

Journey to the New You:

A newsletter by Trinity Weight Management Specialists

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DATES to REMEMBER

UPCOMING SUPPORT GROUPS

February 17 at 6:30pm

Fitness Topic

Boardroom Suite 300

Trinity Wellness Department

March 17 at 6:30pm

Protein Night

Hy-Vee 7th St, Moline

TWMS Dietitian



Time Management with Workouts

All too often, when faced with the question of why they don't exercise more, individuals will simply respond "I just don't have time." While our daily tasks can seem overwhelming, it is important to remember that we ALL have 24 hours in our day, and using at least **one forty-eighth** (30 minutes) of that time is quite feasible with good time management skills.

One way to work in time for exercise is to get up earlier. Although this may sound dreadful to some, keep in mind working out first thing in the morning can actually help you feel more energized and empowered. In fact, many individuals find they are more productive throughout the rest of the day after an early morning workout.

Another option is working out with a partner; this will help you to make workouts a higher priority. You are less likely to cut out high priority tasks when time is short.

Also, consider incorporating a higher-intensity workout on days that your time is limited. In this way, you will still be able to burn a similar amount of calories, but in a shorter period of time. If you are going to a gym for workouts, try going during non-peak hours so workout equipment and machines will be readily available to you.

Finally, if time is very limited, get little bursts of activity in at home while doing the dishes, making dinner, or watching your favorite show. These little bursts can be anything from walking in place to squats to crunches. Remember, even short bouts of physical activity are better than no activity at all!



Valentine's Day "Treats"

It is great to feel loved on Valentine's Day, and many individuals like to show their love with food. However, a few empty calorie goodies here and there can lead to the start of derailed weight loss efforts. Suggest that your valentine opt for one of the following "treats" to help you stay on track!

- ✓ Flowers or jewelry
- ✓ Gift certificate for dietary supplements
- ✓ A new clothing item or accessory
- ✓ Spending a night or weekend together without the kids
- ✓ Going to a movie
- ✓ Music (i.e. iTunes gift card)
- ✓ Spa package (massage, manicure, haircut, etc.)
- ✓ Giving you a coupon book to use for household chores they will complete
- ✓ Taking you out to dance

High Protein Chocolate Soufflé



- 1 scoop chocolate protein powder
- 1 Tbsp. + 2 tsp. peanut butter
- 3 egg whites
- 3.5 oz. skim milk
- 1 tsp. cocoa
- 1 tsp. vanilla extract
- 2 tsp. Splenda
- 7 Ramekins soufflé dishes

Mix Splenda with egg whites. Whisk egg whites until they thicken into a thick froth. In a separate bowl, melt peanut butter in the microwave, about 50 seconds. Mix milk, cocoa, vanilla extract and protein powder into melted peanut butter. Next, add two spoonfuls of frothy egg whites into peanut butter mixture and 'fold' to mix it in. Pour the entire mixture into the remaining bowl of egg whites; continue to 'fold' to mix thoroughly. Lightly oil 7 ramekins. Pour mixture until it fills just over half of each dish. Place in a pre-heated oven for 8 minutes at 350°F (Don't leave for any longer- center will become hard). Cool at least 1 minute, enjoy!

Beef Cut Basics

While beef is a great source of protein, it is important to remember that not all cuts of beef are created equal. Each cut varies in flavor and nutritional value. Cooking methods also vary from cut to cut. These beef basics will help you determine the best cooking method for your favorite cut, and will allow you to determine how it stacks up nutritionally!

Cuts for the Skillet:

| | | | |
|-----------------|--------------------------|-----------------|----------------------------------|
| Chuck Eye Steak | Shoulder Top Blade Steak | Ground Beef | Sirloin Tip Center Steak |
| Ribeye Steak | Porterhouse Steak | T-bone steak | Cubed Steak |
| Top Loin Steak | Tenderloin Steak | Round Tip Steak | Shoulder Petite Tender Medallion |

Cuts for the Grill/Broiling:

| | | | |
|------------------------|--------------------|-----------------|--------------------------|
| Chuck Eye Steak | Shoulder Top Blade | Shoulder Center | Ground Beef |
| Shoulder Petite Tender | Rib Steak | Ribeye Steak | Tri-Tip Steak |
| Back Ribs | Porterhouse Steak | T-bone steak | Top Sirloin Steak |
| Top Loin Steak | Tenderloin Steak | Tri-Tip Roast | Sirloin Tip Center Steak |

Cuts to Marinate & then Grill or Broil:

| | | | |
|--------------------|-----------------|------------------------|-------------|
| Chuck Steak | Shoulder Steak | Top Round Steak | Flank Steak |
| Bottom Round Steak | Eye Round Steak | Sirloin Tip Side Steak | Skirt Steak |

Roast:

| | | | |
|------------------------|---------------|-----------------|--------------------------|
| Shoulder Petite Tender | Rib Roast | Ribeye Roast | Ground Beef |
| Tenderloin Roast | Tri-Tip Roast | Round Tip Roast | Sirloin Tip Center Roast |

Braise:

