

# BMI UTAH NEWSLETTER

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[Volume 87]

## Support Groups

Tracey will do a Facebook Live Workout on **Tuesday, August 6 @ 3:15 PM MST.**

Tracey will do a Facebook Live Support Group on **Tuesday, August 13 @ 1:45 PM MST.**

Andrea will do a Facebook Live Support Group on **Wednesday, August 21 @ 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!

## Hosting Surgeons from around the Country

Dr. Cottam enjoyed hosting a bariatric surgeon from Mississippi last month. It is good to share insights with other bariatric professionals!



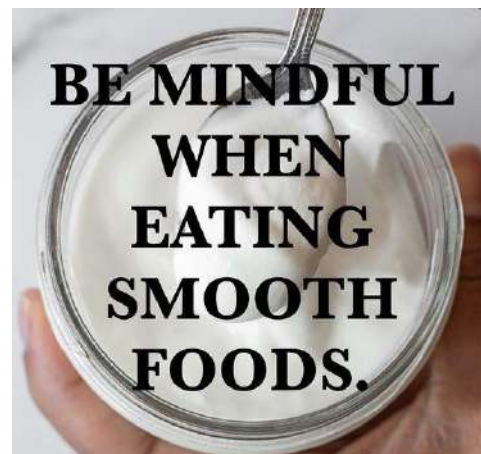
# Weight Loss Tips

As you think about what you're going to eat, focus on all the healthy things you CAN eat, such as lean meats, vegetables, fruit, etc. Don't focus on the things you can't eat, such as chips, soda, sweets, etc. Your focus will change your whole attitude. When you focus on what you CAN eat, you tend to be more excited about your food and look for new ways to prepare all that you CAN eat. When you focus on what you can't eat, you tend to feel deprived and think more about those unhealthy foods, which makes you crave them.



Eating plenty of fruit and vegetables is important to a healthy diet. Fresh produce is higher in nutritional value and much tastier, so utilizing your neighborhood farmer's market to stock up is a great idea. Walking around the market is also a great way to get outside and add a little movement to your day.

Be careful when consuming foods with a smooth texture. Smooth foods go down so easily that people tend to overeat them unless they are mindful about their portion size. Measure out foods like yogurt, apple sauce, or mashed potatoes, so you don't mindlessly overeat.



Eat the healthy food first. If you start with the fruit, vegetables, and lean protein, you will be less tempted to eat the high carb foods because you will be fuller.



# BBQ Chicken

## Homemade 5 Ingredient BBQ Sauce

from [bariatriceating.com](http://bariatriceating.com)

### Ingredients

8 chicken thighs, legs, or breasts cut in half

Prepared BBQ seasoning blend - I use Tony Chatcheres Creole Seasoning on everything.

2 cups ketchup - Heinz makes a low sugar

3 tablespoons chili powder

3 tablespoons prepared mustard

About half a jar Smuckers Sugar Free Grape Preserves or Jelly (or Apricot, or Strawberry or Blackberry or Raspberry... they're all great for sauce!)

2 tablespoons Liquid Smoke

### Instructions

Preheat oven to 375 or preheat your outdoor grill and coat grate with vegetable cooking spray.

Arrange chicken pieces on a sheet pan, season and pop into a preheated 375-degree oven. OR season and arrange on hot outdoor grill.

Simmer ketchup, chili powder, mustard, and preserves in a small saucepan over medium low heat for 10 minutes for a snappy no sugar BBQ sauce that your entire family will love.



