

The Lighter Side

YOUR NEWSLETTER FROM THE TRISTATE SURGICAL WEIGHT LOSS CENTER

ISSUE 2 December 2008

WELCOME

As the weather changes and we move into the winter months and the holiday season, our thoughts turn to family and friends and spending time with the people we love. We all know that a big part of those times spent together means dish after dish of our favorite comfort foods and special treats that we seem to only have at this time of year. It is enough to strike fear in and bring terror to the heart of a bariatric patient. So we dedicate this edition of The Lighter Side to that very topic. We will discuss some bariatric friendly recipes, some ways to avoid emotional eating and some tips for developing and successfully managing those tricky New Years' Resolutions.

WORDS OF WISDOM

This is that time of year when stress seems to be at its highest and many of us just simply do not know how to deal with it effectively so we turn to the one thing that we think will make us feel better—food! Many of our patients have found that in those times it really helps to take a minute out, take some deep breathes, refocus and gain some composure before turning to high calorie, fat laden fixes to our emotional tail spin. That is why we felt it a good time to share these words of wisdom from one of our behavioral health care specialists—Dr. Lisa West-Smith. We hope that you can find some benefit and useful information.

Support Groups

One of the most helpful things a weight-loss surgery patient can do for themselves is to regularly attend a well developed post-op support group. We offer this service to our patients on the 4th Tuesday of each month from 5:30 to 7 p.m. and on the 3rd Tuesday of each month from 12 to 1:30 p.m. at St. Luke Hospital West in Florence. These groups are professionally led by our staff and invited healthcare providers.

TASTY TIDBITS

For a tasty protein packed dish give this **Protein Pumpkin Pudding** a try!

Ingredients

- 1 package (1.4 oz) sugar-free vanilla Jell-O instant pudding mix
- $\frac{3}{4}$ cup water
- 2 scoops vanilla protein powder
- 2 Tbsp canned pumpkin (not pumpkin pie mix)
- $\frac{1}{2}$ -1 tsp pumpkin pie spice
 - Measure $\frac{3}{4}$ cup cold water (package directions call for 2 cups milk).
 - Add two scoops of vanilla protein powder to the $\frac{3}{4}$ cup of water.
 - Mix thoroughly the dry protein powder in water by shaking or stirring.

Next, follow pudding package directions.

- Empty the Jell-O sugar free instant (not cooked) dry pudding mix into a bowl.
- Add pumpkin pie spice to dry pudding mix
- Blend spice and dry pudding mix thoroughly with a fork
- Pour in the previously mixed protein and water mixture
- Add 2 Tbsp canned pumpkin
- Stir/Beat until thoroughly mixed (a wire whisk or mixer works best)
- Place in a small container and chill in the fridge.
- Top with 1 Tbsp fat-free Cool Whip and enjoy!

Makes about 3 servings.

Nutrition Facts per serving: 107 calories, 12g carbs, 3g sugar, 14g protein, 0g fat

Because there is always room for Jell-O try these tasty bariatric friendly versions!

- Use sugar-free cranberry Jell-O 4 serving package size.
- Follow package directions for dissolving Jell-O in $\frac{1}{2}$ - $\frac{3}{4}$ cup of boiling water.
- After dissolving, set aside to cool for 3-5 minutes.
- In a different bowl, measure 1 cup of cold water.
- Add two scoops of unflavored protein powder to cold water, one scoop at a time, stirring slowly to dissolve.
- Stir the protein powder mixed in cold water into the dissolved Jell-O.
- Chill quickly. The protein will settle somewhat to create a smooth cloud at the bottom. The taste is unchanged.

Nutrition Facts per $\frac{1}{2}$ cup serving: 10g protein

- Use sugar-free orange Jell-O 4 serving package size.
- Dissolve Jell-O in $\frac{1}{2}$ - $\frac{3}{4}$ cup of boiling water.
- After dissolving, set aside to cool for 3 to 5 minutes.
- In a different bowl, measure 1 cup of diet cranberry splash.
- Add two scoops of unflavored protein powder, one scoop at a time, stirring slowly to dissolve.
- Stir protein mixed in cold water into the dissolved Jell-O.
- Chill quickly. The protein will settle somewhat to create a smooth cloud at the bottom. The taste is unchanged.

Nutrition Facts per $\frac{1}{2}$ cup serving: 10g protein

St. Luke Hospitals

Comfort Kit: Your personalized tool to avoid emotional eating

Lisa West-Smith, PhD, LCSW

One of the all-time favorite personalized tools our patients use to avoid emotional eating is what we call the comfort kit. As you well know, emotional eating (such as eating when we are glad, sad, bored, tired, tempted because it just looks good, sounds good or smells good, etc.) can be problematic for long-term weight-loss success and potentially dangerous medically for people who have had weight-loss surgery. A conscious or unconscious craving for food because we need to relax, de-stress or console ourselves for any reason is a craving that should never be filled with food or drink—even if it is healthy food or liquid! These kinds of cravings will typically pass in 15 or 20 minutes if you can be mindful of what is happening and be deliberate about finding a healthy, pleasant way to fill that time. The comfort kit is a powerful tool to help you meet your real needs and to avoid returning to old habits of emotional eating.

