

# BMI UTAH NEWSLETTER

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[Volume 88]

## Support Groups

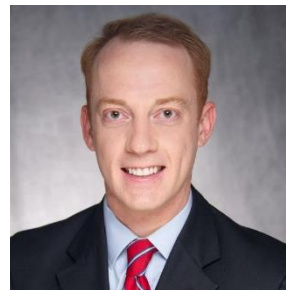
Tracey will do a Facebook Live Support Group on **Wednesday, Sept. 4 @ 11:30 AM MST.**

Tracey will do a Facebook Live Workout on **Thursday, Sept. 12 @ 11:45 AM MST.**

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

Madison will do a Facebook Live Support Group on **Thursday, Sept. 19 @ 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](mailto:amycottam@yahoo.com). We love celebrating your successes!

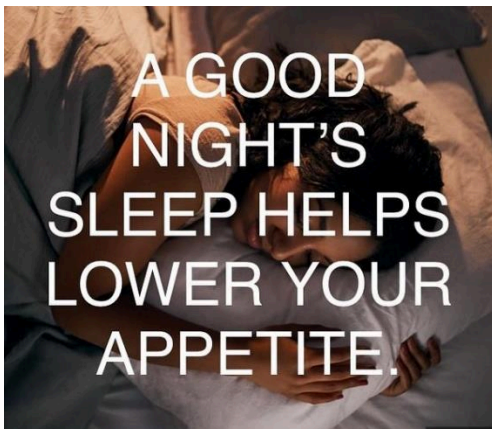
# Weight Loss Tips

As you try to be accountable and mindful about what you eat, you'll be more successful if you keep a food journal. You can use a traditional journal with pen and paper or one of numerous apps where you can track what you eat. Either way, writing down each item you eat will help you make better choices and generally eat less.



Eating protein and vegetables before carbs can help lower your post meal glucose levels. So, if you are going to eat carbs, doing it after you've eaten protein and fiber, can lower your blood sugar more than if you ate them in the reverse order. This is especially true if you are diabetic. Eating the protein and vegetables first will also fill you up, so you will tend to eat less carbs overall.

Milk is nutritious but it is high in lactose which is a type of sugar. An 8-ounce cup of milk contains 12 to 13 grams of carbs. Several milk substitutes are available—unsweetened almond milk and coconut milk are great options. The unsweetened versions contain around 2 carbs for 8 ounces. Small changes like this can make a big difference in your healthy diet.



Achieving at least eight hours of sleep has been correlated with a smaller appetite and a lower BMI. Sleep helps you produce leptin, which signals your body to feel full sooner. It also lowers ghrelin, which is another hormone that affects appetite.

# Basil and Garlic Chicken

from [bariatricfoodcoach.com](http://bariatricfoodcoach.com)

## Ingredients

- 1 lb. boneless, skinless chicken breasts
- 1 bunch fresh basil leaves, chopped (about 4 tbsp)
- 2 cloves garlic, pressed or minced
- 5 sprays olive oil spray
- 1/2 tsp salt & pepper and extra to taste

## Instructions

1. Heat an outdoor grill or indoor grill pan to medium heat.
2. Meanwhile, combine the basil, garlic and 1/2 tsp each salt and pepper. Pat the chicken dry with a paper towel and spread basil mixture over both sides of chicken.
3. Spray grill or grill pan with olive oil/cooking spray.
4. Grill for 6 minutes per side or longer depending on thickness. Use a meat thermometer to ensure internal temperature is 165F.

