

# BMI UTAH NEWSLETTER

January 2025 801-746-2885

[Volume 92]

## Support Groups

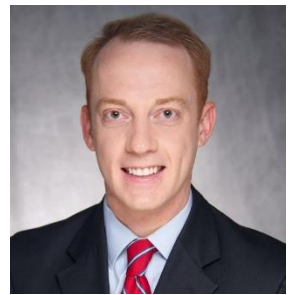
Dr. Cottam will do a Facebook Live Support Group on **Wednesday Jan. 15 @ 7:00 PM MST.**

Tracey will do a Facebook Live Workout on **Tuesday, Jan. 21 @ 11:45 AM MST.**

Tracey will do a Facebook Live Support Group on **Monday, Jan. 27 @ 1:30 PM MST.**

Andrea will do a Facebook Live Support Group on **Thursday, Jan. 30 @ 11:30 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!

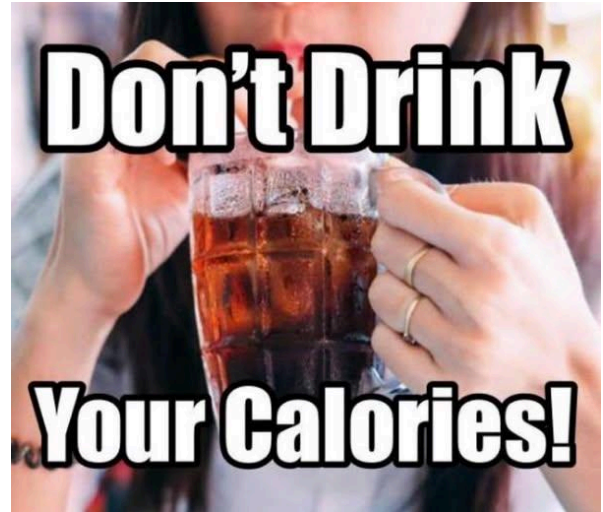
Since we are seeing less patients in person, we have less patients to photograph and feature. **We need your inspiration!** If you would like to be featured in our next newsletter, message us on Facebook or email [amycottam@yahoo.com](mailto:amycottam@yahoo.com). We love celebrating your successes!

# Weight Loss Tips

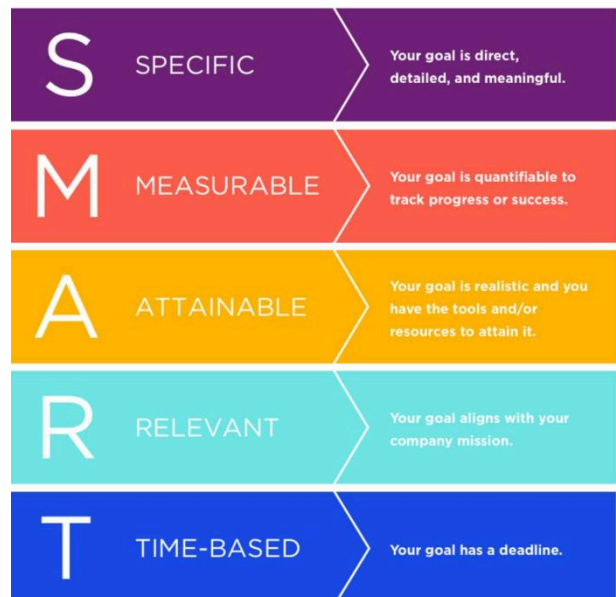
Don't drink your calories. It is important to remember to not drink your calories. Any drink with calories should be avoided, including juice, alcohol, soda, and coffee with cream and sugar. Water is best, so drink lots of it!



When you set goals for the new year, try to make them SMART. Be specific with what you want to accomplish such as, "Stop eating white flour." Have a way to measure the goal such as keeping a food journal to check your progress. Make sure you spell out ways you can achieve the goal such as, "Instead of cereal in the morning, I'll eat eggs." Make sure you actually care about the goal and that it is realistic. And finally, set a time period, so you can have a specific time to measure progress such as, "Stop eating white flour for two weeks."



Soup, especially broth based soup, is an excellent weight loss choice. As the weather turns cold, choose soup. Soup fills you up with less calories because so much of its volume is water. It is also rarely eaten quickly which helps with mindfulness. So warm up with soup!



# Tomato & Basil Soup from bbcgoodfood.com

## INGREDIENTS

- 1 tbsp olive oil
- 2 garlic cloves crushed
- 5 sundried tomatoes roughly chopped
- 3 15 oz cans plum tomatoes
- 2 cups turkey or vegetable stock
- 1 tsp sugar any type, or more to taste
- ½ cup sour cream
- 1 tbsp pesto
- basil leaves to serve

## DIRECTIONS

1. Heat the butter or oil in a large pan, then add the garlic and soften for a few minutes over a low heat.
2. Add the sundried tomatoes, canned tomatoes, stock, sugar and seasoning.
3. Bring to a simmer. Let the soup bubble for 10 mins until the tomatoes have broken down a little.
4. Stir with a stick blender, adding half the sour cream as you go.
5. Taste and adjust the seasoning – add more sugar if you need to.
6. Serve in bowls with 1 tbsp or so of the pesto swirled on top, a little more soured cream and scatter with basil leaves.

