

BMI Newsletter

Support Groups

Tracey will do Facebook Live workout on Monday, Nov. 1 @ 11:45 AM MST.

Our PA, Madison, will do a Support Group on Tuesday, Nov. 9 @ noon MST.

Andrea will do a Facebook Live Support Group on Wednesday, Nov. 10 @ at 1:30 PM MST.

Tracey will do a Support Group on Tuesday, Nov. 23 at 11:15 AM MST. She will discuss holiday eating strategies.

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 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!

Sharing Our Expertise



Dr. Cottam enjoyed hosting surgeons from Illinois and Minnesota last month. They came out to learn about the Loop Duodenal Switch and observe Dr. Cottam's technique. We hope they learned a lot and can implement this life changing procedure in their practices.

**Every
new day
is another
chance
to change
your life.**

Weight Loss Tips

Exercise is a good thing to keep your body healthy, but just because you work out doesn't mean you can eat whatever you want. The most important aspect of losing and maintaining weight is what you put in your mouth. It's important to focus on a healthy diet and think of exercise as just a way to supplement your healthy lifestyle. Don't let exercise be your excuse to eat more, especially more unhealthy food.



Studies have found that people who checked themselves out at the grocery store make less impulse purchases. Apparently scanning your own food and credit card results in a 32.1% dip for women and a 16.7% dip for men in buying items that weren't originally on their lists. Most impulse buys involve candy and salty, high-fat snacks, so maybe not standing in the tempting checkout lane and looking at each purchase as you scan it might help you shop healthier.

Pasta is a huge source of carbohydrates for most people. Finding a way to substitute a healthier version of pasta is important for a long-term plan. Today, many high-fiber, high protein options are available. You can buy bean-based noodles, soy-based noodles, cauliflower-based noodles, or you can just spiralize zucchini or other vegetables. Look for a low-carb version that works for you, so that you can avoid high carb pasta.



Often eating the low-fat version of a food is less healthy than eating the full fat version, especially in dairy products. Low fat foods add sugar to compensate for the loss of fat. The sugars are much worse for weight gain and diabetes than the fat. In fact, studies have shown that people who eat full fat dairy products have a lower incidence of diabetes than those who eat the low-fat versions. So be wary of products that say "low fat" and compare the carbohydrates between the full fat version and the low-fat version. Use the product with lower carbohydrate value. Despite what you've been told all your life, sugar is much worse for you than fat, and fat is useful for long term satiety.

Easy Crockpot Chicken Tortilla Soup

from bariatricfoodie.com

Ingredients

- 1 lb. chicken breast tenderloins
- 1 tsp. black pepper
- 1 tsp. salt
- 2 c. your favorite jarred black bean salsa
- 1 tsp. ground chipotle powder (optional, skip if you don't like spicy)
- 2 tsp. McCormick Mexican Spice blend (or your favorite Mexican spice blend)
- 1 tsp. ground cumin
- 8 oz. queso blanco sliced (or you can also use cojita)
- 4 c. water
- 2 c. frozen corn
- 10 oz. black beans (optional)
- 10 oz. diced tomatoes
- 4.5 oz. mild green chiles
- 2 tbsp. fresh cilantro chopped
- lime and additional cilantro and cojita cheese for garnish (optional)



Instructions

1. Rinse chicken tenderloins and pat dry. Sprinkle with salt and pepper on both sides before placing in the bottom of your crockpot.
2. Pour the jar of salsa on top of the chicken, add spices, then set the crockpot to cook on low for four hours.
3. Remove the chicken (which should be done through) and shred it. Return it to the crockpot and add the water, corn, additional beans, tomatoes, chiles and cilantro.
4. Allow the mixture to cook an additional two hours.

Serve hot with additional cilantro and cheese if desired, and squirt of fresh lime juice.