

BMI UTAH NEWSLETTER

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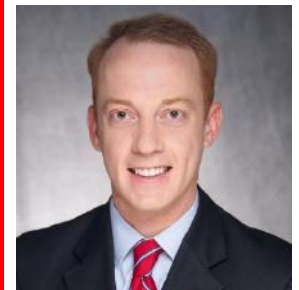
Support Groups

Tracey will do a Facebook Live Support Group on **Tuesday, Dec. 5 @ 1:45 PM MST.**

Tracey will do Facebook Live workout on **Thursday, Dec. 14 @ 2:30 PM MST.**

Andrea will do a Facebook Live Support Group on **Monday, Dec. 18 @ 2:30 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.



Let Us Celebrate You!



Since we are seeing less patients in person, 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!



Weight Loss Tips



As you face your holiday activities, you will likely be overwhelmed with a large number of carbs, both sweet and savory. If you can't just say no, allow yourself three small bites of the foods that tempt you. Denying yourself entirely might make you unpleasant and more tempted to binge later. Follow the three-bite rule, and you will be able to enjoy a little bit of your favorites during the holiday feast.



As the holiday's approach, most of us tend to do a little more cooking. However, as you prepare meals for your family, be careful not to do too much tasting. A tiny taste here and a tiny taste there can really add up over the course of a few hours. Be mindful and don't unconsciously overindulge.

Taste the rainbow, or in other words, eat a wide variety of foods. Many times, we get stuck in ruts, and when our food choices become boring, we often turn to junk food and binge. Look for ways to expand your healthy food choices. Try something new each week. Have you ever eaten mustard greens? What about purple potatoes or carrots? What about a new variety of fish? Use your imagination to expand your healthy repertoire.



During the holidays, stress can be high, which often leads to weight gain. Stress leads to high levels of cortisol which makes you want to eat more. Stress levels also can make people turn to comfort food, which is often unhealthy. Look for ways to reduce stress such as yoga, exercise, meditation, and getting plenty of sleep.

Not Your Mama's Green Bean Casserole from freshfitkitchen.com

Ingredients

- 4 cups Fresh Cut Green Beans
- 16 ounces Mushrooms chopped
- 1/2 cup onion chopped
- 2 large Garlic Cloves minced
- 1.5 cups 2% milk warmed
- 3 tbsp. Butter
- 3 tbsp. All Purpose Flour
- 1/4 cup Parmesan cheese
- 1/4 cup Nonfat Greek Yogurt
- 1/2 cup Fried Onions store bought, example would be French's brand
- 1/2 cup Panko Bread Crumbs



Instructions

1. Wash and cut the fresh green beans. Boil them for 5 minutes, strain and set aside.
2. Pour 2 tbsp. of olive oil in a skillet and over medium high heat and saute the mushrooms. Allow them to cook until they begin to get golden then add in the chopped onion and garlic. Cook another 3-5 minutes until the onion is translucent.
3. Add the 3 tbsp. of butter to the pan. When it's almost melted, stir in the flour. Cook the flour and butter mixture for 30 seconds.
4. Gradually pour in the warmed milk as you stir. The mixture will thicken. If it becomes too thick add more milk. The mixture should coat the back of a spoon.
5. Remove the pan from the heat and add in the Parmesan cheese, Greek Yogurt, salt and pepper to taste. Toss in the green beans and turn them in the sauce.
6. Top the mixture with the fried onions and panko bread crumbs. Bake at 400 degrees for 20 minutes until the top is golden and bubbly.