A comfort kit is essentially a container full of suggestions and objects that can be used in the immediate moment of need when one is tempted to eat for reasons other than hunger. To create your personalized comfort kit, you will need to first decide where you will store it, as the container and contents have to work wherever you need it. For example, if you want to make a comfort kit for home, use a favorite box or basket for your container. Or if you want to make a kit for the office, you could use manila folder or in a special box you store under your desk.

Next, you will need to decide which objects and suggestions for activities you want to include in your comfort kit; it is important to only include things that you will be able to do in the moment. For example, one very successful and healthy person I know has a comfort kit in his desk at work. Inside his gym bag, he keeps a favorite CD, a pair of walking shoes, a coupon for a free movie rental, the business card of his best friend with all of his phone numbers highlighted, the e-mail address of another weight-loss surgery buddy, the web address of a favorite inspirational web site and various other pictures of himself, suggestions for trips he needs to plan, and numerous slips of paper with inspirational quotes.

The most important thing to keep in mind when selecting objects for the comfort kit is to only choose things that you can actually do—right then and there—in the precise moment you find yourself tempted to eat for any reason other than hunger. For example, when the gentleman above hangs up the phone after dealing with an angry call from a client he has learned to pull out his comfort kit instead of heading for the candy jar on the reception desk. He reaches into the gym bag without looking and pulls out the first thing he touches. If it is walking shoes, he heads out the door with them for a quick walk. If it is the movie coupon, he makes a quick trip to the video store. Fifteen or 20 minutes later, no matter which activity he did, he feels better and remained compliant with his food plan!

Getting into the habit of feeding emotional needs with healthy activities and coping skills is one of the most important things you can do for yourself—weight-loss surgery or otherwise! And avoiding emotional eating will surely help you achieve success with your weight loss now and success long term. Put together your comfort kit today, and be sure to let us know how it is working for you.

HAPPY NEW YEAR!

Set the scene. It is December 31st. You are getting ready for that big night out on the town. You have just stepped from the shower and you are standing in front of the mirror in one of the most revealing and intensely personal ways—stark naked. There you are, eye to eye with yourself in the bathroom mirror. And you start to think about your body and your life and your thoughts turn to the New Years' Resolutions. We have all been there and will no doubt visit that place time and time again. Therefore, in an attempt to help you succeed with some New Years' Resolutions we have prepared a list of tips that you might find helpful.

FITNESS CORNER

Now that you have tackled the tricky and sometimes overwhelming New Year's resolution, our free "Fit for Life" program is a way to get on top and stay on top of the decision that you have made. Call the office at 859-212-4625 and ask about "Fit for Life."

Tips for Creating your New Years' Resolutions

1. Make a plan: It's important to write down exactly what you would like to accomplish in the New Year! Try to be specific with your plan and provide yourself a timeline to complete your goals. Example: I would like to start walking a minimum of three times a week for the next two months.

2. Start your plan immediately: "There is no day better than the present." Once you have your plan established, start working on your goals... do not wait until January 1st! Once the New Year starts, everyone is busy and it's hard to carve out time for your resolutions. If you could start one goal prior to New Year's Day, you would significantly increase your chances of accomplishing your resolutions!

3. Write it down: Keep a "goal journal" where you can track your accomplishments. If you can visually see aspects of your life improving, it may be just the motivation you need to stay on track!

4. Think year round: New Year's Resolutions don't have to be accomplished before March. It's best to think about short-term goals AND long-term goals. Start small and keep revisiting your resolutions throughout the year to accommodate your current schedule and expectations.

Flexibility is key: DO NOT PUNISH YOURSELF for making mistakes or not being perfect! No one is perfect. The important aspect of accomplishing goals, is allowing you to mess up, brush it off and get back on track. Compliment yourself and enjoy the benefits of your success!

THE HEALTHY NEW YOU!

Weight-loss surgery is a life-changing experience, and we understand that even positive changes can be stressful at times! The Healthy New You! Program at the Tristate Surgical Weight Loss Center is a safe, supportive and confidential psychotherapy group that is designed to help both successful and struggling patients deal with common issues that patients often experience after weight-loss surgery. Our topics include self-esteem, body image, emotional eating, relationships, avoiding unhealthy coping habits and mindfulness. The group will meet on Thursdays each month for a total of 12 sessions and is limited to 12 participants. **Call the office at (859) 212-4625 for more information or to reserve your space today!**