



Lose Weight and Live Healthy

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Let's Support Each Other!

Did you know that The Weight Loss and Metabolic Wellness Center at East Orange General Hospital (EOGH) has a weekly support group for pre- and post-bariatric surgery patients? The support group is a valuable tool for all patients to share their experiences throughout their weight-loss journey.

Led by the Clinical Bariatric Dietitian, each week focuses on stress reduction and health education, and provides a safe environment for patients to openly express themselves. Remember, you are not alone; whether you have just started your journey or are one-month post-op, your insights and input can create a supportive network to help each other succeed.

The meetings are held in the Wellness Center, located on the 4th floor of EOGH. Each group meeting lasts for one hour. Please join us on any of the following dates, and note that one session each month is Spanish-speaking only.

2019 Support Group Schedule

Friday, March 15
1 to 2 p.m.

Monday, March 18
1 to 2 p.m.

Monday, March 25
1 to 2 p.m.

Monday, April 1
1 to 2 p.m.

Monday, April 8
1 to 2 p.m.



**The Weight Loss and
Metabolic Wellness Center**

at East Orange General Hospital

Lose Weight Without Losing Your Mind

By Monika Mahajan, MS, RDN

A couple of years back, *TIME Magazine* carried an excellent article titled “The Weight Loss Trap – Why your diet isn’t working for you.” One of the things it spoke about is how the obesity epidemic has fueled the weight-loss industry \$66.3 billion by selling everything from diet-pills to meal plans and fancy gym memberships. Government funding for obesity research is estimated to be \$931 million.

The obsession with weight and how to lose it — dieting — has been an American preoccupation for more than a century. Before, society looked at extra weight as a sign of good health and prosperity, but today the pendulum has shifted and expectations that thinner is better has moved many people to follow extreme diet trends or, in some cases, unnecessary weight-loss surgery.

Emerging research shows that every individual reacts differently to different diets. So, what’s good and works for you may not work for your neighbor. Also, most diets are not sustainable because they do not fit your lifestyle or tend to be nutrient deficient. After dieting, people also often regain weight — sometimes tipping the scale at more than where they started. One theory behind this is that when you lose weight, your resting metabolism slows down, which may be due to the body wanting to hold on to every little calorie it gets.

For effective weight loss, plans must be highly personalized. It is not just about calories in versus calories out anymore. The mind, your hormones, food composition and the environment all contribute to weight gain or how much weight someone loses.

While weight-loss surgery shows some promise and is one of the most effective ways to lose weight, it is important to remember that it is a tool to help you get to your goal weight. That is why it is so important to work with a team like ours to determine the best course of action for you to meet your health goals.

Ultimately, what dictates how much weight you lose and keep off depends upon your lifestyle and includes eating right and exercising. So, adhering to the principles of nutrition guidelines after weight-loss surgery is very critical to be successful in this journey.

Tips for a Healthier Lifestyle

Eat less from a box and more from the earth.

Add more fruits and vegetables to your diets and limit your intake of processed foods like pasta, chips, cookies, bars. Several studies show that fruits and vegetables have anti-inflammatory and cancer fighting properties that help prevent diseases.

Create a lifestyle.

Make one change and stick to it until it becomes you. It's easier to stick to a change when you can include it in your lifestyle. People often skip breakfast because of busy mornings. Make yourself - to go green breakfast smoothie with protein to avoid binges later.



Drink up.

Make sure you always hydrate. With no extra calories water is your best friend. Flavor it with herbs or pieces of fruits like oranges, strawberries or lemons.

Exercise to boost your metabolism.

While exercise alone does not cause weight loss it boosts the metabolism and has other side benefits that can impact your health positively. Like your cardiovascular health, increases your bone density and tones your muscles. Try to get in at least an hour of exercise five days a week.

Don't resolve your emotions with food.

This is a big one. Many people eat when they are bored or feel anxious or are simply emotionally vulnerable. You don't need to bury your emotions or celebrate them or run away from them, you can simply sit quietly and acknowledge your emotions and feelings. So, if you're sad, just be sad or if you're happy, be happy. You don't need to feed into those emotions with comfort foods, you can just feel them and move on with your day.

Free Educational Seminars

Wednesday March 27, 2019

5:30 to 6:30 p.m.

Wednesday April 24, 2019

5:30 to 6:30 p.m.

Wednesday May 29, 2019

5:30 to 6:30 p.m.

Wednesday June 26, 2019

5:30 to 6:30 p.m.

To register, please call 973-266-4406 ext. 02

Protein-Packed Breakfast Acorn Squash



Delicious breakfast acorn squash baked with spices and stuffed with yogurt, pecans and a drizzle of honey. The perfect protein-packed meal to start your morning!

INGREDIENTS

- 1 medium acorn squash
- 2 teaspoons coconut oil
- 1/2 teaspoon cinnamon
- 1/2 teaspoon brown sugar
- 1 cup nonfat plain Greek yogurt, divided
- Drizzle of honey
- 2 tablespoons chopped pecans

INSTRUCTIONS

Preheat oven to 400 degrees F. Line a baking sheet with foil. Cut acorn squash in half lengthwise and scrape out seeds. Place halves facing up on foil-lined baking sheet. In a small bowl, mix together coconut oil and cinnamon. Use your fingers to rub each half of the flesh of the acorn squash with the coconut oil and cinnamon mixture. Place one teaspoon of brown sugar in the middle of each half and rub into the squash. Bake for 45 - 60 minutes or until squash is fork tender.

Once squash is done, allow to cool for 5 -10 minutes then place on plates or put in Tupperware if you are planning to enjoy this later. When ready to serve, make sure squash is warm then scoop 1/2 cup yogurt into each squash half.

Drizzle each with a teaspoon of honey and pecans. Serves 2. Enjoy!

