

Roger Williams Life Changers

Weight loss for a healthy life

Want the latest news and information from our program?

Visit Facebook and search for:

**Roger Williams
Medical Center Weight
Loss Surgery**



Tips to Enjoy the Holidays After Bariatric Surgery

The holiday season is right around the corner, which can be a challenging time after bariatric surgery. With all the family gatherings, holiday parties and treats, it can be a bit overwhelming for people trying to stay on track with their weight loss plan. Luckily, there are ways you can still enjoy this time with family and friends. By planning ahead and enjoying in moderation, the holiday season can still be the time of year you look forward to. Here are some tips to help you enjoy the holidays while still maintaining your weight loss journey. *Continued on back.*



Roger Williams
MEDICAL CENTER

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 *Please note the date change (Wednesday night instead of Thursday).

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

December 1, 2022

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.

Roger Williams Life Changers



Don't Save Your Calories

It may be tempting to skip meals to save your calories for holiday food and treats, however, it's best to stick to your regular eating patterns. By skipping a meal, you're more likely to overindulge later on.

Stick to the Basics

Just because it's the holidays doesn't mean you can't maintain the same healthy eating habits. Keep the basics in mind, such as portion size, eating slowly and tracking your intake. Be sure to have enough protein in each meal as well. By not diverging from your basic eating pattern, you can avoid overeating.

Stay Hydrated

The holidays usually involve quite a few alcoholic beverages, which can dehydrate you, and are full of empty calories as well. It's important to be aware that alcohol can affect you differently after bariatric surgery, so be sure to drink enough water and be mindful of your alcohol intake.

Exercise

The holidays can be a busy time, and it's easy to fall off an exercise routine. Consider scheduling a time for exercise, rather than get into the habit of pushing it off until the holidays are over. Additionally, it's important to keep a routine during the wintertime in general. If you live in a colder area and don't want to weather the colder temperatures for your daily walks or outdoor exercise, be sure to have a plan for at-home routines for exercise or schedule the time to make it to the gym.

Choose Healthier Options

If you plan on making some of your favorite holiday dishes, consider looking for alternative ingredients that cut down on fat and calories. Some examples include:

- Using skim milk instead of whole milk for mashed potatoes
- Consider substitutes for sugar such as unsweetened applesauce or noncaloric sweeteners
- Kick up the flavor with garlic, spices, and herbs rather than with fats such as butter and gravy
- Choose evaporated skim milk instead of heavy cream for baking

Be Kind to Yourself

All is not lost if you overindulge a bit during the holidays. It is okay to allow yourself to an occasional treat, just be sure to recommit to healthy patterns. Keeping the above tips in mind can ensure you enjoy this special time of year while maintaining your weight loss journey.



Very Best Lentil Soup

Ingredients:

- 1/4c olive oil
- 1 onion, small, diced
- 2 carrots, small, diced
- 2 celery stalks, small, diced
- 2 T. tomato paste
- 3-4 cloves of garlic, minced
- 2 t. cumin
- 1 t. oregano, 1 t. basil, 1 t. thyme
- salt and pepper, to taste
- 28 oz fire roasted diced tomatoes
- 6 c. vegetable broth or water
- 1c. green or brown lentils
- 3 leaves of kale, sliced and stemmed
- 1 lemon, juiced

Directions:

- Heat the oil in a large pot. Add the onion, celery, and carrot; stir for 5 minutes, or until the onion becomes translucent.
- Add the tomato paste, minced garlic, dried spices, salt and pepper. Stir the spices for 2 minutes.
- Add the diced tomatoes, broth, and lentils and stir together. Bring that to a boil, then reduce the heat to low, partially cover with a lid; simmer for 25-30 minutes.
- Stir in the kale and lemon juice; simmer for an additional minute or two to soften the kale. Taste the soup, and add any additional lemon juice, salt, or pepper before serving.

Makes 6 cups.

Per Serving (1.5 Cups): 421 calories, Carbohydrates: 58g, Protein: 17g, Fat: 15g, Fiber: 19g



Stay Connected!

 Join us on Facebook at www.facebook.com/RWMCWeightLossSurgery. Have a good tip or recipe to share. Tell us about your success. What you've discovered may be helpful to others.

Email Diana.Beaton@chartercare.org