



BARIATRIC BULLETIN



January 2024

Back to Bariatric Basics:

- Drink between 48-64 oz. of fluid daily. Primarily water or low calorie, low sugar beverages.
- Limit intake of caffeine, sugar sweetened beverages, carbonated beverages and alcohol.
- Practice mindful eating using...

The 30-Rule:

~Chew your bites 30 times.

~Take 30 min. to eat per meal
& 15 min. per snack.

~Avoid drinking with meals and snacks & allow 30 after meals to start consuming fluids.

- Eat around every 3-4 hours. Avoid skipping meals or grazing in between meals and snack.
- Eat 3 meals daily include 1-3 snacks.
- Prioritize whole foods including protein, whole vegetables and fruit, if your diet is advanced.
- Aim for a minimum of 60-80 grams of protein daily.
- Aim for a combination of 5 servings of veggies & fruit (approximately 1/2 cup)
- Adhere to daily vitamin & mineral supplements.
- Incorporate a minimum of 150-300 min. of physical activity weekly. Include strength building activity.
- Get 6-8 hours of sleep daily.
- Do your best to minimize stress.
- Keep food records.
- Follow up with your bariatric team and support groups.

Your Health Focus

Welcome to our first edition of the Bariatric Bulletin. Ringing in a new year can rekindle excitement, motivation, and a hope for change. Many people use the new year as a time to work on themselves and create new behaviors and goals. Creating SMART Goals are a great way to begin, manage, and follow through on your health goals. Follow the guide & example below to set up and refine your own goals.

S **Specific: What goal are you working on - who, what, where & when?**
ex: Add strength activity 3-4 times weekly at home for 15-30 minutes.

M **Measurable: How will you know you met your goal?**
ex: Schedule time M, W, F, Sun. on my calendar. Record your workout.

A **Attainable: Is this realistic or a dream?**
ex: Realistic, I can fit in 15-30, 3-4 days/wk. 15 minutes is only 1 % of my day.

R **Relevant: Does it make sense to work on this goal currently?**
ex: I can make the time. It's important for my confidence, mental and physical health long-term.

T **Time-Based: What's your timeline/end date to check in/edit this goal?**
ex: Weekly "check-ins" to update schedule and determine what changes need to be made. Becomes a weekly habit!

Save the Date!

Chrysalis Bariatric Nutrition In-Person
Support Group

For clients within the 24 months post-op

Wednesday January 24th, 2024

@ 5:30-7pm

White Bean Chicken Chili

Prep Time: 5 minutes
Cook Time: 10-15 minutes
Total Time: 15-20 minutes
Number of servings will vary



INGREDIENTS:

- 6 cups chicken stock
- 3 to 4 cups cooked shredded chicken
- 2 (15-ounce) cans beans of your choice, rinsed and drained (Great Northern beans)
- 2 cups (16 ounces) salsa verde
- 2 teaspoons ground cumin
- optional toppings: diced avocado, cilantro, shredded cheese, chopped red or green onions, sour cream, crumbled tortilla chips, fresh jalapeño slices

INSTRUCTIONS:

1. Combine ingredients. Stir together chicken stock, shredded chicken, beans, salsa and cumin in large stockpot.
2. Bring to a simmer. Cook on high heat until the soup reaches a simmer. Reduce heat to medium-low and continue simmering for 5 minutes.
3. Serve immediately, garnished with your favorite toppings.

Adapted from: <https://www.gimmesomeoven.com/5-ingredient-easy-white-chicken-chili-recipe>

Incorporate Movement



"Every year, you make a resolution to change yourself. This year, make a resolution to be yourself."
~Unknown

JANUARY CHALLENGE

Starting a new movement goal & regimen while exciting, can be uncomfortable and feel forced.

This month, let's move based on your enjoyment, intention & environment.

Below are some categories that can assist in deciding how you want to spend your time and energy. Consider making a SMART goal that incorporates 1 new activity or one from each category.

Make it Fun:

Play games (badminton, basketball, kickball, pickleball), walk around markets with friends, hula hooping

Get Outside:

Walk, hike, bike, garden, play at the park, paddleboard, yoga

Add Structure:

Join a team, gym, workout classes, weight lifting

Things We're Into...

Find out what fun things your bariatric dietitians (or your peers) are enjoying when it comes to food, movement, self-care and anything in between....

Madelyn Huey, RDN

What are you into?

Roasting edamame beans has been a game changer! A great way to incorporate more protein and fiber use as a topping for salads, parfaits, or as a snack. These pair well with popcorn for a fun salty snack.

Jennifer Wolf, RDN

What are you into?

Currently, I'm loving Sugar Free Whipped Desserts. Lemon Whip is my new favorite, "go-to" for something sweet and tart. I add Greek yogurt or protein powder for an additional boost. Check out the recipe at www.bariatriceating.com/blogs/recipes/lem-on-whip

Email us! 

We'd love to share "what YOU are into" with the world. Let us know how we can educate, motivate and inspire you.

Madelyn & Jennifer

Contact Chrysalis Center to schedule a follow up at 910-790-9500.

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