Facing your Weight-Loss Saboteurs

For those of you who were able to come out last month to support group, we enjoyed having Dr. Stacey Maurer, a postdoctoral fellow at the behavioral medicine clinic facilitate an engaging discussion on weight loss saboteurs, and how to overcome them! For those who couldn’t make it, here are some highlights:

Many things can get in the way of your weight loss goals, such as certain foods, places, times of the day, people, thoughts and emotions. People react differently to their saboteurs: some give in, others fight back, and others respond emotionally. There are many things that we cannot control (holidays, constant food cues, and other food choices).

So what can you do when you are faced with these saboteurs?

- **Change how you respond**
  - Recognize when you are struggling

- **Re-focus on the present moment**
  - Instead of constant avoidance of emotional states, consider acceptance or willingness to be in the moment and accept your thoughts/emotions and move though that temporary state

- **Identify & Live alongside your values**
  - Why did you choose surgery? What were you hoping life would be like? Is it meeting your expectations?
  - What are your measurable & objective goals?
  - What behaviors could you practice that would align more closely with the goals and life values you identified?

- **Change problematic thoughts**
  - All or nothing thoughts – “Since I can’t walk my usual 2 miles, I might as well just stay home”
  - Should thinking – “I should have been able to say no to that cake”
  - Jumping to conclusions – “I didn’t lose any weight this week, I will probably never be successful at this”
  - Disqualifying the positive – “The salad doesn't count because I ate dessert afterwards”
  - Overgeneralization – “She eats out every day and is still thin”

Her advice: Recognize the thought → ask yourself “is that really true” → come up with an alternative thought → focus on the present moment! The group came up with some fabulous ways to cope with sabotage – great job group!

Face your Saboteurs! Nina Crowley, PhD, RD, LD & Amanda Peterson, RD, LD

We’ve Got you Covered!

If you have any medical issues that need attention while Diana, the bariatric surgery PA, is out until December 7, 2015 on medical leave, call scheduling at 843-792-7929 and ask to be seen in your surgeon’s clinic. If you need other issues addressed please call either the nurse triage line at 843-876-5788 or use MYCHART to route your concerns.

Our support group topics, information on classes and nutrition tips can be found at [www.muschealth.org/weight-loss-surgery](http://www.muschealth.org/weight-loss-surgery)
Eat This, Not That

We’ve all heard it: McDonald’s is now serving breakfast ALL DAY! While we don’t traditionally recommend fast food for breakfast, sometimes you just need to grab something quick. Assuming you can make a “healthier” choice, this is ok to do from time-to-time! Many assume oatmeal is The healthiest choice, but it depends! This maple version packs in a lot of added sugar and very little protein, while the egg white delight has fewer calories, 3x the protein and much, much, much less sugar! Read the nutrition facts so you won’t be fooled and can Eat This, Not That!! [http://nutrition.mcdonalds.com/getnutrition/nutritionfacts.pdf](http://nutrition.mcdonalds.com/getnutrition/nutritionfacts.pdf)

**Eat This**

Egg White Delight  
Calories: 250  
Fat: 7g  
Carbs: 29g, Sugar: 3g  
Protein: 18g

**Not That**

Fruit & Maple Oatmeal  
Calories: 290  
Fat: 4g  
Carbohydrates: 58g, Sugar: 32g  
Protein: 5 g

What We’re Eating

*Individual Servings of Olives, Pickles, and Sunflower Seed Butter*

We’ve spotted these great individual serving containers of some of our favorite savory snacks! The Olives to go are in 40-calorie portion packs (whole or sliced), and the pickles are calorie free – great for when you need to satisfy a salty crunchy craving.

The SunButter (sunflower seed butter) found at Target, comes in 1.5 oz containers with 7 g protein (200 cals) and go great with a piece of fruit when you are on the go!

Be a BUDDY! Give back to others!

- Complete the demographic info (name, date of birth, date/type of surgery, city/town you live in, phone/email/social media info, preferred contact info)
- Share your story and be a resource for others!
- Sign up here: [http://tinyurl.com/bariatricbuddy](http://tinyurl.com/bariatricbuddy)
- To be an Adolescent/Teen buddy: [http://tinyurl.com/teenbariatricbuddy](http://tinyurl.com/teenbariatricbuddy)

Meet...Angie!

Hi, my name is Angie and I have lost over 100 pounds thanks to gastric sleeve surgery. In August, 2014, I weighed 252 pounds. I could not believe I let myself get so heavy and unhealthy. My weight was out of control. I have had several setbacks along the way, but I have finally reached my 1-year mark and I am so much happier and healthier.

I have stayed on track by eating several healthy, small meals a day, drinking lots of water, and exercising. It has been an amazing journey and I would do it all again if I had to, even the rough patches!

If I can do it, anyone can do it. You only have one body, so treat it well!

God speed on your weight loss journey.

Need ideas on what to cook? Check out our recipe corner: [www.muschealth.org/weight-loss-surgery/nutrition/recipe-corner.html](http://www.muschealth.org/weight-loss-surgery/nutrition/recipe-corner.html)