

# bariatric beat

Mount Sinai's Bariatric Nutrition & Health Monthly Newsletter

## Dehydration Nation

Dehydration may not be on your mind during winter, but you should be watching out for it. Winter is notorious for drastic temperature changes that can wreak havoc on our body's ability to retain and absorb water. Just because you're not sweating does not mean you are not using up the water in your body. Water leaves the body through breath, sweat, tears, and urine. The colder it is outside, the more water you are using to stay warm. In cold weather, the body's thirst response is diminished (by up to 40% even when dehydrated), which means you may notice feeling less thirsty. Don't confuse that sensation with proper hydration. This happens because our blood vessels get smaller when we're cold to prevent blood from flowing freely to the extremities; if you've ever had cold hands and feet in winter, you know the feeling. This reduction in thirst enables the body to conserve heat by drawing more blood to its core. But because of this, the body is fooled into thinking it's properly hydrated. **Look out for these signs of dehydration:**

- Dry skin
- Dry mouth
- Decreased urine output
- Dark-colored urine
- Constipation

**Solution:** aim for at least 64 fl oz (2 liters) of water/low-calorie liquids daily. Avoid drinking too much caffeine, which can contribute to dehydration - opt for decaf.

## Yoga



BURN UP TO 600 CALS IN 1 HOUR

Yoga is equal parts strength, flexibility, balance, and endurance. It is a low impact form of exercise that can torch anywhere from 180 to 600 calories per hour. There are many different types of yoga, some have a slower pace, while others keep you moving nonstop for an entire hour. High-calorie burning types of yoga include Bikram or Vinyasa. Other types burn less calories but deliver on results such as improving posture, breathing, and balance. Yoga is not meant to help you lose weight quickly, but it helps to improve your fitness by promoting flexibility, core strength, and improving range of motion. Yoga can be done in a studio, at home, or at a friend's house. This form of exercise also has the additional benefit of teaching you to control your breathing, reduce overall pains, aches, and inflammation, and aids in reducing overall stress. Combine it with cardio and strength training for best results. Now, go forth and namaste.

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# Embrace Change

There is one guarantee in this life: nothing ever stays the same.

Change can be scary when one chooses to adopt a healthy lifestyle, especially since consistency and routine are important aspects of adopting a new way of life. One needs to be consistent about exercising and making healthy food choices, but it is also necessary to keep an open mind about your options in order to be able to continue with a healthy lifestyle.

Change is essential to continue to break through weight loss plateaus and slumps, and occasionally we need to switch things up. **Consider changing the following when you hit a plateau:**

**Change the type of exercise:** Have you been walking 30 minutes every day for the last year and haven't noticed a big change? Try jogging, or even better, try weight lifting. Switching up your exercise routine every four to six weeks will make sure your body is constantly being shocked by new movement, which helps to promote new weight loss. Not only that, but your muscles learn to adapt to different loads of work and planes of motion which also improves your mobility, balance, and overall conditioning. Try as many sports and activities as you like.

**Change the types of food:** The body likes variety, that is why nature made us omnivores. A varied diet that includes proteins, fruits, vegetables, grains, fats, and yes, even chocolate, provides the body with a large quantity of vitamins, minerals, and enzymes that are naturally found in foods. The best way to ensure your weight loss goals and stay on track is to make sure that your meals, no matter how varied they are, always stay low in sugar and fat. Try to eat new foods as often as you can, and don't be afraid of switching up your menu.

**Change sleep habits:** Sleep deprivation, or lack of sleep, can wreak havoc on weight loss. The body becomes stressed when it does not get sufficient rest and can start an inflammatory cycle of bloating, water retention, weight gain, abnormal sugar/salt cravings, affect bowel movements, and increase overall aches and pains in the body. Aim for 6-8 hours of uninterrupted sleep to help the body get the rest it needs.

For more information on how to change your bedroom environment to improve sleep habits visit:  
<https://www.sleepfoundation.org/bedroom/index.php>

Photos by: [therecipecritic.com](http://therecipecritic.com), [delish.com](http://delish.com), [damndelicious.com](http://damndelicious.com)



## Slow Cooking 101

A 4 oz (1/2 cup) serving on average is about 200 calories, 15 grams of protein, 10 grams of carbs, 3 grams of fat

A slow cooker is a cooking tool that braises food and makes spectacular meals for cold winter days. Braising is a cooking technique that involves the long, slow application of moist heat at a low temperature, which has the wonderful effect of breaking down tough cuts of meat and turning them tender and succulent, while transforming the juices from that meat into a rich, flavorful sauce. Ingredients and portions vary depending on the size of the slow cooker.

### Ingredients

- 1 lb / 4 cups / 16 oz of protein
- 2-4 cups of liquid: chicken, beef, vegetable broth
- 2-4 cups chopped vegetables
- 1 tbsp oil, to sear meat
- Seasoning: salt, pepper, paprika, turmeric, cumin, etc.

### Directions

1. Warm oil in cast-iron pan or skillet over medium heat. Once hot add protein to sear on all sides. 3-4 minutes per side or until browned. Meat does not need to cook fully.
2. Transfer seared protein to slow cooker. Add vegetables and seasoning. Add liquid last. Avoid overcrowding the pot.
3. Set cooker temperature to low, cover tightly with lid. Let cook for 6-8 hours.
4. Serve over zucchini noodles, in a bowl, over cauliflower rice, or on its own. Enjoy!

