

BMI UTAH NEWSLETTER

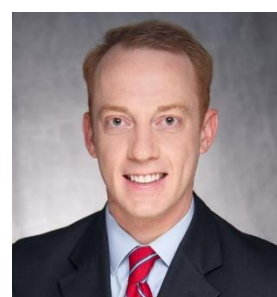
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Support Group

Dr. Cottam will do a Facebook Live Support Group on **Wednesday, May 13 @ 7:30 PM MST**. He will take questions and discuss using hormones after weight loss surgery to enhance weight loss.

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!

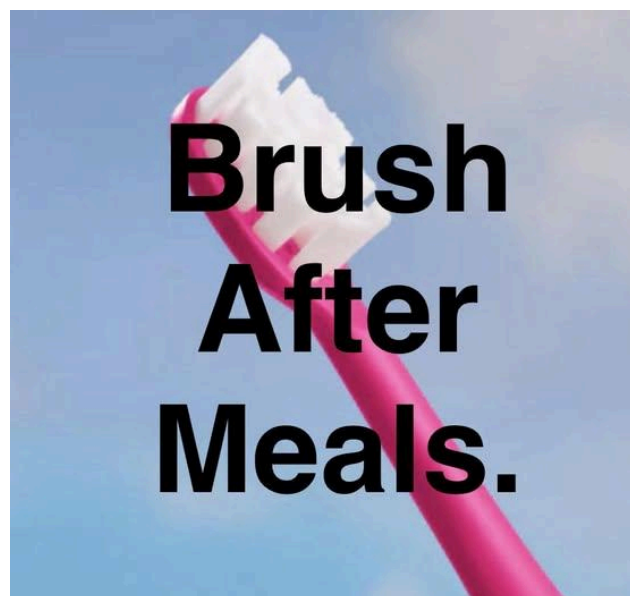
Since we are seeing less patients in person, we have less patients to photograph and feature. **We need your inspiration!** If you would like to be featured in our next newsletter, message us on Facebook or email amycottam@yahoo.com. We love celebrating your successes!

Weight Loss Tips



Hide temptations. When you keep unhealthy snacks out of sight or in opaque containers, you tend to eat them less. It is obviously better to not have unhealthy snacks in your home or office at all, but if you must have them, research shows that people eat significantly less when the snacks are hidden or farther than 6 feet away.

As the weather warms, it's a great opportunity to start exercising outside. Hiking, swimming, paddle-boarding, kayaking, or any other outdoor activity are great ways to get back into shape and take in some vitamin D. Get out and move and enjoy the sunshine.



Brush your teeth after meals. Having clean teeth can help you snack less. This is especially true after dinner as it signals that eating is done for the day, which hopefully discourages late night snacking.

Artichoke Ratatouille Chicken from tasteofhome.com

Ingredients

- 3 Japanese eggplants (about 1 pound)
- 4 plum tomatoes
- 1 medium sweet yellow pepper
- 1 medium sweet red pepper
- 1 medium onion
- 1 can (14 ounces) water-packed artichoke hearts, drained and quartered
- 2 tablespoons minced fresh thyme
- 2 tablespoons capers, drained
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 teaspoon Creole seasoning, divided
- 1-1/2 pounds boneless skinless chicken breasts, cubed
- 1 cup white wine or chicken broth
- 1/4 cup grated Asiago cheese
- Hot cooked pasta, optional



Directions

1. Preheat oven to 350°. Cut eggplants, tomatoes, peppers and onion into 3/4-in. pieces; transfer to a large bowl. Stir in artichoke hearts, thyme, capers, oil, garlic and 1/2 teaspoon Creole seasoning.
2. Sprinkle chicken with remaining Creole seasoning. Transfer chicken to a 13x9-in. baking dish coated with cooking spray; spoon vegetable mixture over top. Drizzle wine over vegetables.
3. Bake, covered, 30 minutes. Uncover; bake until chicken is no longer pink and vegetables are tender, 30-45 minutes longer. Sprinkle with cheese. If desired, serve with pasta.