

BMI UTAH NEWSLETTER

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Support Groups

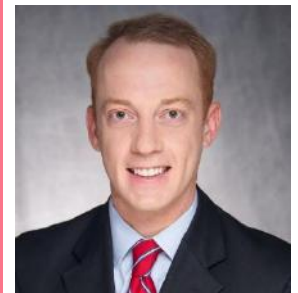
Dr. Medlin will do a Support Group on **Monday, February 12 at 7:00 PM MST**. He will do it on Zoom. The link is

<https://us02web.zoom.us/j/9975103059?pwd=NVVXR3dLMUt4cHQrVUV5NTF6N1VtQT09&omn=87242169265>

The Meeting ID is 997 510 3059 and the Passcode is 5dRCpL

Tracey will do a Facebook Live Support Group on **Tuesday, Feb. 13 @11:15 AM 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!

Sharing our Expertise

Dr. Cottam and Dr. Mooers enjoyed hosting surgeons from Grand Rapids, Colorado and Houston, Texas this week. They came to learn and observe the Loop Duodenal Switch. We enjoyed having them and hope that they will be able to implement this life-changing procedure into their own practices.



Weight Loss Tips

All calories are not the same. 100 calories of high fructose corn syrup won't fill you up the same as 100 calories of broccoli or chicken. Replacing non-filling foods like candy with lean protein and vegetables—even though they might have the same calorie count—will lead to better weight loss success. Overall, avoid empty calories like sugary foods and chips and replace them with foods like meat, cheese, fruits, and vegetables.



Getting enough sleep is important for weight loss success. Poor sleep increases ghrelin, which is a hunger hormone, and also decreases leptin, which can contribute to weight gain. Getting enough sleep helps you make better food choices. Also, when you are sleep deprived, you tend to crave salty and sweet foods, which tend to be higher calorie foods. So, focus on prioritizing sleep on your weight loss journey.

Most everyone has outcome goals, such as I want to lose 50 more pounds. However, if you focus only on outcome goals, you can often lose motivation. Focus more on process goals. For instance, make a goal to exercise four times a week, or not to eat any processed food for a week, or to eat a certain amount of protein every day. With process goals, each week you can feel like you have accomplished something, and you'll be more motivated to continue working hard.



As the new year begins and you start to make resolutions, think about where you want to end up, why you want to get there, what might be difficult along the way, and how you plan to deal with those difficulties. It is a good idea to create a health vision. A common format for a health vision is "I want to ____, so ____." Examples might be "I want to lose weight, so I can play with my kids." Or "I want to get in shape, so I can enjoy skiing again." Having a plan for difficulties and visualizing the future will help you better achieve your goals.

Bariatric Friendly “Crack Chicken”

from bariatricfoodcoach.com

INGREDIENTS

- 1/2 cup chicken broth low sodium
- 1 packet ranch seasoning
- 1 lb. chicken breast boneless, skinless
- 4 triangles spreadable cheese
ex: The Laughing Cow™ Lite Swiss
- 1 cup 2% cheddar cheese shredded



DIRECTIONS

1. In the bottom of a slow cooker add chicken broth and ranch season. Stir.
2. Nestle chicken breast into the seasoned broth. Cover with lid and cook on low for four hours.
3. Remove lid and shred chicken. Add cheese wedges and shredded cheese. Stir in until cheese is melting in. May need to use the back of a spoon to break up the spreadable cheese.
4. Remove and serve. Optional toppings: chopped green onion or turkey bacon

NOTES

Serve with steamed veggies

NUTRITION

Serving: 4oz | Calories: 202kcal | Carbohydrates: 5g | Protein: 31g | Fat: 5g
| Saturated Fat: 2g | Cholesterol: 79mg | Sodium: 947mg | Potassium:
462mg | Sugar: 1g | Vitamin A: 92IU | Vitamin C: 3mg | Calcium: 127mg |