

DIETITIAN'S DISH: AUTUMN EDITION

Quarterly Newsletter
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BUILDING HABITS: "HABIT STACKING"

One form of building habits that is gaining more popularity is known as "habit stacking." What is this and why is it important? It is a structure that enables you to build new habits slowly. Keep in mind that starting new behaviors takes time. Although the process may be slow, before you know it - you may be building a much healthier and well-rounded lifestyle overall.

To begin, start by identifying a habit that you typically participate in (example: brushing your teeth). Assuming this habit is something you regularly do, you can consciously add a new activity "stack" on top of this behavior. That way, you associate the new behavior with a regular activity. After you successfully pair the two and it becomes routine, you have successfully "stacked" habits. From there, you can continue building.

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HEALTHY BAKING SWAPS

Volumize Your Recipes

Making your favorite baked treats part of your diet is not only possible, but delicious, with some simple changes and substitutions!

When you use fewer calorie ingredients with less fat, you can add more volume to your recipe to keep you full while providing more nutrition.

BAKING IS A SCIENCE AND AN ART

Disclaimer: Changing some of the ingredients may result in an altered final product. Though it may taste good, it may not have the same shape/consistency as the original.



Trick or Treat? The answer is - both!

1. Swap unsweetened applesauce for vegetable oil!

Keeps baked goods moist without all the added fat!

Tip: This is a 1:1 ratio so use 1 cup of applesauce for every 1 cup of oil. Great in muffins, breads and cakes.

2. Use whole wheat flour!

You get a whole lot of bang for your buck with whole grain/wheat flour - nutrients and fiber! All purpose flour is stripped of fiber, vitamins, and minerals from when the bran and germ are removed from the whole grain.

Tip: Use 3/4 cup of whole wheat flour for every 1 cup of white flour that a recipe calls for. Add 2 tablespoons water for every 1 cup of wheat flour so the product doesn't come out dry.

3. Reduce or replace the table sugar!

Most recipes can handle a reduction or substitution of sugar and that alone will make your recipe healthier.

Tip: For honey: use 3/4 cup for every 1 cup sugar and decrease any added liquid by 3 tablespoons per 1 cup substitution. Whole foods including mashed banana, or even dates, will provide you with similar sweetness as cane sugar, but with additional vitamins and minerals!

4. Add black beans to your brownies!

Great way to increase the protein and fiber and decrease the fat and calories!

Tip: This is a 1:1 swap with butter or oil in brownie recipes.

5. Swap flax seeds for eggs!

Flax seeds are an excellent source of omega-3, fiber and much more.

Tip: Mix 1 tablespoon of ground flax seeds with 3 tablespoons water (and let sit for 5 min) to replace 1 whole egg in recipes!



Keep in mind that Splenda is sweeter than regular sugar. You'll have to decrease the recommended quantity by half when using Splenda in place of sugar.

Putting Swaps into Practice

OIL/BUTTER

SUBSTITUTE WITH: Mashed banana, applesauce, pureed prunes/pumpkin, OR nonfat yogurt + 1 Tbsp corn starch.

GOOD TO KNOW:

SWAP IN: Muffins, quick breads, brownies, pancakes, cakes, cookies.

CREAM/WHOLE MILK

SUBSTITUTE WITH: Skim milk, fat-free evaporated milk, unsweetened soy/almond milk, OR low fat buttermilk.

SWAP IN: Muffins, quick breads, brownies, pancakes, cakes, cookies, yeast breads.



ROASTED PUMPKIN SEEDS RECIPE

Do you like to carve pumpkins with family and friends? Don't throw the seeds away! Pumpkin seeds, also known as pepitas, are highly nutritious. They are a great source of heart-healthy fats, fiber, magnesium, zinc and iron!

Preheat your oven to 300 degrees, Toss together 1 ½ cups raw whole pumpkin seeds, 2 teaspoons olive oil, 1 pinch salt in a bowl. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.



SPOOKY FLAVORS

GEARING UP FOR HALLOWEEN

BOO-NANA GHOST BANANA POPS

INGREDIENTS

3 bananas

3/4 cup vanilla yogurt (not Greek yogurt)

12 mini chocolate chips

Special equipment: 6 wooden popsicle sticks

INSTRUCTIONS

Line a 9-inch baking pan with parchment or waxed paper. Peel the bananas and cut them in half crosswise at a slight angle. Insert a popsicle stick into the cut end of each banana and push it about halfway up. Put the yogurt into a small bowl. Roll each banana in the yogurt to coat the exterior (tilting the bowl so the yogurt pools on the side makes this easier).

Lay the pops in the baking pan. Push the pointy top of 2 chocolate chips into each banana to make the eyes of the ghosts. Put into the freezer to firm up, at least 3 hours.

Serve straight from the freezer. Note: Once pops are frozen, store them in a resealable bag or covered container in the freezer.

Adapted from:

www.momskitchenhandbook.com



FALL FOOD HIGHLIGHT: APPLE

A Delicious and Nutritious Fall Staple



CINNAMON, SPICE AND EVERYTHING NICE

SPRINKLE APPLE SLICES WITH CINNAMON FOR A TASTY TREAT!

Apples are the most consumed fruit in the US second to bananas. They may help support gut health while providing antioxidant-rich nutrients.

Apples can be used to create homemade unsweetened applesauce, cider, apple crisp, or of course, the classic homemade apple pie!

APPLE CIDER VINEGAR AND WEIGHT LOSS?

CURRENTLY, THERE IS LIMITED EVIDENCE TO SUGGEST THAT THERE MAY BE A LINK BETWEEN APPLE CIDER VINEGAR AND WEIGHT LOSS. SOME STUDIES SHOW A RELATIONSHIP BETWEEN SMALL DOSE CONSUMPTION AND BLOOD SUGAR CONTROL.

OF NOTE: THE MAJORITY OF STUDIES COMPLETED HAVE BEEN SMALL AND SHORT TERM. ALSO, DENTAL EROSION MAY BE A CONCERN IF THE VINEGAR IS NOT DILUTED WITH WATER.

BOTTOM LINE: UNLIKELY THAT ONE INGREDIENT WILL RESULT IN MEANINGFUL WEIGHT LOSS.

STAY HAPPY, HEALTHY, AND SAFE THIS SEASON!

Plan and prioritize activities.

RECLAIM YOUR TIME!

- Consider making a daily to do list and give each activity a priority ranking. For example: A, B, C (with A being the most important). Try to accomplish higher priority tasks - *FIRST*.
- Establish a routine.
- Put a time-limit on activities.
- Become an efficiency expert. If you must spend time waiting, use these precious minutes to get things done.

Our Weight Center Team members can also assist you in planning and prioritizing activities throughout the upcoming months!



THIS PHOTO FEATURES SOME OF THE MASS GENERAL WEIGHT CENTER TEAM MEMBERS JUST BEFORE THE WALK FROM OBESITY THAT TOOK PLACE IN SEPTEMBER 2020!

THE STEPS YOU TAKE HELP THE AMERICAN SOCIETY OF METABOLIC AND BARIATRIC SURGERY'S FOUNDATION REACH THEIR GOALS IN THE FIGHT AGAINST THE DISEASE OF OBESITY. THIS ORGANIZATION FOCUSES ON THE TREATMENT OF OBESITY THROUGH RESEARCH, EDUCATION, AND ACCESS TO CARE.

IF YOU ARE INTERESTED IN BECOMING INVOLVED, PLEASE VISIT WWW.ASMBS.ORG

**MANY THANKS, SINCERELY,
YOUR WEIGHT CENTER DIETITIANS:
ABEER, ARI, COLLEEN, AND KATHLEEN**