



Volume 12 Issue 11

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MONTHLY MOTIVATION:

"It is better to take many small steps in the right direction than to make a great leap forward only to stumble backward."

-Old Chinese Proverb

SEMINAR SCHEDULE

For individuals interested in surgical and/or non-surgical weight loss:

- 5 p.m. Monday, Nov. 13, CentraCare Clinic – River Campus, St. Cloud
- 5 p.m. Thursday, Nov. 16, Lifestyle Health
- 3 p.m. Monday, Nov 27, CentraCare Clinic – River Campus, St. Cloud

View the online seminar at www.centracare.com/services/weight-management/weight-management-seminar

ORIENTATION SCHEDULE

For individuals interested in non-surgical weight loss:

4 p.m. Thursday, Nov. 2, CentraCare Clinic – River Campus, St. Cloud

NON-SURGICAL WEEKLY CLASS SCHEDULE:

- Mondays: 7-7:30 a.m.
- Tuesdays: 5:15-5:45 p.m. (First Tuesday of every month, the YMCA leads an active class to include some type of stretching, resistance bands, etc.)
- Thursdays: 4-4:30 p.m.
- Fridays: 12-12:30 p.m.

NOTE: If attending class – please call ahead to schedule or let your coach know at your next visit.

WEEKLY CLASS TOPICS

- Oct 30-Nov 3 Extra Eating
- Nov 6-10 Handling Holiday Stress (Active Class November 7th)
- Nov 13-17 Holiday Eating
- Nov 20-24 Boosting your Immune System with Food (No class Thursday November 23rd)
- Nov 27-Dec 1 Muffin Tin Meals

Weighing in, ordering product and payment will take place PRIOR to the start of class. Due to this, please arrive 15 minutes prior to class start time.



Scroll to the bottom of the Weight Management page to see a listing of our most current blog articles written by us.



Check out the Weight Management board on the CentraCare Health Pinterest page.



Like Lifestyle Health on Facebook.

SURGICAL SUPPORT GROUP:

- Thursday, November 2, 5:15-6:15p.m., **YMCA Conference Room A/B**, with Alyssa Monson, RD, LD
- Thursday, December 7, 5:15-6:15p.m., **YMCA Conference Room A/B**, with Alyssa Monson, RD, LD
- Thursday, January 4, 5:15-6:15p.m., **YMCA Conference Room A/B**, with Alyssa Monson, RD, LD
- Thursday, February 1, 5:15-6:15p.m., **YMCA Conference Room A/B**, with Alyssa Monson, RD, LD

Suggestions for Support Group Topics?

Let the leader know at any of the support groups and we will do our best to accommodate!

Want to connect with others who have had Weight Loss Surgery?

Central MN WLS has a private group on Facebook (so no one will know you are in the group, except those in the group, and will not see what you write on your regular page). Come to support group so that we can get your information and add you! Hope to see you join us real soon!

Would you like to be a Journey speaker?

If you would like to share your weight loss surgery story with others, please contact Alyssa at 320-255-5883.

Upcoming Support Group Speakers:

- Check back later for speakers!

7TH ANNUAL RUNWAY TO HEALTH FASHION SHOW-THANK YOU

On Oct. 5, we hosted a fashion show to celebrate the hard work and success of our patients. We are very thankful for all of those that attended and kept up the positive energy and excitement all evening. A big thanks to the participants for being good sports and being willing to be in front of such a large crowd. Keep an eye out in the future for next year's date and sign up.

LIKE LIFESTYLE HEALTH ON FACEBOOK!

Lifestyle Health is now on Facebook. Like their page to get updates on Weight Management services as well as all the services at Lifestyle Health. Keep an eye out for our blogs, recipes, staff introductions, store sales, and upcoming Lifestyle Health and Weight Management events.



UPCOMING FITNESS EVENTS

- November 18, Jingle Bell Run St Cloud, MN: <https://www.stcloudorthopedics.com/2017-jingle-bell-run-info/>
- November 23 Bernick's Family Fitness Series Wishbone 5K, St. Cloud, MN: <http://scymca.org/bernicks-family-fitness-series-2/>



ORGANIC-NOW A STAPLE IN THE MARKETPLACE

Kristen Bricko, Registered Dietitian

Staying health conscious — especially with a little one at home — is important. Not only that I provide my family with healthful food choices but also not put them in harm's way from the hidden dangers that most conventionally grown foods contain. As a priority of mine, this is driving me to join millions of consumers in the growth of the organic food market. So, what is important to know? When should we splurge on organic and when is it safe to buy conventionally? And what about cost?