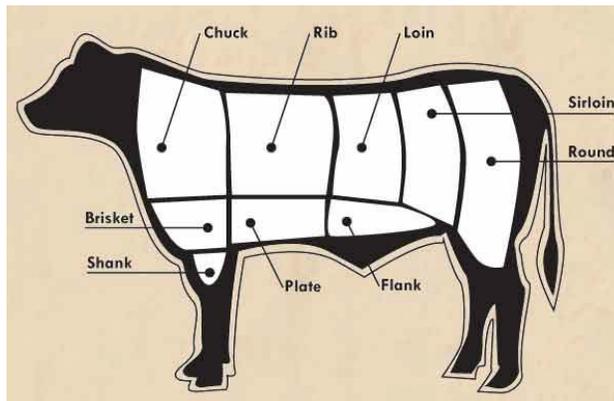
| | | | |
|--------------------|----------------|---------------------|-----------------|
| Chuck Steak | Shoulder Steak | Boneless Short Ribs | Eye Round Steak |
| Bottom Round Steak | | | |

Pot Roast:

| | | | |
|-----------------|--------------------|--------------------|------------------|
| Chuck Pot Roast | Shoulder Pot Roast | Bottom Round Roast | Brisket Flat Cut |
|-----------------|--------------------|--------------------|------------------|

Leanest Cuts of Beef : Eye Round Roast/Steak, Sirloin Tip Side Steak, Top Round Roast/Steak, Bottom Round Roast/Steak, Top Sirloin Steak, Brisket- Flat Half, Round Tip Roast/Steak

Fattiest Cuts of Beef: Flap Steak, Tenderloin, Porterhouse Steak, Skirt Steak, New York Strip Steak, T-bone Steak, Ribeye Steak



Try... Almond Butter

What is it? A food paste made from almonds, almond butter has a similar texture to peanut butter, and can be found in "crunchy" or "smooth" forms.

What are its benefits? Almond butter provides more mono-unsaturated (healthy) fat, magnesium, phosphorous, potassium, calcium, fiber, iron and vitamin E than peanut butter! It is lower in saturated fat than peanut butter, and it is a good alternative for those with a peanut allergy.

Where can I find it? Almond butter can be found in health food stores (Greatest Grains, Heritage Natural Foods, etc.) as well as most grocery stores.



Recipe Corner: Strawberry Almond Butter Smoothie

Ingredients:

- 4 ice cubes
- 8 ounces strawberries*
- 1 cup chilled unsweetened soymilk or almond milk
- 2 tablespoons smooth almond butter

Directions:

Put ice cubes into a blender and blend until crushed. Add berries, soymilk and almond butter and blend until smooth. Pour into glasses and serve. Recipe yields 2 servings.

*You can substitute 1 cup frozen (not thawed) whole strawberries for the fresh berries. Leave out the ice if you use frozen berries.

Nutrition Facts: Per serving- 180 calories, 12g total fat, 0mg cholesterol, 75mg sodium, 13g carbohydrate, 3g fiber, 9g protein. Source: wholefoodsmarket.com.

Weight Management Tools



Celebrate brand has recently come out with **2 in 1 Protein & Calcium Bars** containing 15 g of protein at just 130 to 140 calories! They also contain 500 mg of calcium citrate and 333 IU of vitamin D3, beneficial for those who struggle to consume the recommended 1500 mg Calcium daily. The bars come in 2 flavors currently: **Peanut Butter Chocolate Crunch** and **Caramel Chocolate crunch**



There are many **digital food scales** out there on the market, and these days you can find them in a convenient "**mini**" option for on-the-go! Several bariatric patients have found them helpful for measuring servings when dining out, especially with foods that are difficult to eyeball the proper portion size of.



The Fitbit brand has been popular for a few years now, offering a digital pedometer to track steps. One of their latest product, the "Fitbit Charge" not only tracks steps, distance, calories burned and stairs climbed, active minutes and sleep, but it also doubles as a watch and caller ID!

CENTER UPDATES

Welcome our new Bariatric Manager, Racquel!



We would like to introduce the newest member of the TWMS team, Racquel Frese. Racquel is originally from Davenport and currently lives in Bettendorf. She obtained her MSN/MHA from the University of Phoenix. She is the manager of five departments within Trinity: Ambulatory surgery Rock Island and Moline, Pre-surgical teaching, Recovery Care Center and Bariatrics.

When time permits, she also enjoys teaching nursing classes for Trinity. Racquel is the mother of two teenage boys, Zach and Lucas, as well as a 10 year old daughter named McKenna. She also has a fur-baby named Herky who is a Yorki-poo. Please welcome Racquel to our TWMS team!

JUST A REMINDER...

- Expect up to **72 working hours for prescription refills**. Please look ahead to weekends/holidays in order for us to best serve you!
- Are you working your way through the TWMS pre-surgical process and **looking to have bariatric surgery during your summer break?** Be sure to have all of your required documents and clearances in by the **end of March**. Call us to see what is left on your list! **309-779-2500**

ELECTRONIC NEWSLETTER

Ever feel out of the loop with Center happenings and events? Sign up for our new electronic e-mail updates and newsletters to stay better informed! If you've already subscribed click to update your information:

<http://trinityqc.us7.list-manage.com/subscribe?u=4a85e0b49fc42df1451cbcf0c&id=5afb355e>

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