

Motivate Newsletter

October, November, December 2019

Upcoming Classes & Events

The following classes are free and open to the public! All are held at **5:30 p.m.** at Mercy Weight Loss & Nutrition Center in Clive.

October 8 – Food Preservation: Canning, Pickling, Fermenting

October 22 - Cooking Demo: Pumpkin: Beyond the Pie

November 12 – Holiday Food Made Healthier: Recipe Substitutions

December 10 – Pomegranate

Bariatric Surgery Support Group

We will continue to meet at **5:30 – 7 p.m.** on the first Tuesday of every month at MercyOne Des Moines Bariatric Surgery, 5901 Westown Parkway, West Des Moines. Presentations will be from 5:30-6:15 pm followed by 45 minutes of open discussion.

October 1 – Plastic and Reconstructive Surgery

November 5 – Practicing Planned Behavior

December 3 – The Pitfalls of Shaming

Optifast Members

If you completed the Optifast program prior to January 2018 come take advantage of your lifetime membership! If you have not earned your lifetime discount on our Optifast products our October special is the lifetime discount for just \$150. This means that not only will you be able to take advantage of unlimited Optifast classes but ALSO the product discount every week, month, year for a lifetime!

New program Optifast patients who began after January 2018, can convert the yearly membership to a lifetime membership for \$150 the month of October. That's unlimited classes and Optifast products at the discounted price for a lifetime!

Crustless Quiche

12 eggs
1 ½ cups skim milk
2 cups shredded low-fat mozzarella cheese
2 tbsp. parmesan cheese
Salt & Pepper to taste
2 cups of optional ingredients (ham, cooked turkey sausage, broccoli, tomatoes, onions, spinach, peppers, mushrooms, asparagus)

Preheat oven to 350 degrees. Spray 9X13" pan with cooking spray. Whisk together eggs, milk, cheese, salt and pepper. Stir in any additional ingredients

Pour egg mixture into prepared baking dish. Bake uncovered for approximately 45 minutes, or until the center is set, and not jiggly. Let set for 10 minutes. Cut into 12 Portions

Nutrition per serving: 141 Calories, 13 gm protein, 4 gm carbohydrate, 8 gm fat. (Note nutrition information based on 2 cups of chopped vegetables)

Variations:

1. Pour into muffin tins for individual serving portion
2. Cut into larger portion (i.e. 8 portions) Nutrition: 211 Calories, 19 gm protein, 6 gm carbohydrate, 12 gm fat





Eating Well at Holiday Gatherings

The holidays are right around the corner, a season that brings family and friends together. Food is often the centerpiece of these gatherings. Rich, decadent, and abundant holiday foods can quickly unravel weeks and months of hard work. Protecting your new healthy habits is possible with intentionality and planning. Consider these simple strategies to enjoy a healthier holiday season.

1. Eat normally before the event.

- Research shows skipping meals and snacks before an event contributes to overeating and overindulgence of high calorie foods. Instead, eat normally in the hours leading up to the event. Ideally you arrive feeling slightly hungry, rather than famished.

2. Offer to bring a healthy dish to share.

- You can ensure at least one healthy option at any gathering. Think creatively to use as many fruits and/or vegetables as possible.

3. Survey all the options before putting anything on your plate.

- Fill $\frac{3}{4}$ of the plate with lower-calorie, fruit and/or vegetable-based dishes. Choose 1-2 special foods to enjoy in the remaining $\frac{1}{4}$. Select foods that you rarely get to enjoy and don't make at home. Take small portions and enjoy every bite.

4. Sit down to savor your meal and share conversation.

- Sitting increases mindfulness and decreases pace at meals. Focus on savoring the tastes and textures. Enjoy the table conversation and connection with friends and family.

5. Plan for special circumstances in advance of the event.