

BMI UTAH NEWSLETTER

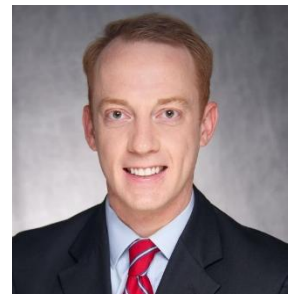
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Support Groups

Andrea will do a Facebook Live Support Group on **Thursday, June 11 @ 4:00 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 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



Aim for at least 150 minutes of moderate aerobic activity (like brisk walking or swimming) every week. This not only helps you burn calories, but also helps you maintain muscle mass, which is important as you lose weight.

Fill half your plate with vegetables! Vegetables have low energy density. You can eat a large volume of them for very few calories. Filling your stomach with fibrous vegetables first slows digestion, which stabilizes your blood sugar and keeps you feeling full longer.



Berries are a great choice for weight loss because they are low in calories but high in fiber and water. This combination promotes fullness while keeping calories low. They are also filled with antioxidants which can help inflammation and improve insulin sensitivity.

Strawberry Shortcake Bars from foodrevolution.org

Ingredients

Crust

- 2 cups pecans
- 8 medjool dates (pitted)
- 2 tsp vanilla extract
- ¼ tsp salt (optional)

Filling

- 1 cup cashews (don't need to be soaked)
- ½ cup water
- ½ cup shredded coconut (optional) unsweetened
- 4 tbsp maple syrup (or date paste, link in Chef's Notes)
- 2 tbsp lemon juice (freshly squeezed)
- ⅛ tsp salt (optional)

Topping

- 1 organic strawberries (thinly sliced) +½ cup as desired
- mint (optional) chopped, garnish

Directions

1. Make the crust: Add all crust ingredients to a food processor. Blend until the pecans and dates are completely blended.
2. Line an 8x8" (or similar) baking dish with parchment paper. With a spatula, scoop the crust mixture into the baking dish. Press the mixture down firmly with clean hands or with the spatula until it covers the entire bottom of the dish. Set aside.
3. Make the filling: Add all of the filling ingredients to a food processor, immersion blender, or high-speed blender and blend until smooth. (See Chef's Notes.)
4. Transfer the filling to the baking dish and spread out evenly.
5. Place the strawberries, cut side down on top. Start with one cup, and add more if you'd like an extra layer of berries!
6. Refrigerate for up to two hours or freeze for up to one hour.
7. Remove from the refrigerator or freezer. Lift the parchment paper and place the dessert and parchment paper on a cutting board. Cut into 2x2" squares.
8. Add some mint leaves on top for garnish and flavor, if desired.

