

# WINNING INFORMATION

April, May & June 2019

## Upcoming events:

**Taste Test Thursday:** April 4, May 2 & June 6 (in Laconia) or April 11, May 9 & June 13 (in Franklin) outside the cafeteria during the lunch hour. Come and try a new recipe.

**Bariatric Support Group:** 6:00-7:00PM on **April 18**, topic: Open Discussion;  
**May 16**, topic: Shopping Trip at Shaws; **June 20**, topic: If Its Not About the Food...Then What

**Non-Surgical Info Sessions:** April 3, May 1st & June 5 at 8:30-9:30 & April 16, May 14 & June 18 at 3:45-4:45. Call to register.

**Bariatric Informational Session:** April 10 & June 12th at 3:00 or May 8 at 5:00. Call to register.

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

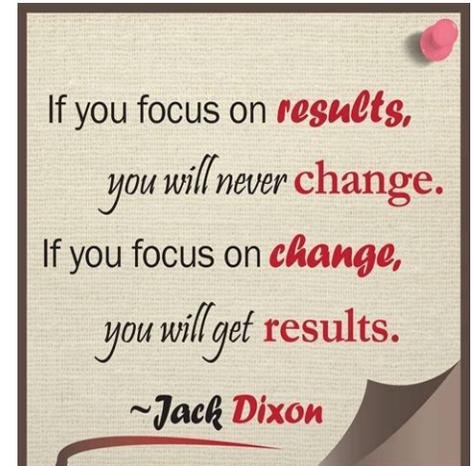


Photo from: geniusquotes.org

I can't change the direction of the wind, but I can adjust my sails to always reach my destination."  
-Jimmy Dean

## KATHLEEN'S CORNER

### The Dirty Dozen!

Have you considered purchasing organic fruits or vegetables before?

The 12 produce noted below contain higher concentrations of pesticides than other produce. If you wanted to purchase organic produce, purchase these over other produce.

- |                |              |
|----------------|--------------|
| ⊗ Strawberries | ⊗ Nectarines |
| ⊗ Spinach      | ⊗ Apples     |
| ⊗ Kale         | ⊗ Grapes     |
| ⊗ Tomatoes     | ⊗ Peaches    |
| ⊗ Celery       | ⊗ Cherries   |
| ⊗ Potatoes     | ⊗ Pears      |

The Best way to know you are buying organic is to buy local! Ask your farmer how they treat their soil and use pesticides.

## Healthy Green Goddess Dressing for Mother's Day (May 12)

### Ingredients:

- |                                 |                            |
|---------------------------------|----------------------------|
| 2 green onions                  | Juice from 1 lime (2 TBSP) |
| 1/2 green jalapeno              | 1/3 cup olive oil          |
| 2/3 cup Greek yogurt            | 1/2 tsp kosher salt        |
| 1/2 cup lightly packed cilantro | 1 TBSP honey               |

### Directions:

1. Chop the green onions. Seed and dice jalapeno pepper.
2. Place all ingredients in a blender. Blend to combine.
3. Transfer to an airtight container; the dressing store in the refrigerator for 1 week.



Source: acouplecooks.com



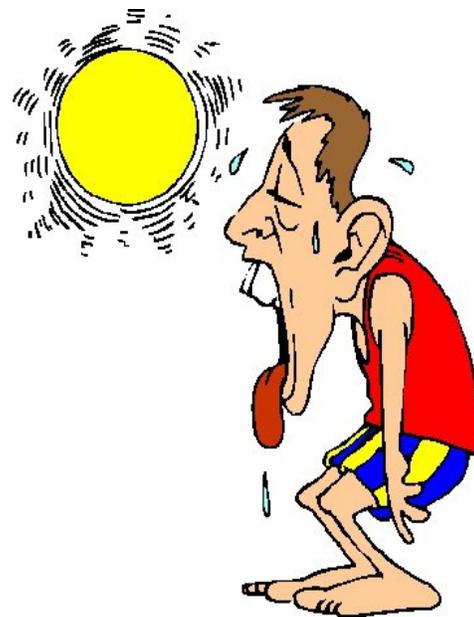
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### EXERCISE EXPLAINED

June 21st is the first day of summer and it is important to ensure health, safety and optimal performance during the summer months by being adequately hydrated during regular physical activity. It is estimated that an average person could produce 17oz of sweat in a vigorous workout. With these fluid losses it is important to make sure that you stay hydrated during your summer workouts! Stay ahead of dehydration and follow the American College of Sports Medicine guidelines for water intake:

- ☼ Stay properly hydrated before an event or workout.
- ☼ Drink 17oz of water about 2 hours before a vigorous workout.
- ☼ During exercise drink cool water early and at regular intervals to replace water losses through sweat. Drink 4-8oz at a time or as tolerated.
- ☼ Electrolyte and carbohydrate replacements are recommended for workouts and competitions that last longer than an hour and are not necessary for workouts that are less than an hour.

Have fun with your summer workout, but be safe and stay hydrated!!!



### ELIZABETH'S 2 CENTS

All our food comes from the Earth, but not all our food choices help to restore the ground it came from. This Earth Day, April 22, consider sustainable eating. Sustainability means making food choices that reduce green house gas production, waste and our water footprint. An example of this might be not buying individual packaged items. Instead buy in bulk and use reusable containers to appropriately portion foods. Another example is investing in a CSA and supporting a local farmer who does not use chemicals as fertilizer, insecticide or weed killer.

Did you know that 1,232 gallons of water go into every 8oz steak? Compare that to chicken with 330 gallons going into an 8oz portion. Some literature suggests that the livestock industry produces 18% of all greenhouse gases. Our vehicles are thought to produce 11% of all our greenhouse gases. Consider having a vegetarian based meal on Earth Day and switching to smaller portions of meats all year round!

## CHILI LIME STEAK FAJITA IN FOIL PACK — BARIATRIC RECIPE FOR FATHERS DAY (JUNE 16TH)

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

### Ingredients:

#### Seasonings-

- |                     |                                    |
|---------------------|------------------------------------|
| 2 tsp chili powder  | 1 tsp paprika                      |
| 1 tsp cumin         | Salt and pepper to taste           |
| 1 tsp garlic powder | 1/8 tsp cayenne pepper or to taste |

### Directions:

1. Preheat grill to medium high heat.
2. Combine the ingredients for the seasonings in a small bowl or bag and mix
3. In a large zip-lock bag, add the steak and drizzle with 2 tsp olive oil, lime juice and Worcestershire sauce. Sprinkle with 2/3 of the fajita seasonings. Seal the bag and press down to evenly distribute the flavors. Marinate steak for 2-12 hours.
4. Cut eight 18X12 inch squares of foil and lay out on a flat surface. Divide into four piles where each foil packet has two pieces and divide the steak slices into each foil packet.
5. Cut veggies into thin strips and drizzle with remaining olive oil and fajita seasoning. Divide evenly into each packet, arranging them around the steak.
6. Fold the foil over the steak and seal to close off the packets.
7. Place foil packets onto grill and grill for 6-8 minutes then flip and grill for an additional 3-4 minutes.
8. Remove from the grill carefully. Open foil packets and enjoy with a low carb tortilla or alone.

#### For foil packs

- 12 oz flank steak sliced into 1/4" strips across the grain
- 4 tsp olive oil
- Juice from 1 lime
- 1/2 tsp Worcestershire sauce
- 2-3 medium bell peppers
- 1 medium onion thinly sliced