

Support Groups

Tracey will do Facebook Live workout on Monday, August 1 @ 11:15 AM MST.

Madison will do a Support Group on Tuesday, August 2 @ noon MST.

Tracey will do a Facebook Live Support Group on Monday, August 8 @ 11:30 AM MST.

Andrea will do a Facebook Live Support Group on Monday, August 22 @ 1:00 PM @ PM MST.

If you are a BMI patient, please join our Facebook online support group to participate in the online groups. Look for "BMI Online Support Group" in Facebook groups and ask to join. This is an amazing forum to ask questions, participate in online support groups, voice concerns, celebrate successes, and help others who are on your same journey.



Sharing Our Expertise

Last Month Dr. Cottam welcomed surgeons from Springfield, Illinois who came to learn about and observe the Loop Duodenal Switch (SADI-S). We hope they enjoyed their time and learned a lot.





Let Us Celebrate You!



Since we are seeing less patients in person during the pandemic, we have less patients to photograph and feature. **We need your inspiration!** If you would like to be featured in our next newsletter, message us on Facebook or email amycottam@yahoo.com. We love celebrating your successes!

Quick and Easy Mongolian Beef

Ingredients:

- 1 lb. flank steak thinly sliced against the grain
- 2 Tbsp cornstarch
- 2-4 Tbsp canola oil
- 1 yellow onion sliced
- 2 green onions chopped, green and white parts separated
- 4 garlic cloves chopped
- 1- inch ginger chopped
- ¼ c. low sodium soy sauce
- ¼ c. water
- 1 Tbsp hoisin sauce
- 3 Tbsp brown sugar
- Salt to taste



Directions:

1. Cover the flank steak with cornstarch, making sure each piece is covered. Set aside.
2. Heat the canola oil in a large skillet over medium-high heat. Once the oil is hot, add the flank steak to the frying pan in a single layer, making sure that the pieces are not touching. Cook for 1-2 minutes per side until each side is browned. Cook in batches until all the flank steak is cooked. Set aside.
3. Add sliced yellow onion, whites of green onions, garlic, and ginger to the skillet and stir fry for about 3 minutes, until the onions are slightly softened but still have a little crunch. Add soy sauce, water, hoisin sauce, and brown sugar and stir. Add steak back to the pan along with the green parts of the onions. Remove from heat and serve.

Per serving: 303 calories, 13 g fat (3 g sat), 26 g protein, 20 g carb, 670 mg sodium, 11 g sugars, 1 g fiber

Recipe courtesy of Mv Forking Life.

Weight Loss Tips

Having a healthy routine will help you stick to your new lifestyle. The more you develop habits about what you eat and when you exercise, the more likely you will be consistent. For instance, having a set time to exercise makes it more likely to happen each day. Always eating a high-protein breakfast at a similar time might help you avoid the donuts when someone brings them to the office. Plan a good routine, stick to it until it becomes habit, and the daily choices will become easier.



As you try to eat more fruits and vegetables, buying a fruit bowl will help. Having the food you want to eat where you can easily see it, makes you more likely to grab it first. Not every good food can survive on the counter, so those that need to be refrigerated can be washed, cut, and ready to eat right at the front of the refrigerator. Veggies like cucumbers, peppers, sugar snap peas, and carrots can sit in the front of the refrigerator, while bananas, apples, pears, and oranges should be kept on the counter where everyone can see them. Making good food visible and easy will help you eat it before the junk food.

As you decide what food you should eat, make sure you read the food labels carefully. Pay close attention to the actual serving size as you decide if the item has too many calories, carbs, or fat in it. Really looking at the labels can help you make healthy choices.

Nutrition Facts	
60 servings per container	
Serving size 1 envelope (21g)	
Amount per serving	
Calories 80	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	



We generally don't keep very good track of what we eat. Food journals work for some people, but if it is hard for you to write down everything you eat, you might try to take a picture of each meal. Save your photos in a daily file, and before you eat a snack or meal, review them. They'll remind you of what you've already eaten, which may help you decide to eat less or choose something else. Also, just the act of taking the picture, might help you be more mindful of your eating.