

News to Lose

Happy Halloween!



Emotional Eating: Oct's Group

Do you struggle with emotional eating? Do you have stress in your life and tend to turn to food to cope? If so, join us his month **on October 18th at 5:00 pm** in conference room 160 at the Hamilton Health Pavilion (where our office is located) to learn more about emotional eating and ways we can cope without turning to food! You will learn how to identify head hunger from physical hunger, tactics to stop emotional eating, and ways to reduce stress that do not involve food.

Support group starts at 5 and typically lasts an hour with time to get to know each other and ask questions/share stories at the end. As always, friends and family are welcome to attend.



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Community Health Noblesville



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Lap Band Update

Drinking with your meals...

This is something you have heard us warn against time and time again. Wait 30 minutes before and 30 minutes after a meal to consume liquids. New research, however, is suggesting that drinking while eating may not be as impacting on satiety as we once thought.

We had a meeting and revised current instruction to include waiting just 15 minutes after meals to drink and allowing patients to take small sips while

Tip: 64 oz. of fluid each day is the recommended intake! So drink up!

eating if need be. This will hopefully help patients to consume more liquids during the day and decrease the instances of constipation and dry mouth.

It is still important to avoid drinking a full glass of liquids with your meals and to keep all the other rules for success you have learned in place. We want all of our patients to be successful with this program! We will continue to update you of any changes that occur.

Autumn Activities for the Whole Family!

Ahhhh fall—the nights are cooler and the windows are open. The trees are changing color and there are seasonal food favorites to enjoy such as apple cider and pumpkin spice everything!

This is the perfect time of year to get outside with the whole family and enjoy recreational activities that can help you reach your goal of 150 minutes per week! See some local activities below!

Tuttle Orchards

Mon-Sat 9am—7 pm

Located in Greenfield Tuttle Orchards has a wide variety of activities for families of all ages to enjoy. Activities include apple picking, pumpkin patch, hay rides, and corn maze!

Conner Prairie Headless Horseman

3400 Allisonville Road, Fishers, (317) 776-6000, October 9-11, 15-18, 22-25, **gates open at 6 pm.**

This educational park transforms into “Conner Scairie” each October. Bring the family to a land haunted by friendly ghouls with plenty of activities for all ages!



Go Hiking!

You don't need to travel far to experience the beauty of Indiana and it's trails this fall. Places like Turkey Run State Park, Fort Harrison, and Eagle Creek all have beautiful hiking trails with vibrant trees and breath-taking scenes this fall.

Check out <http://www.in.gov/dnr/parklake/> to get a full list!



Pumpkin Spice Overnight Oats

Overnight oats are a quick and simple way to organize your breakfast in advance! Choosing pumpkin spice makes your fall mornings smell and taste amazing! Plus you are getting a healthy dose of fiber!

Ingredients

- ½ cup unsweetened coconut, almond, or cow's milk
- ½ cup rolled (or old fashioned) oats
- 1 scoop vanilla protein powder
- 2 tablespoons pumpkin puree
- ¼ teaspoon pumpkin pie spice
- ¼ teaspoon vanilla extract
- 1 teaspoon ground flaxseed
- 2 teaspoons Splenda brown sugar
- 1 tablespoon chopped walnuts (or any nut you like)

Directions

- In a pint size mason jar combine coconut milk, rolled oats, pumpkin puree, pumpkin pie spice, vanilla extract, flaxseed, and maple syrup.
- Mix until completely combined.
- Put lid on and store in refrigerator for 8 hours or overnight.
- Stir and add a little more milk for consistency and warm in the microwave for 30-45 seconds if desired for a more rich taste. Add walnuts and enjoy.

Omega-3's: Nature's Brain Food

Omega-3's have been an increasingly prevalent buzz word when we talk about nutrition. You have most likely heard that omega-3's are good for you but maybe do not know why. Omega-3's are good for the whole body but especially good for our brains. Omega-3's, DHA in particular, is actually found on the nerve endings of our brain. Studies have shown those with low levels of DHA in their brain may have an increased risk of Alzheimer's disease later in life.

To be sure you are getting enough Omega-3's and DHA opt for fatty fish twice a week. Options like tuna, salmon, mackerel, and sardines are in Omega-3's. Vegetarian sources include walnuts, flax seeds, and olive oil but may not be as well absorbed. If you are vegetarian or vegan talk to your dietitian about possibly needing a supplement.

Omega-3 Richest Foods

Ground Flax, 2 Tbsp.

- 3.2 grams

Walnuts, 1/4 cup

- 2.3 grams

Salmon, 4 oz.

- 1.47 grams

Bolthouse Farms Dressing

Light and Tasty Dressing!

Salads can be an amazingly tasty and nutritious option by oftentimes we take a light option to a caloric distaster with our dressing choice.

Keep your salads light and fit with Bolthouse Farms yogurt-based dressing options. They come in a variety of flavors including Greek options and generally have 30-40 calories per serving which is 75% less when compared to 145 calories in regular ranch!



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New Patient Seminar!

Tell your family and friends to join us to hear Dr. McEwen talk about lap band surgery and to hear from guest speakers about their experience. The next seminar will be:

When: **ONLINE**

Call and have any seminar emailed to interested friends/family!

Patient of the Month!

Carol's steady weight loss has lead to regained energy and health. Our team continues to be a source of support and guidance months and years after your Lap-Band is placed. We love to see our patients achieve continued success!

