

# Bariatric focus

HELPING PATIENTS STAY FOCUSED ON WEIGHT LOSS EVERY DAY

*Tips to avoid Holiday eating anxieties.*

## Enjoy Holiday Eating without Looking Like It!

Our culture puts an exclamation point on every event with food. Holidays often mean lots of food to indulge in – often at a glutinous rate. Most Bariatric Surgery Patients experience a wide range of Holiday eating anxieties which can ruin a perfectly good Holiday around friends and family.

Here are some suggestions for this most stressful time when Holidays equates to special foods and the pressure to partake in them is way too much out of hand at times.

- *Prepare your mind for the event:* Have it in your mind what you will say and do when those food-pushers taunt you to eat!
- *Anticipate the food:* Predetermine what you will and won't eat. This will curb your gut-reaction to "cave in" to the urgings by others to eat what you shouldn't eat.
- *Never try anything new at the party:* Not knowing how you will react to the food carries the high risk of making you ill.
- *Take baby-bites of the "special" foods:* Literally, take a baby-bite if you must partake of foods strictly for the social expectations.
- *Use a small plate:* Take a small plate such a desert plate with small portions of food, then take small bites of each item
- *No-Guilt in Tossing it:* In a social event where you don't want attention drawn to how little you are eating, fill your plate then toss the food when no one is looking.
- *Eat healthy before you go:* Never go to a Holiday party hungry...Never!
- *Bring your own essentials:* Don't request an extra effort on your host. Cook and take dishes and goodies that you know to be safe for you.
- *Talk more than you eat:* The Holidays should be about people, not food. So be social.
- *Add healthy dishes if you're hosting:* Traditions are for keeping; fix some of the favorites for Holiday meals if



that's what you've always done - but also add absolutely scrumptious healthy dishes that will bring New Tradition to your festive table.

- *Make your visit brief:* If you are getting too much pressure from others or are experiencing too many anxieties, leave the gathering earlier than you originally planned.

Remember this most of all.... The more prepared you are ahead of time, the less you'll feel nervous about those awful Holiday Eating Anxieties. So this season partake, enjoy, mingle, laugh, and live life the way it was meant to be and do it all free from fear of food! Now go have fun!

**Happy Holidays**  
*Surgical Associates would like to wish all their patients Happy Holidays and a great New Year 2009 filled with joy and good health!*

## HEALTHY EATING CORNER

**CHEESECAKE** (Calories 59 Protein 7.96 grams) Makes 8 Servings

- |                              |                             |
|------------------------------|-----------------------------|
| 1 8-oz fat-free cream cheese | ½ lb soft tofu              |
| ½ cup egg substitute         | 6 tbsp egg white substitute |
| 6 packets Splenda            | ½ tsp vanilla               |
| ¼ tsp almond extract         | ¼ tsp cream of tartar       |



- ✓ Preheat oven to 350 F
- ✓ In a large bowl, using an electric mixer, beat together cream cheese, tofu, egg substitute, sweetener, vanilla and almond extract until smooth and creamy
- ✓ In a small bowl, using an electric mixer, whip egg white substitute with cream of tartar until it forms stiff peaks, then gently fold into cream cheese mixture
- ✓ Coat an 8-inch square cake pan with butter flavored cooking spray and pour in batter. Place cake pan into a baking pan and pour hot water into baking pan until it reaches halfway up the sides of the cake pan. Place in oven and bake for 30 minutes
- ✓ Let cool, then refrigerate for at least 4 hours