

BMI UTAH NEWSLETTER

March 2026 801-746-

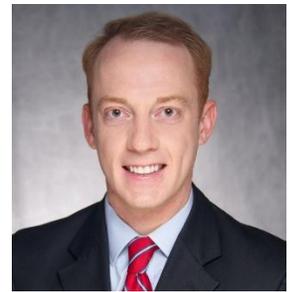
[Volume 106]

Support Groups

Andrea will do a Facebook Live Support Group on **Monday, March 16 @ 1:00 PM MST.**

Dr. Cottam will do a Facebook Live Support Group on **Tuesday, March 10 @ 7:00 PM MST.** He will be discussing his work with gastroparesis patients and taking questions.

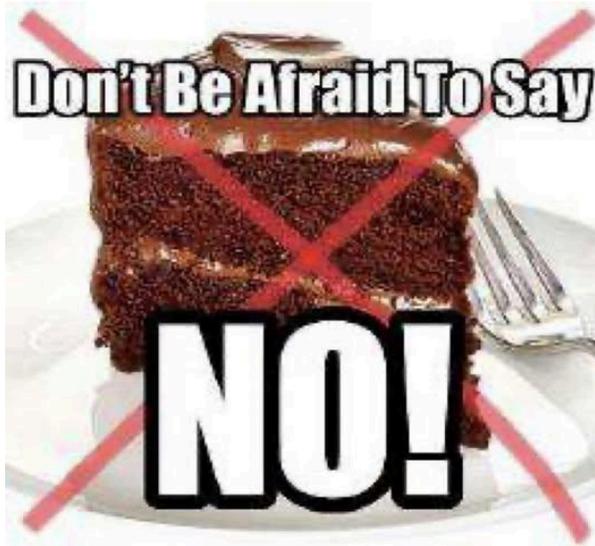
If you are a BMI patient, please join our Facebook online support group to participate in the online groups. Look for “**BMI Online Support Group**” in Facebook groups and answer the questions and ask to join. This is an amazing forum to ask questions, participate in online support groups, voice concerns, celebrate successes, and help others who are on your same journey.



Let Us Celebrate You!

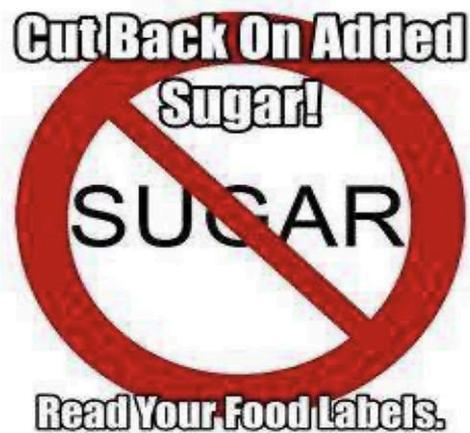
Since we are seeing less patients in person, we have less patients to photograph and feature. **We need your inspiration!** If you would like to be featured in our next newsletter, message us on Facebook or email amycottam@yahoo.com. We love celebrating your successes!

Weight Loss Tips



When you are offered unhealthy food choices, don't be afraid to say, "No!" People often want to bake for you and offer you treats. It is hard to be rude and say no, especially to something that looks so tempting, but practice tactful ways to say no and hopefully explain why you can't indulge, so these same people won't keep offering you temptation.

Many food manufacturers add sugar to nearly everything, even products where it is unnecessary. Read the food labels and look for products without added sugar.



Oily fish such as salmon is incredibly healthy. It is also very satisfying, keeping you full for many hours with relatively few calories. Salmon is loaded with high quality protein, healthy fats and contains all sorts of important nutrients. Fish, and seafood in general, supplies a significant amount of iodine. This nutrient is necessary for proper function of the thyroid, which is important to keep the metabolism running optimally. Studies show that a huge number of people in the world aren't getting all the iodine they need. Salmon is also loaded with Omega-3 fatty acids, which have been shown to help reduce inflammation, which is known to play a major role in obesity and metabolic disease.

Sheet Pan Honey Glazed Salmon

from therealfooddietitians.com

Ingredients

- 1 lb. fresh wild caught salmon (3-4 filets)
- ¼ cup coconut aminos*
- ⅓ cup pure honey
- 4 cloves garlic (1 ½ tablespoons)
- Juice of ½ lemon (1-2 tablespoons) **
- ¾ to 1 lb. asparagus, ends trimmed***
- 1 tablespoon avocado oil or olive oil
- ¼ teaspoon fine salt
- ¼ teaspoon black pepper
- 4 lemon wedges
- 1 tablespoon cornstarch or 1 ½ tablespoons arrowroot powder
- 1 tablespoon water
- 2 green onions, sliced on the bias, green part only (optional)

Instructions

Preheat the oven to 425°F. (Optional: Line a large baking sheet with parchment paper for easy clean-up.)

In a small bowl, combine the coconut aminos, honey, garlic, and lemon juice; whisk until the honey dissolves into the mixture. Pour half of the mixture over the salmon in a bowl or container and turn to coat the salmon (can marinate salmon with sauce in the fridge for a few minutes or up to 4 hours, if desired). Pour the other half of the liquid mixture in a small saucepan; set aside.

Toss the asparagus with oil, salt, and pepper. Spread asparagus out over the prepared baking sheet. Nestle the marinated salmon among the asparagus on the baking sheet and add the lemon wedges. Discard any liquid remaining in the bowl that was used to marinate the salmon.

Transfer the sheet pan to the oven and bake the salmon and asparagus for 10 minutes.

Meanwhile, place the saucepan with the liquid over medium-high heat and bring to a simmer.

In a small bowl, whisk together the cornstarch and 1 tablespoon water until the cornstarch is dissolved and the liquid looks milky white. When the mixture in the saucepan is simmering, gently whisk in the cornstarch slurry and return the mixture to a simmer, stirring occasionally. Continue to heat for 2-3 minutes, or until the liquid thickens. Remove from heat and let sit for a few minutes to thicken further.

When the baking time is up, remove the salmon and asparagus from the oven and turn the oven to the broil setting.

Spoon or brush the glaze over the salmon and asparagus. Return the sheet pan to the oven and broil for 1 to 2 minutes, until the glaze starts to turn golden. Watch closely to avoid burning.

Garnish with sliced green onions. If desired, serve over cooked rice. Store leftovers in an airtight container in the refrigerator for up to 3 days.

