



Volume 13 Issue 1

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MONTHLY MOTIVATION:

"Do what you have to do until you can do what you want to do."

-Oprah Winfrey

SEMINAR SCHEDULE

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

- 5 p.m. Monday, Feb. 12, CentraCare Clinic – River Campus, St. Cloud
- 5 p.m. Thursday, Feb. 15, Lifestyle Health
- 5 p.m. Monday, Feb. 26, 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, Feb. 1, 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

- Jan 29-Feb 2 Willpower
- Feb 5-9 Healthier Valentine's Day -Feb 6th YMCA Active Class
- Feb 12-16 Dealing with Regain
- Feb 19-23 Cold Weather Recipes
- Feb 26-Mar 2 Redefining Healthy

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, Feb 1, 5:15-6:15 p.m., YMCA Conference Room A/B, with Alyssa M. RD, LD & Briana T. RD, LD
- Thursday, March 1, 5:15-6:15 p.m., YMCA Conference Room A/B, with Briana Traut, RD, LD
- Thursday, April 5, 5:15-6:15 p.m., YMCA Conference Room A/B, with Briana Traut, RD, LD
- Thursday, May 3, 5:15-6:15 p.m., YMCA Conference Room A/B, with Briana Traut, 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!

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

- January 2-February 24, YMCA Indoor Triathlon Training, St. Cloud, MN, <http://scymca.org/indoor-tri-training/>
- February 25th, YMCA Indoor Triathlon, St Cloud, <http://scymca.org/indoor-tri-training/>
- March 17th, Pot O Gold 5k, St Cloud, <http://scymca.org/pot-o-gold-5k1k/>



WHY CALORIES DON'T MATTER

Briana Traut RD, LD
CentraCare Weight Management

It is so easy to get caught up in how many calories we are consuming daily, especially if we are wanting to lose a few pounds. We can become so focused on the quantity of food, instead of the quality of our food.

Imagine eating 1,000 calories of broccoli and 1,000 calories of ice cream. Do these 1,000 calories have the same effect on our bodies and provide us the same nutrition? Not necessarily.

In a laboratory setting, 1,000 calories of broccoli and 1,000 calories of ice cream do indeed release the same amount of energy. However, our bodies are complex systems and the same number of calories from different types of food can have very different biological effects.

Food offers not only calories to fuel our body, but it contains many different components that play important roles in how our body functions. Food provides macronutrients which are carbohydrates, protein and fat. Macronutrients provide calories to help fuel our bodies and give us energy.

Food also provides micronutrients, which are vitamins, minerals, antioxidants and phytonutrients. Micronutrients are nutrients that are required in small quantities to carry out a wide variety of functions within our bodies. A lot of our micronutrients come from colorful fruits and vegetables, so there is truth to the statement "eat the rainbow." It is better to eat a little of a lot of colors, instead of a lot of only one color. This is because different colors provide different micronutrients.

The food we eat is information for our bodies, not just energy. It's not only how many calories you consume, it's what makes up those calories that is key.

Diet No. 1

Breakfast: Doughnut and coffee

Lunch: Fast food burger and fries

Dinner: Frozen pizza

This diet contains processed foods that are full of refined carbohydrates, simple sugars and unhealthy fats.

Diet No. 2

Breakfast: Greek yogurt with berries and whole wheat toast with almond butter

Lunch: Ground turkey with fajita vegetables, brown rice and avocado

Dinner: Grilled chicken with broccoli and sweet potatoes

Snacks: Almonds, string cheese, raw veggies with hummus

This diet contains minimally processed foods, lean protein sources, nutrient-dense fruits and vegetables, good sources of fiber and healthy sources of fat.

Both diets consist of around 1,500 calories. But take it a step further and look at the nutrition provided by those 1,500 calories.

Before you do your grocery shopping, look for recipes and plan meals for your family. Remember, a calorie is not just a calorie.





Buffalo Cauliflower Bites

INGREDIENTS

- 1 medium cauliflower, cut into bite-sized pieces
- 1/2 cup flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons butter, melted
- 2/3 cup Buffalo hot sauce

INSTRUCTIONS

1. Preheat oven to 450 degrees, spray a large cookie sheet with cooking spray and set aside.
2. In a large bowl whisk together flour, water, garlic powder, salt, and pepper. Add cauliflower florets and toss to coat. Spread evenly onto cookie sheet and place in the oven. Bake for 15 minutes, flipping once. Remove from the oven.
3. In a separate bowl stir together melted butter and buffalo sauce. Add baked cauliflower and toss to coat. Spread evenly onto cookie sheet. Place back in the oven and bake for 25-30 minutes or until crispy, flipping once.
4. Remove from oven and let sit 10 minutes before serving.
5. Serve with your favorite dressing and enjoy!

Serves 4

Nutrition per serving:

Calories	Carbohydrate (g)	Fiber (g)	Protein (g)	Fat (g)	Saturated Fat (g)	Sodium (mg)
110	12	6	4	6	5	393

Exchanges per serving:

Starch	Meat/Egg/Cheese	Vegetable	Fruit	Dairy	Fat
1/2	0	1	0	0	1



Contact Us

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