

The Bariatric Scoop



SMART NEW YEAR RESOLUTIONS

What percentage of New Year resolutions last long-term? The answer is only 1 percent. Why do these resolutions fail? The goals are either too big, skills are not developed to maintain goals, or support systems are not in place to reach goals. To make your New Year resolutions attainable, make goals that are **SMART**.

- **Specific**
- **Measurable**
- **Achievable**
- **Realistic**
- **Timely**

For example, instead of “I will try to eat a healthier diet,” a SMART goal would be, “I will eat 1/2 cup of vegetables at dinner six nights a week.” This goal is:

- **Small-vegetables at dinner**
- **Measurable-1/2 cup**
- **Achievable-1/2 cup**
- **Realistic-6 nights**
- **Timely-6 nights**

So start your new year off right with a **SMART** goal.

MEAL PREP SNACK HACKS

Protein Ranch Dressing

Combine fat-free yogurt and dry ranch dressing, mix to taste.



Fat-Free Yogurt Cup- Unflavored

Add 1 scoop of flavored protein powder to unflavored fat-free yogurt.

Fat-Free Yogurt Cup- Flavored

Add 1 scoop unflavored protein powder to flavored yogurt.

Protein-Packed Cool Whip

Mix one fat-free tub of Cool Whip, 1 scoop of protein powder (any flavor), 1/3 packet of sugar-free dry pudding mix (any flavor).



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SBL Registered Dietitian

2024 is here, and with that comes a lot of excitement, reflecting, and planning for the year ahead. If you haven't taken time to do some reflecting, let me encourage you to do so. Identify

what has really assisted you in reaching or maintaining your health goals, and identify any areas you want to continue putting forth effort to improve. If you aren't feeling good about where you're at, it's time to do something about that! If you're happy with where you are, continue to practice behaviors that protect your health.

No matter where you may find yourself, let me encourage you to:

1. **Focus on the positive**
2. **Move your body daily**
3. **Drink your water**
4. **Be mindful about your food choices, focusing first on protein**
5. **Get your rest**



Strive daily to make choices you *feel* good about and choices that make you feel *good*.



ONE-PAN PARMESAN-CRUSTED CHICKEN WITH BROCCOLI

This simple Parmesan-Crusted Baked Chicken Breast is made on a sheet pan with broccoli, for a one-pan dish that is so quick, and the best part, easy clean up!

INGREDIENTS:

- 2 tablespoons olive oil
- 6 7-ounce boneless, skinless chicken breasts
- 12 ounces fresh or frozen broccoli florets
- 1 teaspoon Kosher Salt
- 1/4 tsp garlic powder
- 2 garlic cloves (minced)
- 1/2 cup freshly grated Parmesan cheese
- 1/4 cup chopped fresh parsley

DIRECTIONS:

Preheat the oven to 425°F. Grease a rimmed baking sheet with 1 tablespoon of the olive oil. Arrange the chicken breasts in the center of the prepared baking sheet. Arrange the broccoli around the chicken. Drizzle the broccoli with the remaining 1 tablespoon olive oil and sprinkle everything with salt and garlic powder. Bake until the chicken breasts are cooked through and a thermometer inserted in the thickest part registers 160°F, 25 to 30 minutes. In a small bowl, combine the garlic, Parmesan, and parsley. Top each chicken breast with some of the mixture. Broil until the cheese is melted and the broccoli is deeply browned, 3 minutes.



Prep time: 5 minutes

Cook time: 30 minutes



Total time: 34 minutes

Yield: 6 servings

NUTRITION:

Serving: 1 chicken breast w/ broccoli, Calories: 334kcal, Carbohydrates: 4g, Protein: 51g, Fat: 12.5g, Saturated Fat: 3.5g, Cholesterol: 152mg, Sodium: 448mg, Fiber: 2g, Sugar: 0.1g

Recipe from www.skinnytaste.com

If every U.S. adult ages 40 to 85 increased their amount of exercise by just 10 minutes per day, the number of deaths would decrease by 6.9 percent. That's more than 110,000 lives saved each year! Read more:

<https://blog.sarahbush.org/10-extra-minutes-exercise-saves-lives/>

MEET THE TEAM

Rhonda Strobel, RN, Michelle Schulz, RD, Andrew McDevitt, APRN, Beth Jensen, PT, Todd Bierman, MD, Kendra Cole, LCSW, and Joan Alvarado, MD, are your bariatric support team. We are here for you every step of the way on your journey.

Learn more about us at www.sarahbush.org/bariatricservices



A Little Laugh

What's a snowman's favorite drink?

Ice Tea

What's a snowman's favorite meat?

Cold Cuts



Support Group Meetings

- January 16
- February 20
- March 19
- April 16

6 - 7 pm
Center for Healthy Living Conference Room or via Zoom.
Open to all bariatric patients.

BLOOD DONOR MONTH

January is National Blood Donor Month. From one unit of blood, red blood cells can be extracted and used to treat people who lost blood due to trauma or those who are recovering from surgery. Sarah Bush Lincoln partners with Impact Life and hosts blood drives throughout the year at SBL. The next donation event will be February 6 at the Center for Healthy Living.

