

BMI UTAH NEWSLETTER

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Support Groups

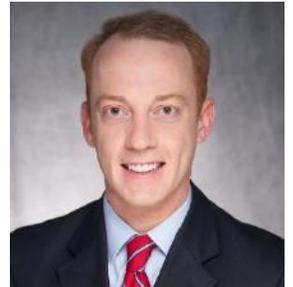
Tracey will do a Facebook Live Support Group on **Tuesday, Oct. 3 @ 11:30 AM MST.**

Tracey will do Facebook Live workout on **Thursday, Oct. 12 @ 11:30 AM MST.**

Dr. Cottam will do Q & A Support group on Zoom on **Tuesday, Oct. 17 @ 7:00 PM MST.** The meeting ID is 997 510 3059 and the Passcode is 5dRCpL. The link is <https://us02web.zoom.us/j/9975103059?pwd=NVVXR3dLMUt4cHQrVUV5NTF6N1VtQT09>

Andrea will do a Facebook Live Support Group on **Tuesday, Oct. 31 @ 1:00 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 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



Along your weight loss journey, don't focus solely on the scale. Sometimes weight loss stalls, but you might still be losing inches as you get into better shape, and you might be cementing healthy patterns into your life. So many of the changes you experience are outside "the numbers." Focus more on becoming healthier than just what the scale says.

As you try to plan your new healthy lifestyle, a crockpot can be a great addition. You can plan meals in the morning and leave them cooking while you are at work. This can help you avoid turning to quick, unhealthy food after work when you might feel too tired to cook. Overall, it can be a great tool for planning ahead.



Make carbs the topper instead of the base. Rethink the way you use carbs. If you're eating yogurt, instead of putting the granola on the bottom and then topping it with yogurt, fill the cup with yogurt and top it with a little granola. Or if you're eating a stir-fry, fill your plate with the vegetables and meat and put a little brown rice on top. You will still get the taste of the carb, but you will eat less of it.

Many products market themselves as healthy, low fat, or low sugar when in reality they are not healthy. Often low-fat products bump up the sugar content or low sugar products are still really high in carbohydrates. Don't just believe the hype—read the labels!



Nutrition Facts	
Serving Size 3 oz (85g)	
Serving Per Container 2	
Total Fat	15g
Saturated Fat	9g
Trans Fat	3g
Cholesterol	30mg
Sodium	650mg
Carbohydrate	30g
Dietary Fiber	0g
Sugar	12g

Sharing Our Research

Dr. Cottam visited Oxford to attend and speak at the International Bariatric Conference. In his lecture, he talked about converting a Roux en Y Gastric Bypass to a Loop Duodenal Switch safely. He generated a lot of discussion and really enjoyed sharing his expertise with surgeons from all over the world. He also enjoyed a dinner with the CEO of the device company that BMI Utah is running the FDA trial for. It was great to discuss the trial's promising progress towards even safer and easier bariatric procedures.



PUMPKIN CHILI

from bariatricfoodcoach.com

INGREDIENTS

- 1.5 lbs. 93% lean ground beef
- 1 medium yellow onion, chopped
- 1 medium green bell pepper, chopped
- 1 (28 oz) can diced tomatoes, with juice
- 1/2 (15 oz) can black beans, rinsed
- 3/4 cup pumpkin puree
- 2 tbsp chili powder
- 1 tsp pumpkin pie spice
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tsp cumin



INSTRUCTIONS

1. In a medium sauté pan, brown the ground beef, drain.
2. Add the onions and bell pepper and cook until onions are translucent, about 5 minutes.
3. In a slow cooker, combine the diced tomatoes, beans, pumpkin, chili powder, cumin, pumpkin pie spice, salt and pepper.
4. Stir to combine. Add in cooked beef mixture and stir. Cook on low 6 hours or high for 4 hours.
5. Optional suggestion: top with reduced fat Feta cheese crumbles.