

BMI UTAH NEWSLETTER

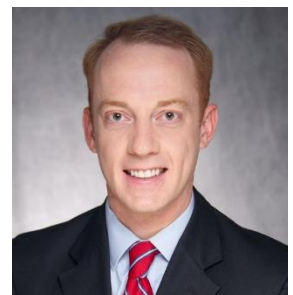
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Support Groups

Andrea will do a Facebook Live Support Group on **Thursday, July 16 @ 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 answer the questions 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. We love celebrating your successes!

Weight Loss Tips



Avocados are an excellent food for weight loss. They keep you full and stabilize your blood sugar because of their high fiber and healthy monosaturated fat content. They are also excellent for increasing your metabolism.

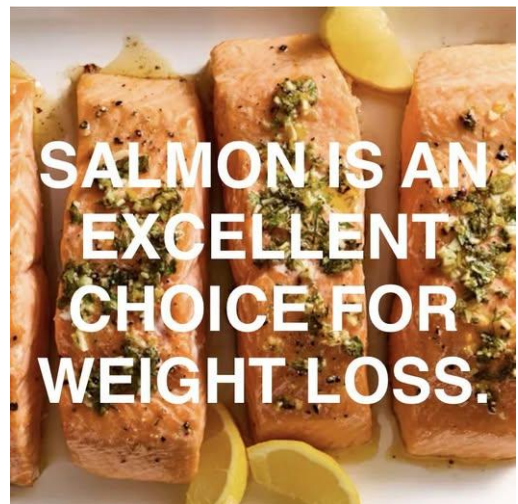
Greek yogurt is a great choice for weight loss. It is a good source of protein and contains bacteria that can help improve your gut function. You generally want to pick the full fat, no added sugar versions because they are better for controlling your blood sugars and will make you feel full longer.

**GREEK YOGURT IS
A GOOD CHOICE
FOR WEIGHT
LOSS.**



Eggs are an excellent choice for weight loss. Eggs are low in calories yet very filling, making them especially good for breakfast as they will help you stay fuller throughout the day. They are also a complete protein, meaning they contain all nine essential amino acids necessary for muscle growth.

Salmon and other fatty fish are some of the best protein choices for weight loss. Omega-3 fatty acids from fish oil regulate lipid metabolism. Eating salmon and other fatty fish improves insulin sensitivity and lowers inflammation, which in turn supports fat burning and stable energy levels throughout the day.



Elevated Deviled Eggs

from bariatriceating.com

Ingredients

6 Eggs, hard boiled
1 clove garlic
2 tablespoons fresh parsley
2 finely chopped shallot
1 tablespoons fresh chives
2 tablespoons milk
1/4 teaspoons salt
1/4 teaspoon pepper
1/8 teaspoon paprika
1 tablespoon olive oil



Dressing

Leftover egg filling (from above)
2 tablespoon olive oil
2 tablespoons dijon mustard
2 tablespoons apple cider vinegar
pinch of salt and pepper to taste

Instructions

1. Peel the eggs, slice in half and remove yolk.
2. In a bowl add the garlic, herbs other seasonings and milk. Mix until a coarse paste. The filling will be thick and fairly dry but free of large lumps of egg yolk. You should be able to make a ball that sticks together easily with the filing.
3. Carefully fill each half of the egg white with the filling, do not overfill. There should be 2-3 tablespoons of filling remaining
4. In a non stick pan, heat the olive oil over medium heat.
5. Carefully place each egg, stuffed side down in the pan and cook 2-3 minutes until egg is browned.
6. Remove from pan and serve with dressing.

For the Dressing

1. Mix all of the dressing ingredients in a small bowl and whisk until well combined.
2. Spoon over the eggs when serving