

BMI UTAH NEWSLETTER

May 2025 801-746-2885

[Volume 96]

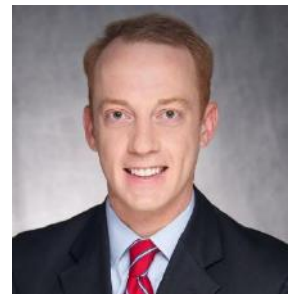
Support Groups

Tracey will do a Facebook Live Support Group on **Monday, May 12 @ 11:30 AM MST.**

Andrea will do a Facebook Live Support Group on **Monday, May 19 @ 2:00 PM MST.**

Tracey will do a Facebook Live Workout on **Wednesday, May 21 @ 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!

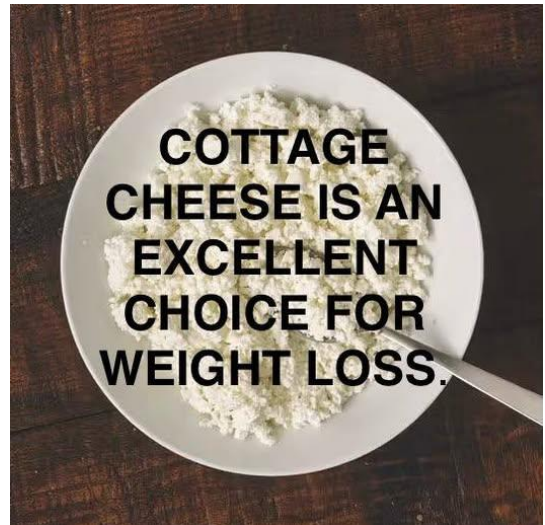
Jeff had a Loop Duodenal Switch (SADI-S) with Dr. Medlin in 2022. Accompanying an incredible weight loss of 145lbs, Jeff is seeing a multitude of non-scale victories! He has been working out regularly with cardio and weights, and has gone from a size 5XLT to a 1XLT, and even that is really loose. Down from a 54 to a 38 waist, those smaller sizes are even becoming loose! He says it is a complete change in what he eats and how he eats—fruits, vegetables and protein. He no longer eats empty carbs and only has bread once a week. He emphasizes that surgery is a tool, and if you work the tool, you will find success. Congrats on all your success so far, Jeff, and keep up the good work!



Weight Loss Tips



Focus on vegetables! Most vegetables are low in calories and high in volume or weight. Since veggies contain lots of water and fiber, they provide weight without a lot of calories. Look for ways to add vegetables to your daily meals and snacks!



Cottage cheese is an excellent source of casein protein, which digests slowly. Not only is it filling, it is high in calcium and relatively low in calories. It is also versatile in that it can be eaten alone or used in numerous recipes.



Set yourself up for success. By planning ahead, you can better stick to a healthy lifestyle. For instance, meal planning or preparing food early in the week will help ensure that you eat healthy. Scheduling time for exercise as you schedule your week, will help you actually do it. Wearing comfortable clothes and shoes will increase the likelihood that you will move more throughout the day. Look for ways to make good choices easier.

Avoid added sugar. Added sugar can derail your healthy weight loss plan, and it can be difficult to avoid. To help eliminate it from your diet, don't drink sugary drinks, avoid desserts, and pay attention to sauces that often have a lot of added sugar. Generally, things that are high in protein and fat have less sugar. Read labels and you might be surprised how much added sugar is in some of the foods that you eat every day.



Healthy Buffalo Chicken Dip from organicallyaddison.com

INGREDIENTS

- ½ cup hot sauce
- 2 cups shredded chicken
- 1 cup plain Greek yogurt
- ⅓ cup cottage cheese
- 1 cup shredded cheddar cheese
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp black pepper
- blue cheese crumbles, to garnish
- chopped green onions, to garnish



INSTRUCTIONS

1. First, preheat the oven to 375 degrees Fahrenheit. Add hot sauce, shredded chicken, Greek yogurt, cottage cheese, ¾ cup shredded cheddar cheese, garlic powder, onion powder and pepper to a mixing bowl.
2. Stir to combine.
3. Transfer mixture to a baking dish. Top with remaining shredded cheddar cheese.
4. Bake for 24 to 27 minutes or until top is melted and bubbly.
5. Finally, remove from oven. Garnish with extra hot sauce, blue cheese crumbles and chopped green onions. Serve!

NOTES

If you do not like the texture of cottage cheese, feel free to add cottage cheese to a blender or food processor. Blend until creamy.

I recommend using small curd cottage cheese.

Feel free to replace cheddar with shredded mozzarella if desired.

Bake until the cheese on top has melted. Dip should be bubbly around the edges.

Serve hot!

Store leftovers in the fridge for up to 4 days.