

BMI UTAH NEWSLETTER

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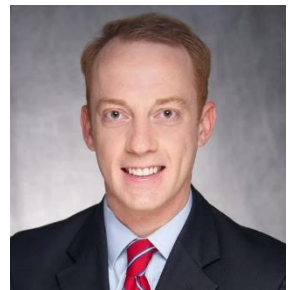
Support Groups

Tracey will do a Facebook Live Support Group on **Wednesday, June 19 @ 11:30 AM MST.**

Tracey will do a Facebook Live Workout on **Monday, June 24 at 2:00 PM MST.**

Andrea will do a Facebook Live Support Group on **Wednesday, June 26 @ 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. We love celebrating your successes!

Congratulations!

Congratulations to Jessica. She had her surgery 12 years ago and dropped 204 pounds, going from 346 pounds to 142 pounds. She can now hike, trail run, and backpack thanks to Dr. Cottam and the team at BMI Utah.

She says that despite some complications along the way, she would absolutely do it again. Way to go, Jessica! Keep up the hard work and the healthy choices!



Weight Loss Tips

Make healthy snacking easy. Keep quick, healthy snacks available in your house or at your office, so that if hunger strikes, the easiest choice is something healthy. For instance, keep cut-up peppers, celery, or carrot sticks available in your fridge. Or keep a pack of nuts or an apple in your desk. Make good choices easy!



EAT THE
WHOLE
APPLE!

Eat the whole apple with its skin on. Whole fruits curb your appetite better than fruit juices and purées. One reason is that raw fruit has more fiber. Also chewing sends signals to your brain that you've eaten something substantial. Apple juice just adds calories without any satiety to your diet. Apple sauce is better, but the whole apple is best!

As you try to eat better, look for healthy substitutes for some of your unhealthy favorites. Lettuce can be substituted for bread in your favorite sandwiches or burgers. Zoodles can be substituted for your favorite pasta. Cauliflower can be riced or massed to substitute for rice or mashed potatoes. Many healthy substitutes are now available in your local supermarket. Using these substitutions increases your ability to stay on a healthy path.



Each time you want to eat, stop and ask yourself why you're eating. If you're eating because you are actually hungry, that is fine. However, if you're eating because you're tired, stressed, or upset, then you should reevaluate. To deal with these eating triggers, look for non-food alternatives such as a bath, calling a friend, or taking a walk.

Chicken and Veggie Spring Rolls

from bariatricfusion.com

INGREDIENTS

10 spring roll rice paper wrappers
1 large carrot, peeled and julienned
1 large cucumber, julienned
½ large red pepper, julienned
⅓ cup chopped cabbage
1 avocado, sliced
Handful of fresh cilantro
5 large green lettuce leaves, halved
1 cup cooked chicken breast



DIRECTIONS

1. Pour warm water into a large bowl. One at a time, dip the rice paper wrapper into the warm water for 15-20 seconds until it softens. Carefully place the softened wrapper on a flat surface.
2. Divide the filling ingredients into 10 servings and place a portion of the filling on each wrapper. Be mindful not to overstuff the roll.
3. Roll everything up tightly by gently pulling at the bottom to cover the filling, then tuck in the sides, and continue rolling until you have a neat and secure spring roll.
4. Once rolled, cut the spring roll in half. Serve immediately and enjoy the fresh flavors!
5. If you have leftovers or meal prep in advance, you can wrap the spring rolls in plastic and store them in the refrigerator for up to 2-3 days.