

# BMI UTAH NEWSLETTER

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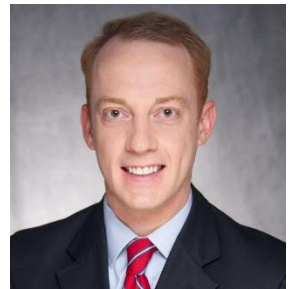
## Support Groups

Tracey will do Facebook Live workout on **Monday, July 10 @ 2:30 PM MST.**

Tracey will do a Facebook Live Support Group on **Wednesday, July 19 @ 1:15 PM MST.**

Andrea will do a Facebook Live Support Group on **Monday, July 31 @ 1:30 PM 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!

# Weight Loss Tips



Summer is a great time to enjoy melons. From watermelon, to musk melon, to cantaloupe, melons are excellent hydrating fruit that keeps you satiated. They contain ample water and few calories, making them an excellent healthy food choice.

As summer officially begins, it's time to take advantage of farmer's markets. Farmers markets are a great place to buy fresh fruits and vegetables that usually taste much better than what you can find in your average grocery store. Because they taste better, you are more likely to eat these healthy additions to your diet. The markets are also a great way to get outside and move while enjoying some sunshine!



Planning can make a huge difference in how healthy you eat. Taking 5 to 10 minutes on the weekend to plan your weekly menu can save not only calories but time and money. With a written plan, you can more efficiently grocery shop, and when hunger hits, you'll be less likely to scrounge for food or order takeout.



Replace rice with quinoa. Quinoa is rich in proteins, zinc, vitamins, healthy fats, phosphorus, magnesium, minerals, antioxidants, and other nutrients. It is gluten free and has a low glycemic index. Its high fiber and protein levels keep you full longer and promote good gut health.



# Presenting Our Research

Dr. Cottam enjoyed participating in the discussions and debates at ASMBS (American Society for Bariatric and Metabolic Surgery) in Las Vegas last month. As he connected with other doctors from around the country, he was excited to see how many have adopted the SADI-S (Loop Duodenal Switch) into their practices! While at the conference, Dr. Cottam gave talks on the long-term outcomes of SADI-S, success with SADI-S depending on starting BMI, and using recordings in the operating room. He enjoyed connecting with bariatric surgeons and other professionals in the industry from around the country, many of which he has trained. This conference was great way to share and learn about the best and latest techniques in bariatric surgery.



# Southwest Quinoa Salad with Black Beans, Mango and Avocado

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

## Ingredients

- 1 ½ cup dry quinoa, rinsed if necessary
- 3 cups water
- 1 clove garlic, peeled and grated with a rasp-style grater
- ½ cup extra-virgin olive oil
- ¼ cup freshly squeezed lime juice
- 2 teaspoons cumin
- 1 ½ teaspoon salt
- 1 14-ounce can black beans, drained and rinsed
- 1 mango, peeled, pitted and diced
- 1 red bell pepper, diced
- 1 jalapeno pepper, minced, some seeds included for heat to taste
- ½ cup chopped cilantro
- ¼ cup chopped mint
- 1 avocado, peeled, pitted and diced



## Instructions

1. Bring quinoa and water to a boil in a medium saucepan, cover, reduce heat to low to maintain a gentle simmer, and cook until the germ has burst and the water is absorbed 16 to 20 minutes.
2. Meanwhile, whisk garlic, oil, lime, cumin and salt in a large bowl.
3. Scrape hot quinoa into the lime dressing, and stir to combine. Let cool at least 10 minutes or covered in the refrigerator overnight.
4. Add beans, mango, red pepper, jalapeno, cilantro and mint to the quinoa and stir to combine. Add the avocado and gently stir it in. Serve warm or refrigerate up to three days.

## Notes

This recipe is good for three days. The avocado does turn brown so if you are making it ahead, I suggest adding the avocado at the last minute.