When people inquire about making lifestyle changes I always ask, "What is your health priority and is eating organically going to help you meet those goals? What is driving you to make a change? Are you a first-time parent concerned about your children's health, a consumer who is interested in where your food comes from, how it is grown, and the safety of the environment/community, or a consumer who perceives organic foods to be healthier than conventionally grown or raised foods?"

To start, what does it mean to be organic? The way food is grown will determine whether they may be classified as organic. Food must be grown without the use of synthetic pesticides, genetically modified organisms (GMOs) and fertilizers. Livestock must have access to the outdoors and be given organic feed — never given antibiotics, growth hormones or any animal by-products. The known fact for



produce is those hidden chemicals are meant to kill pests, microbes, fungi, insects, etc. The pesticide residue on food is what consumers are ingesting, most commonly with fresh produce and are exposed to toxins through livestock with a diet that mainly consists of non-organic, GMO feed and growth hormones for faster growth. These toxins and compounds are controversial on how and if there is a significant impact to human health, so it then comes down to consumers buying choice and preference.

The unfortunate piece about making the transition to organic eating is it comes at a higher cost. Organic farming is more labor intensive, and there is a higher cost to be certified as well as buying organic feed for animals, thus leading to a pricier grocery bill. And sometimes, financially this just does not fit the budget. Consumers still can live a healthy lifestyle and obtain all their daily nutrition through conventionally grown and raised foods, but if buying organic is still something of great importance there are certain techniques, such as buying foods at a farmer's market, joining a food co-op or taking advantage of a community supported agriculture (CSA) farm, to cut down on cost.

It is recommended to buy organic for the foods consumed daily as well as those indicated on the [Environmental Working Group](#) (EWG) "dirty dozen" list. Foods that are not worth the splurge and have lower pesticide levels — therefore deemed safer for consumption — you can find on the EWG's clean 15 list.

Foods that are highest in pesticide levels include: apples, bell peppers, cucumbers, celery, potatoes, grapes, cherry tomatoes, kale, summer squash, nectarines, peaches, spinach, strawberries and hot peppers. These are foods that are best to be purchased organically when able.

Foods that are lower in pesticide levels include: asparagus, avocado, mushrooms, cabbage, sweet corn, eggplant, kiwi, mango, onion, papaya, pineapple, sweet peas, sweet potatoes, grapefruit and cantaloupe.

Buying organic does have its benefits, but buying conventionally raised or grown food still will allow for a healthy lifestyle. Eating organic does tend to be a bit controversial. It will ultimately come down to what is most important to you as a consumer and the goals that you would like to achieve.



Honey Roasted Butternut Squash

Ingredients:

- 1 large butternut squash, peeled + chopped
- drizzle of olive oil (1-2 TBSP)
- salt, pepper, and garlic powder, to taste
- 1 cup fresh cranberries
- 2 Tbsp. honey (or extra, to taste)
- 1/4 cup finely crumbled feta
- ground cinnamon, to taste
- fresh or dried parsley, to garnish, optional

Directions:

1. Pre-heat oven to 400 degrees F.
2. Lightly drizzle or spritz a baking sheet with olive oil.
3. Add cubed squash to the sheet along with another drizzle of olive oil.
4. Sprinkle with a light layer of salt, pepper, and garlic powder, based on taste preference.
5. Roast at 400 F for 25 minutes on the center rack.
6. Pull out the oven rack, and add your fresh cranberries to the roasting pan.
7. Return to the oven for 10-15 minutes or until the cranberries have started to soften and burst.
8. Remove from oven and add a sprinkle of cinnamon (approx. 1/8-1/4 tsp depending on preference) along with feta and honey.
9. Garnish with parsley for a burst of color and enjoy!

Exchanges per serving:

Calories	Carbohydrate (g)	Fiber (g)	Protein (g)	Fat (g)	Saturated Fat (g)	Sodium (mg)
101	18	3	6	1	0	270

10. Exchanges per serving:

Starch	Meat/Egg/Cheese	Vegetable	Fruit	Dairy	Fat
1	0	0	0	0	0



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