the Weight Institute please contact our office at **603-527-2946**



*“Don't focus your motivation on doing a behavior. Instead focus on making the behavior easier to do”
~BJ Fogg*



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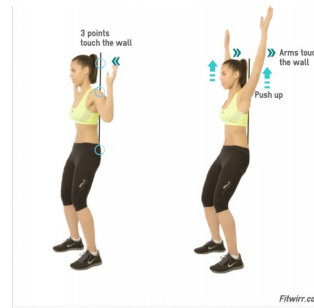
EXERCISE EXPLAINED

Good posture is important to good health! During the colder months we spend more time inside watching TV and on the computer or on our phones. Too much time slouched in a chair over a screen can effect our posture which effects our health. Poor posture can result in:

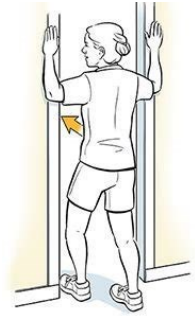
- Increased risk of back injury (like a herniated disc)
- Increased shoulder and back pain
- Decreased flexibility
- Decreased mobility
- Poor balance and increased risk of injury from falling
- Bad digestion
- Difficulty breathing.

Try these three stretches three times a day for better posture:

Wall Slides



Pectoral stretch



ELIZABETH'S 2 CENTS

Trick or Treat!!!!

You may have noticed a change in the past couple of years on the food labels, especially around the sugar portion. Lets talk about how to read labels for added sugar so you can see how much sugar is in fun size Halloween candy!!!

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Total sugar is the amount of *natural and added sugar* in a serving.

Added sugar is just the added sugar (like high fructose corn syrup and cane sugar to name a couple types).

Added sugar tends to have no nutritional value. Added sugars are just calories!

I don't relate to grams, so when I see 10 grams of added sugar I am unsure if that is a lot or not!

Here is an easy way to figure out how much sugar is in something:

4grams of sugar = 1 teaspoon of sugar!

The example on this label is 10g of added sugar: $10 \div 4 = 2 \text{ \& } 1/2$ teaspoons of sugar!

Here is the sugar content of some common fun size Halloween candy:

- **3 Musketeer Bar**– 10g sugar which equals 2 & 1/2 teaspoons
- **Snickers**– 8g sugar which equals 2 teaspoons
- **M&Ms** (regular or Peanut)– 9g sugar which equals 2 & 1/4 teaspoons
- **1 large Reese's cup**- 10g sugar which equals 2 & 1/2 teaspoons
- **3 mini Reese's cups**—13g sugar which equals 3 & 1/4 teaspoons
- **Blow Pop**- 13g sugar which equals 3 & 1/4 teaspoons
- **2 Starburst**– 6g sugar which equals 1 & 1/2 teaspoons
- **1 Twizzlers rope**- 5g sugar which equals 1 & 1/4 teaspoon



SAUSAGE AND HERB STUFFING

This is a bariatric recipe but anyone can enjoy this high protein side dish for Thanksgiving Nov 26th

Ingredients:

- 3/4 pound turkey sausage
- 1/4c finely chopped celery
- 1/4c chopped red onion
- 2 eggs
- 1/2c coarsely chopped cauliflower
- 1/2c diced yellow squash

Directions:

1. Pre heat oven to 350 degrees F.
2. Remove sausage from casing and crumble it into a pan over medium heat. Add the celery and onion and cook, stirring, until browned. Drain fat if necessary.
3. Beat the eggs in a bowl. Using a spoon, mix in the sausage mixture and all the remaining ingredients. Pour the stuffing into a 8x8 square baking dish and bake until hot and browned, about 30 minutes. Serve immediately.



- 1/2c grated Parmesan
- 1 Tbsp chopped parsley leaves
- 3 Tbsp chopped fresh sage leaves
- 3 Tbsp chopped fresh thyme leave
- 1 Tbsp minced garlic
- 1/8 tsp salt
- 1/8 tsp ground pepper