

BMI UTAH NEWSLETTER

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[Volume 65]

Support Groups

Dr. Cottam will do a Support Group on Tuesday, Oct. 4 @ 7:30 PM MST. He will discuss protein and weight regain issues.

Tracey will do Facebook Live workout on Wednesday, Oct. 12 @ 11:45 AM MST.

Tracey will do a Facebook Live Support Group on Thursday, Oct. 20 @ 2:15 PM MST.

Andrea will do a Facebook Live Support Group on Tuesday, Oct. 25 @ 2:45 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.



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

Work for progress, not perfection. Try hard to eat healthy and exercise, but if you can only do it 80% of the time at first, that is better than none of the time. Taking small steps and continually striving for progress is much better than being overwhelmed and giving up because the changes are too much. For instance, just doing 20 minutes of exercise, or cutting your portion size by 20%, or increasing your vegetable intake by a serving a day can have a big impact on your life. Keep working toward a healthy lifestyle, but know that everybody makes mistakes and don't let the setbacks stop your progress.



Find ways to enjoy the food you eat. Often people see healthy food as unenjoyable, and they just force themselves to eat it. However, if you don't enjoy the food you eat, you likely won't continue eating it long term. Work hard to find healthy foods that you enjoy. Look for healthy recipes that provide variety and flavor. Use herbs and spices to enhance flavor. Savor the flavors, and enjoy these healthy foods. There is no reason food can't be pleasurable—even healthy food!

Soup can be an excellent choice for weight loss for numerous reasons. First, soup is filling since it has less calories for its volume compared to other foods. Soup can be filled with nutrient packed ingredients such as vegetables, beans, and lean proteins. Soup has many varieties and is convenient. Soup also slows down your eating because it is warm, fragrant, and comforting. As you choose healthy soups, look for those that are broth-based, full of vegetables, and contain plenty of proteins.



Drinking plenty of water is helpful for weight loss. It can reduce your appetite, help you burn more calories, and replace other calorie filled liquids. Water is always the best choice. So focus on drinking more water!

Instant Pot Broccoli Soup from theinstantpottable.com

INGREDIENTS

8 cups of Broccoli florets
1 large sweet onion - chopped
1 teaspoon of minced garlic
1/3 cup of Italian flat leaf parsley - finely minced
1 Tablespoon of coarse ground garlic salt
1 Tablespoon of seasoned pepper
6 cups of chicken broth
1 teaspoon of seasoned salt
A teaspoon of Paprika
1 Tablespoon of butter
2 cups of half & half
4 cups of Colby Jack cheese - shredded
2 cups of Parmesan cheese - shredded
1 cup shredded Swiss cheese



INSTRUCTIONS

1. Press the Sauté button on the Instant Pot, and melt the butter.
2. Then, add the chopped onion, and Sauté until onion turns golden brown.
3. Next, add the minced garlic and cook for 2 minutes.
4. Turn off the sauté setting. Add the chicken broth, and stir well, scraping the bottom of the pot to remove any bits of onion or garlic that may be stuck.
5. After scraping the bottom of the pot, add the Broccoli, parsley, garlic salt, seasoned salt, seasoned pepper, and Paprika, and stir all together. Place the lid on the Instant Pot until it beeps and locks.
6. Make sure the pressure valve is set to 'SEALING', and press the MANUAL button, and set the time for 8 minutes. Let the pressure build and release naturally.
7. When the Instant pot is done cooking, it will beep and go to OFF.
8. Make sure all the pressure has been released by turning the pressure valve from sealing to VENTING.
9. Then, make sure the float valve is down, and remove the lid to the Instant Pot. Stir the soup, then add the half & half, Colby jack cheese, Parmesan cheese, and Swiss cheese.
10. Stir well to combine all ingredients, and melt the cheese.
11. After soup is finished, allow it to sit for 10 minutes. Stir again, and serve. Enjoy!
12. An immersion blender may be used if desired, to make the soup have a creamier texture.