

Roger Williams Life Changers

Weight loss for a healthy life

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**Roger Williams
Medical Center Weight
Loss Surgery**



Enjoy the Holidays without Gaining Extra Weight

The holidays can be a wonderful time of year although it can often be very stressful. Between shopping for gifts, decorating the house and preparing for a holiday gathering, people often lose sight of their diet and physical activity goals. In fact, most people will gain up to 5 pounds during the holiday season which can add up and set you farther away from your goals. We are here to help you avoid this weight gain. It's not too late. *Continued on back.*



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A Better Way to Better Health Care

Announcements

Are you interested in learning more about weight loss surgery? See [Weight Loss Surgery | CharterCARE](#) on our website.

Upcoming WLS Support Groups

Due to new hospital guidelines regarding Covid, we will be continuing our support groups online.

4th Thursday of the month at 5:00-6:00 pm with
Diana Beaton RDN

December 21, 2022 (Wednesday night instead of Thursday)

January 26, 2023

(Spanish) 1st Thursday of the month at 7:00-8:00 pm with
Carmen Diaz-Jusino

January 5, 2023

February 2, 2023

To join a support group, please email Diana at diana.beaton@chartercare.org You will receive a link to join the meeting. You can also join the call by phone. See our website www.loseweightri.org under "Patient Resources" for information on our support groups. We welcome people to join the call who have had surgery already and also for those who are pre-surgery or still deciding.

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Here are some ways to do it:

Stay Active:

The weather is getting colder, you're getting busier, and it is getting darker earlier outside, all reasons to stay inside when you have some free time. Even so, try to get your steps in daily:

- Park farther away from the store or your office
- Go to a shopping center so you can walk around more
- Take a walk with family and friends after a big meal
- Move around your home- cleaning can be a good activity
- Keep moving!

Avoid Overeating:

There are so many temptations this time of year. There are so many holiday treats that only come around once a year. Figure out ahead of time, what you really want. You can always freeze food or save some for the next meal or next day.

- Use a smaller plate
- Fill your plate with vegetables and protein first. Limit carb foods to ½-1 cup per meal
- While you're eating, take smaller bites to savor and enjoy the taste
- Wait 10 minutes to see if you are still hungry; pause, slow down
- If choosing desserts, limit portions to a small amount.

Create healthier recipes:

Many seasonal treats are loaded with added fat and sugar that are not suitable for a healthy diet, especially after weight loss surgery. Cut down on these:

1. Use low-fat milk, buttermilk, or yogurt can be used to cut the fat in many recipes. Low-fat Greek yogurt can be used in place of cream cheese or sour cream for frostings, cakes, pies or dips for added protein and reduced fat.
2. Reduce the sugar in recipes by 25%, ¾ cup instead of 1 cup. You may not be able to tell the difference!
3. Unsweetened applesauce can be used instead of oil, butter or margarine 1:1 to reduce fat content.



Balsamic-Parmesan Sautéed Spinach

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 3 cloves garlic, minced
- 1 lb. fresh spinach
- ¼ t. salt
- ¼ t. ground pepper
- 2T. grated parmesan cheese
- 1T. balsamic glaze

Directions:

Heat oil in a large pot over medium heat. Add garlic and cook, stirring, until fragrant, 30 seconds to 1 minute. Add spinach, salt and pepper; toss to coat. Cook, stirring, until just wilted, 3 to 5 minutes. Remove from heat and stir in Parmesan. Drizzle with balsamic glaze and serve immediately..

Serving Size: 1/2 cup


Per Serving: 84 calories, 3g protein, 5g carbohydrates, 2g fiber, 6g fat. (Good source of vitamin A, magnesium and potassium.)

Source: Eatingwell.com, September 2020.



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Email Diana.Beaton@chartercare.org