### PROTEINS

- |               |                |
|---------------|----------------|
| Turkey breast | Red beans      |
| Ground turkey | White beans    |
| Ground beef   | Bison          |
| Pork loin     | Tofu           |
| Pork shoulder | Whole chicken  |
| Beef chuck    | Chicken breast |
| Short ribs    | Chicken legs   |
| Black beans   | Chicken thighs |

### VEGETABLES

- |             |                |                |
|-------------|----------------|----------------|
| Artichokes  | Collard greens | Potatoes       |
| Beets       | Eggplant       | Onions         |
| Beet greens | Garlic         | Spinach        |
| Broccoli    | Kale           | Squash         |
| Carrots     | Mushrooms      | Sweet potatoes |
| Celery      | Peppers        | Tomatoes       |

### COMBINATIONS

- Ground turkey, black beans, tomatoes
- Chicken, peppers, mushrooms, onions
- Beef chuck, potatoes, carrots, celery
- Red beans, sweet potatoes, kale, quinoa

Original Recipe & Photo by: [thecozyapron.com](http://thecozyapron.com), written by Ingrid Beer



## White Bean Soup

Makes 6 servings; each serving has 181 calories, 14 grams of protein, 25 grams of carbs, 6 grams of fat

### Ingredients

6 ounces low-fat turkey bacon, chopped small	1 pinch sea salt
1 tablespoon olive oil	1/2 teaspoon black pepper
1/2 onion, small dice	2 cans (15 ounce) small white beans, drained and rinsed
1 carrot, medium dice	2 cups chicken stock
1 celery stalk, small dice	1 tablespoons flat-leaf parsley, chopped
2 cloves garlic, finely chopped	1/2 teaspoon lemon zest
1 teaspoon Italian seasoning	

### Directions

1. Heat oil in a large pot over medium heat, add chopped turkey bacon. Cook until browned, then remove bacon with a slotted spoon, drain on paper towel, and set aside for later.
2. Without cleaning the pot add in the diced onion, carrots and celery, allow them to cook and soften for about 5 minutes.
3. Add in the garlic, and once it becomes aromatic, add in about 2/3 of the reserved crisped bacon, as well as the Italian seasoning, sea salt, pepper, and white beans. Stir to combine.
4. Add chicken stock, stir, and allow the soup to gently simmer for about 20 minutes, partially covered with lid.
5. While the soup is still cooking, mash the beans a little with the back of your spoon, or with a potato masher, to break up the beans and thicken the soup. Cook for an additional 20-25 minutes.
6. Turn the heat off and finish the soup by adding in the chopped parsley and the lemon zest. Garnish with some of the remaining crisped bacon.

Original Recipe & Photo by: [simplyquinoa.com](http://simplyquinoa.com)



## High-Protein Chia Pudding

Makes 1 serving; each serving is 375 calories, 18 grams of protein, 27 grams of carbs, 21 grams of fat

Plant-based, protein-rich, full of heart-friendly fats, and delicious. This high-protein pudding makes for a perfect breakfast or snack.

Chia seeds and hemp hearts are loaded with cardio protective omega-3 fatty acids which help to reduce overall inflammation and add some much needed bulking fiber for those, uh, stubborn bowel movements. If you are sensitive to fats start with half a portion of this pudding.

### Ingredients

1/4 cup cooked quinoa  
 2 tablespoons chia seeds  
 2 tablespoons hemp hearts  
 1/8 teaspoon vanilla extract  
 Dash of stevia or Splenda®  
 Pinch of cinnamon  
 3/4 cup soy milk (or milk of choice)

### Directions

1. Add all ingredients to a jar or bowl and stir together. Tighten lid and place chia pudding in the fridge to set, about 2 hours (or overnight).
2. Top with fresh fruit if desired.



## Stuff We're Lovin'

### Monbento Original Bento Box

The MB Original bento box is the ideal partner for your daily lunches at the office, school and other meals on-the-go. Its design and high-quality material ensure long-lasting use and gives it a unique look. Available in lots of different colors and patterns, it is 100% customizable! Choose the box that suits you!

Designed in France, these little lunch boxes have won multiple international awards for design, and come in different sizes as well.

This product is BPA-free guaranteed and offers an extended 3-year warranty

For more information on models and prices check out [us.monbento.com](http://us.monbento.com). Also available on Amazon.com.



## Supplement Spotlight

### BiPro Bold Whey + Milk Protein Isolate



BiPro BOLD™ is a cold-filtered 100% protein isolate designed to increase daily intake of natural, healthy protein without sacrificing taste or product purity. Lean and clean with 23 grams of protein per serving, BiPro BOLD is easily digested and naturally creates satiety, which means, you feel fuller, longer. This formula includes prebiotic fiber to promote a healthy gut and non-GMO coconut oil powder for a healthy dose of MCTs (medium chain triglycerides). No gluten, lactose, hormones, added sugars, fillers or bulking agents in BiPro BOLD. This powder can be an effective part of your daily nutrition; morning, noon or night! BiPro BOLD is available in Boldly Bare (unflavored), Creamy Vanilla, and Chocolate Milkshake. For more information go on [www.biprousa.com](http://www.biprousa.com).

*We always want to hear what creative strategies you've come up with to help you stay on track, send us your thoughts, topic suggestions, or questions so we can include them in next month's newsletter: [bariatric.beat@mountsinai.org](mailto:bariatric.beat@mountsinai.org)*