

# The Bariatric Scoop



## SIMPLE STEPS TO HELP YOU EAT BETTER

A sliced apple versus a slice of apple pie. If it were a healthy choice contest, fresh fruit would certainly win, but many of us may find it hard to resist that sweet treat. To help you eat better, try the following simple steps.

### In your home

Remember the old adage “out of sight, out of mind.” It may well work for food. You may be less likely to eat something if you don’t see it and vice versa. Make healthy foods convenient to consume. Here’s how:

Keep foods such as fruits and vegetables within easy reach. Don’t bury them in a refrigerator drawer. Place perishable produce on a center shelf, where it can be easily seen and picked up. You can apply the same idea to foods you store in cabinets.

Dress it up. For healthy foods you can leave out on the counter, place them in an attractive bowl. They will be more tempting to eat.

Cut it up. Sliced apples or baby carrots are easy to grab and snack on. Children especially like the smaller bites.

### Before going shopping

When you go grocery shopping, it’s the best time to bring healthy food into your home. Perhaps your most handy tool is a shopping list. Research shows that people who use one tend to eat better and weigh less. Try these grocery shopping tips:

Map out your meals for the week. Deciding what you want to eat in advance can help you create a more concise list.

Use what you already have at home. Check your refrigerator, freezer, and cabinets for ingredients. You’ll save money and time.

Try some new healthy recipes. Schedule easier meals for busy days. Reserve ones that take longer for days when you’ll have more time to cook.

Eat a healthy snack before shopping. It may help you stick to the list, plus it may prompt you to buy healthier foods.

### Eating out

It can be a challenge to eat healthy when dining out. Restaurants may not always list calorie counts and other nutritional information on their menus. Try these strategies:



Scan the menu for healthier items. Some restaurants will mark which foods are low-fat or low-calorie. Generally, those that are grilled or steamed, instead of fried, are better for you.

Watch your portion size. Many eateries serve up big portions. To cut back on how much you eat, share an entrée with a friend or eat half and take home the rest for later.

Eat slowly. Your body will have more time to digest the food. You will feel full sooner and eat less overall.

Stay away from sugary drinks. The sugar in soft drinks, juice, lemonade, and sweetened tea can add hundreds of unneeded calories to your meal. Water with lemon is a great way to stay hydrated without a bunch of added sugar.

Start your meal with vegetables. Order a salad or eat veggies first. These help you feel full and provide lots of nutrients.

# APPLE-CINNAMON MUFFINS

12 servings

2 cups white whole-wheat flour  
2 teaspoons ground cinnamon  
1 ½ teaspoons baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
2 large eggs, lightly beaten  
¾ cup buttermilk  
¾ cup packed light brown sugar  
2 teaspoons vanilla extract  
½ cup unsalted butter, melted  
2 cups finely chopped peeled apples, preferably Gala, Fuji or Honeycrisp  
2 tablespoons white sugar



Have a recipe or snack tip to share? Email Danyll at [DCox@sblhs.org](mailto:DCox@sblhs.org)

## Directions:

Preheat oven to 375 degrees. Line a 12-cup muffin tin with paper liners. Coat with cooking spray. Whisk flour, cinnamon, baking powder, baking soda and salt in a large bowl. Whisk eggs, buttermilk, brown sugar and vanilla in a medium bowl until smooth. Pour the buttermilk mixture into the flour mixture; fold gently until just combined. Stir in butter until well incorporated. Fold in apples. Scoop about 1/3 cup batter into each prepared muffin cup. Sprinkle evenly with granulated sugar. Bake until the muffins are puffed and a wooden pick inserted in the center comes out clean, about 20 minutes. Let cool for about 20 minutes. <https://www.eatingwell.com/recipe/274590/apple-cinnamon-muffins/>

Each serving contains 220 Calories, 9g Fat, 33g Carbs, 4g Protein



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As the weather cools off, we still need our water intake. Most of us may be inclined to let the water intake taper off

unless we watch out for this. Also, beware of all the Halloween candy that will be circulating at the end of the month. Out of sight, out of mind! If you are like me, don't have it in the house. We can also take advantage of the cooler fall weather approaching. A walk in the park or even just a 10 minute walk down the street is still positive activity. Every little bit helps. Stay safe out there, farming season has officially begun.



## OCTOBER DATES TO REMEMBER

October 14 - Canadian Thanksgiving, Canadian Day, and Indigenous Peoples' Day  
October 24 - United Nations Day  
October 31 - Halloween

## SUPPORT GROUP MEETING

October 15, 6 - 7 pm  
Center for Healthy Living  
Conference Room or via Zoom.  
Open to all bariatric patients.



*Zoom Meeting Link*

# SOUTHWESTERN SPAGHETTI SQUASH AND TURKEY MEATBALLS

4 servings

1/2 lb ground breast-meat turkey  
1 tbsp minced onion  
1 tbsp dried parsley  
1 tbsp dried basil  
2 tsp breadcrumbs  
1 large egg, lightly beaten  
1 tbsp olive oil  
2 cans of 14.5-ounce petite cut diced tomatoes with jalapenos  
2 oz. Monterey jack cheese  
1/4 cup fresh cilantro  
4 cups spaghetti squash, cooked using whatever method you prefer; if your squash is large, you'll have more than you need for this recipe

## Directions:

Mix turkey with minced onion, parsley, basil, and breadcrumbs. Mix in egg. Form into 12 meatballs, each about the size of a rounded tablespoon.

Heat oil in a skillet over medium heat. Brown meatballs evenly, about 5 minutes total. Pour tomatoes over meatballs and cook for about 5 minutes. Meatballs will be cooked through when they reach a minimum internal temperature of 165°F and tomatoes are heated.

To serve: Put about 1 cup of squash on each plate and top with meatballs and sauce. Sprinkle with Monterey jack cheese and cilantro.

Each serving contains about 297 calories, 14g fat (5 g saturated fat, no trans fat), 110mg cholesterol, 990mg sodium, 24 g carbohydrate, 4g dietary fiber, 10g sugars, and 18g protein.

<https://library.sarahbush.org/Search/30,23629>



**Michelle Schultz, RD**  
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A new season is upon us. As we welcome cooler fall temperatures, changing leaves, and all things pumpkin, make sure you don't let your daily health habits fall.

1. Continue to monitor your nutrition intake. Strive for wholesome food choices, including lean proteins, vegetables, fruits, low fat dairy, and unsaturated fats.
2. Drink your water. It's easy to let water intake slide during our cooler seasons. Plan your day accordingly to include plenty of water breaks, always have water with you for sipping throughout the day, try a new water bottle or cup to drink from, or consider changing it up by adding a slice of lemon, lime or cucumber for a refreshing drink.
3. Stay active. Take full advantage of the fall season and get outdoors as often as possible! Schedule time for workouts if you've been struggling to get them in. Make it a goal to move for 10 minutes after every meal. Change up your activity by increasing your repetitions or increasing weights. Always look for ways to add activity in during your day.
4. Don't neglect rest. Getting adequate sleep has a significant impact on your energy and your health.
5. Appreciate how far you've come, and what it has taken to get to this point. Continue to stay focused on actions you can take to be your healthiest self.