



**KENTUCKY  
BARIATRIC  
INSTITUTE**

# MARCH 2024 NEWSLETTER

## First, You Need A Plan!



I know this sounds silly, but if you want to stick to the plan, you first need to have a plan. Patients will often describe challenges with sticking to the plan, but when I ask them to tell me what the plan is, many struggle to provide more than a

general concept or idea. Plans only work when we develop them. If you are planning to build a house, you don't hire a construction team and tell them "I want walls and a roof"; you make a plan with exact dimensions, carefully thought-out steps, and a list of the materials you will need.

If you are trying to make lifestyle changes and achieve weight loss or health goals, you need to make a true plan. Set aside time to build this plan. What do you want to build? Do you want to lose weight, reduce the number of medications you are taking, or increase your mobility? What steps will you need to take in order to achieve this and in what order are you going to make those steps? What do you need to make this happen?

This may look like planning your meals for each day this week or planning a 30-minute walk with a friend in the afternoons. Be specific, be intentional, and stick to the plan. When our plans are more detailed and thought-out, the product of that hard work tends to be much greater.

**- Dr. Sarah Hayek**

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# BariNation

## What is BariNation?

BariNation is a mission-driven, patient-led organization focused on improving the lives of people battling the lifelong and chronic disease of obesity. The disease impacts so many facets of our life, and the shame and stigma that shrouds the disease is difficult to break free of.

**When people struggling with the disease connect with others who are successfully treating their disease and thriving, amazing things happen!**

BariNation is an educational resource destination where the most relevant, accurate, and meaningful information is brought together and delivered in ways that are accessible and understandable to everyone. Instead of sifting through thousands of chat rooms, blog posts, unkind Facebook groups, and unsettling (and often incorrect) information, you can turn to BariNation. The information we curate and share is vetted for accuracy by our experts and deemed helpful from patient feedback.

**BariNation is where you can turn to when you want to tune out the noise and focus on what is most important, you and the treatment of your disease.**

**Patients who undergo bariatric surgery with KBI will be granted a complimentary trial membership to BariNation's user-friendly online platform as part of the sponsorship crafted between the two organizations.** With over 100 virtual support groups, classes and meet-ups per month, many led by ASMBS members, the KBI/BariNation collaboration strives to provide patient centered support that is accessible, on demand and meaningful to meet the needs of those in treatment for the complex disease of obesity. Created by bariatric patients, BariNation structures its offerings across the pillars of Mindset, Movement and Metabolic Wellness. This association will empower patients to take an active role in their weight loss journey, ensuring they have the knowledge and resources necessary to make informed decisions and achieve long-term success.

The educational sponsorship between BariNation and Kentucky Bariatric Institute represents a significant milestone in the field of bariatric medicine. By uniting their resources and expertise, these organizations are poised to make a lasting impact on the lives of individuals struggling with obesity, ultimately improving overall health outcomes and promoting a healthier future.



## BariNation

# Recipe

## Chicken, Bacon and Ranch Wonton Cupcakes

Adapted from: [barilife.com/blog/10-single-serving-meals-you-need-in-your-bariatric-life](http://barilife.com/blog/10-single-serving-meals-you-need-in-your-bariatric-life)

Nutrition information is generated per 1 cup

Calories: 152 | Carbs: 10g | Fat: 6g | Protein: 14g

**Makes:** 12 Wonton cups

### Ingredients:

- 1 lb uncooked boneless, skinless chicken breasts
- 1 tablespoon ranch seasoning
- 2 teaspoons canola oil
- 5 slices center-cut bacon, cooked crisp and chopped
- ¾ cup yogurt-based ranch dressing (such as Bolthouse Farms)
- 24 wonton wrappers
- 4 oz 2% shredded sharp cheddar



### Instructions:

1. Preheat the oven to 375. Lightly mist 12 cups in a standard muffin/cupcake tin with cooking spray and set aside.
2. Place the uncooked chicken strips into a Ziploc bag and sprinkle with the ranch seasoning. Seal the bag and shake/massage until the chicken is coated with the seasoning.
3. Bring the canola oil over medium heat in a medium-sized skillet. When the oil is hot, add the chicken pieces and stir them around to coat with oil. Arrange them into a single layer and cook for 5-7 minutes, flipping occasionally, until the chicken strips are cooked through. Remove the chicken to a cutting board and chop into small pieces.
4. Place the chopped chicken into a mixing bowl and stir in the chopped bacon and ranch dressing until well combined.
5. Push a wonton wrapper into the bottom of each of the sprayed cups in the muffin tin. Using about half of the chicken mixture, spoon evenly into the wonton wrappers. Sprinkle about half of the shredded cheddar evenly over the top of each cup. Press another wonton wrapper on top and repeat the layering steps with the remaining chicken mixture and shredded cheddar.
6. Bake for 18-20 minutes until the wontons are golden brown and the contents are heated through. Remove the muffin tin from the oven and allow to cool for 2-3 minutes before removing from the tin