

BMI UTAH NEWSLETTER

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[Volume 73]

Support Groups

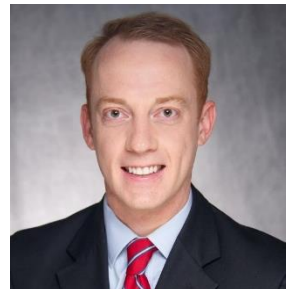
Dr. Cottam will do a Q&A support group on **Tuesday, June 6 @ 7:00 PM MST**. This group will be on Zoom. The Meeting ID is 997 510 3059 and the passcode is 5dRCpL. The link is <https://us02web.zoom.us/j/9975103059?pwd=NVVXR3dLMUt4cHQRvUV5NTF6N1VtQT09>

Tracey will do a Facebook Live Support Group on **Thursday, June 15 @ 11:30 AM MST**.

Tracey will do Facebook Live workout on **Tuesday, June 20 @ 7:45 AM MST**.

Andrea will do a Facebook Live Support Group on **Thursday, June 29 @ 1:00 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!



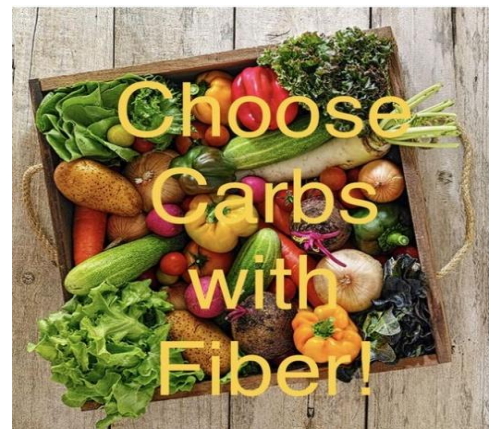
Since we are seeing less patients in person, we have less patients to photograph and feature. **We need your inspiration!** If you would like to be featured in our next newsletter, message us on Facebook or email amycottam@yahoo.com. We love celebrating your successes!

Weight Loss Tips



To eliminate temptation, spring clean your junk food. Get rid of candy, cookies, chips, soda, or any other tempting, unhealthy snack that you have in your home. The best way to deal with temptation, is to eliminate it!

Don't eat carbohydrates unless they have fiber attached to them. Simple carbs with no fiber can be detrimental for your weight loss success, but carbs with fiber are essential for appetite control and nutrition. Fiber helps control blood sugar, reduces your risk of chronic diseases like diabetes, colorectal cancer, and heart disease, and helps lower your cholesterol. Great choices include legumes (dried beans, lentils), veggies (Brussels sprouts, broccoli, spinach squash, sweet potatoes) and fruit (apples, berries, oranges, pears).



Avoid distractions at dinner time. When you eat, make sure you pay attention to the food you're eating. Don't gulp food down or allow distractions like TV or cell phones at the dinner table. When you sit down, ask yourself why you're eating a certain food. Is it to make you healthier or does it make you feel good? Just thinking about your reasons for eating will force you to be more mindful of what you eat and how much you eat.

Cauliflower is high in fiber and nutrients and low in calories, which makes it a great choice for your healthy diet. It is also an excellent substitute for many high carb foods, like rice, potatoes, and even pizza crust.



Cauliflower Crust Pizza from spoonuniversity.com

Ingredients:

- 1 medium-sized head of cauliflower
- 1 egg beaten
- ¼ cup of goat cheese
- 1 teaspoon dried oregano
- salt
- pizza toppings

Directions:

1. Preheat oven to 400°F.
2. Cut the head of cauliflower into florets by chopping the head into quarters first. If you cut the thick stem in the middle, the cauliflower will naturally fall into florets. Some of these may need to be cut into smaller pieces.
3. Using a food processor or a blender, pulse the cauliflower until it looks like rice.
4. Boil about an inch of water in a medium saucepan. Lower the heat slightly, and toss in the “riced” cauliflower. Cook for 4-5 minutes, covered.
5. Strain the cooked “rice” and dump it onto a thin dish towel. Wrap it up and squeeze as much water out of the cauliflower as possible into the sink. This might take some time, but the more water you squeeze out, the better your crust will stick together.
6. Put the rice into a medium-sized bowl. Mix in the beaten egg, goat cheese, oregano and salt. I promise you can’t taste the goat cheese once it is cooked in.
7. Line a baking sheet with parchment paper. Form a crust with the cauliflower mixture. Tip: Make the sides a little higher than the center to keep the toppings from falling off later. Bake for about 35 minutes, or until it turns golden brown.
8. Bring on the toppings! Then, cook for another 5-10 minutes, or until cheese is melted to your liking.

