

# WINH<sub>ING</sub> INFORMATION

March 2018

## Upcoming events:

**Taste Test Thursday:** March 1st (in Laconia) & March 8th (in Franklin) outside the cafeteria during the lunch and dinner hour. Come and try a new recipe.

**Bariatric Support Group:** March 15th at WINH 6:00-7:00pm. Topic: Emotional Overload...How do I Cope

**Non-Surgical Info Sessions:** March 6th at 8:30-9:30 & March 20th at 3:45-4:45. Call to register.

**Bariatric Informational Session:** March 15th at 5:00. Call to register.

## KATHLEEN'S CORNER

Were you brought up with the expectation of having to clean your plate at meals? Everyone has a story about "why" they eat fast or why they struggle with slowing down. Ask yourself the questions below to help identify why you eat fast.

- What resistance (if any) do you have to slowing down your eating process
- What urges do you feel when you are asked to put the fork down between bites.
- What feelings come up when you are asked to chew your food more between bites?

Your answers may provide you some insight into the deeper issues that may be continuing to come up for you in your eating routine and at meals.



## GREEK YOGURT PARMESAN PEPPERCORN DRESSING

### Ingredients:

- 1 cup plain greek yogurt
- 3/4 cup low-fat milk
- 1 tablespoon apple cider vinegar
- 1 clove garlic, minced
- 2 Tablespoon chopped parsley
- 1/3 cup grated parmesan cheese
- 1 teaspoon lemon juice
- 1/2 teaspoon salt
- 1 & 1/2 teaspoon fresh cracked black pepper

### INSTRUCTIONS

Add all ingredients to a mixing bowl or mason jar with lid.

Whisk together until smooth.

Store in refrigerator for up to 5 days

Source: <https://sinfulnutrition.com>



If you are interested in any of the programs offered at the Weight Institute please contact our office at **603-527-2946**



*"The foods you eat can either be the safest and most powerful form of medicine or the slowest form of poison"*  
-Ann Wigmore

## WINNING INFORMATION

### EXERCISE EXPLAINED



### ELIZABETH'S 2 CENTS

#### March is National Nutrition Month

This year's theme is "Go Further with Food"

What does that mean for you?

- It could mean being sure to choose the best fuel so your body can work and play hard.
- It could mean getting more from your food budget and developing a wallet friendly eating plan. Basing menus on what is on sale that week or what's in season is a great way to cut costs.
- Going further could mean making the best choices for the environment so our soil and waterways can continue to produce safe and nutritious foods. This might mean buying less prepackaged foods or taking smaller portions to minimize food waste.

Even making small changes can make a big difference. How will you choose to go further with your food?

### CHICKEN CRUST PIZZA— BARIATRIC RECIPE

This is a bariatric recipe but anyone can enjoy this high protein meal.

Ingredients:

- 1 pound ground (raw) chicken breast— about 3 small boneless breast chopped in food processor
- 1/2 cup grated parmesan
- 1 cup freshly shredded part skim mozzarella
- 1/4 teaspoon Salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- 3/4 teaspoon Dried oregano
- 1/2 cup prepared pasta sauce
- Crushed red pepper to taste
- 4 or 5 basil leaves, rolled and sliced
- Vegetable toppings of choice (mushrooms, onion, fresh tomato, or roasted eggplant)

Directions:

1. Preheat oven to 450°F and line a baking sheet or pizza pan with parchment paper or foil sprayed with non stick vegetable cooking spray.
2. In a medium bowl combine the ground chicken with 1/4 cup parmesan, 1/4 cup mozzarella, 1/4 tsp salt, 1/4 tsp pepper, 1/2 tsp garlic powder and 1/2 tsp oregano
3. Mound the chicken mixture onto the parchment and pat into flat rectangle or disc. Cover with plastic wrap and evenly press or roll the chicken into a 7x10 rectangle or round. Remove the plastic wrap and roast until golden, 12 to 15 minutes.
4. Smear crust with sauce, scatter with 1/4 cup parmesan, 3/4 cup mozzarella, later with vegetable toppings and season with a sprinkle of crushed red pepper flakes and 1/4 tsp oregano.
5. Pop back into hot oven and cook until melted and bubbly 6-10 minutes. Remove from oven and scatter with chopped basil.

Source: bariatriceating.com

