



The Signs and Trends of Fall

Dr. Charles Shaffer

Fall is in the air! You can sense the change with the cold, crisp morning air, colorful leaves, and football season. Many patients have told me in January ‘by football season, I want to be at my goal weight’. Most of them achieved their goal but some were not able to. Now, there is a trend at the end of tailgating season: many individuals gain 15 to 20 lbs. The Weigh Station is taking measures to prevent this trend from continuing.

Tailgating and game day traditions are normally loaded with calories. The average fan is able to consume about 1,400 calories in one sitting. During the course of the season the average weight gain has been anywhere between 6 to 10 lbs.

WHAT YOU'LL FIND
INSIDE:

- **SIGNS AND TRENDS OF FALL**
- **TAILGATE WHILE YOU LOSE WEIGHT**
- **THE RECIPE OF THE MONTH**



Keep in mind the holiday season is quickly approaching which generally means more snacks, meals, and stuffing. The trend in holiday season weight gain is all too common; some individuals gain up to 20 lbs. Many of you have worked too hard to backtrack. Taking steps such as planning ahead your tailgate menu and beverages is not only smart, but a huge timesaver. Many patients tend to stray when they are rushed to make last minute decisions due to poor planning and procrastination. Remember to balance your food groups and to stay well hydrated!

Stay active! Tailgating doesn't have to be centered around food. Bring a football, frisbee, or cornhole to toss around and enjoy the company of others. Even simply taking a walk is better than sitting the whole time.

The amount of food consumed during football season is truly mind-boggling. If you get a chance, walk around tailgate lot and peer at what others are serving. Many people eat consistently throughout the game and others never make it in.

In our culture, we invite others over for lunch, dinner, and brunch. The American lifestyle is centered around food. We plan what we want for dinner and give recommendations for the best local cuisine. Very seldom do we tell others the best products at the pharmacy, auto shop, and clothing store. All of these are necessary services and will be needed, but food will always seem to dominate our culture.

I recently received an email from a patient who lost 190 lbs with our practice. He said it has completely changed his life; he's now riding bikes with his family, camping, and hiking. He had also decided to join his church softball team and plans on playing for their basketball team as well. He is able to do all of this because of his dedication to the program and his drive to achieve his goal. Each of you CAN conquer your weight and live a long, happy life without dragging along an extra 50 lbs.

I apologize for the delay in this month's letter. Terri and I recently sold our house and have downsized. I had not realized how much stuff we have accrued over the years. I was pleased to bless others and donate the things I had not touched in years. Memories came flooding back as I was going through all of our items. Some of those things were given to me by my dad; some were given to me by friends. However, most of the things I had I didn't need.

Sometimes we need to declutter our lives and minds. As you face the upcoming tailgates and holiday parties plan on decluttering your appetite by picking out the right foods and enjoying yourself. This season, I am rooting for Virginia Tech. However, I still love the Mountaineers of West Virginia University. You can take the boy out of West Virginia, but you can't the West Virginia out of the boy, I guess.

Blessings to all,

Chuck Shaffer MD

Tailgate While You Lose Weight

Tricia Foley

It's tailgating season again, that means lots of fun, food and football! So how can you stay on track while still enjoying yourself and the food before the big game? We have you covered!

Instead of carb-ing it up with the typical tailgate fare; chips, soda and pizza, consider picking up grab and go items like Chick fil a's grilled nuggets or naked chicken wings for a punch of protein.

Football season often also means hot weather. Quench your thirst with a flavored sparkling water on ice. Great choices include: LaCroix, Bubbly or DaSani. If you aren't a sparkling water fan, consider Stevia based soda's like Zevia, they come in a variety of flavors and will still bring a punch of flavor while inching you closer to your weight loss goal!

To bring balance, we can't forget the fiber! Veggies like celery are a must have at a tailgate, they are great with ranch dip and wings. Other ideas include Buffalo Coleslaw and roasted kale chips that are sure to wow the crowd

If you love to entertain and are looking for recipes, think outside the box! Sticking with the same things can get boring. These are sure to be fan favorites during football season!

- Bacon wrapped meatballs
- Spicy jalapeno peppers
- Baby portobello sliders

The Recipe of the Month

Portobello Sliders

Makes 12 sliders

- 1 lb lean ground beef
- 24 baby portobello mushrooms
- 4 slices sharp cheddar cheese, sliced into quarters
- 4 tbsp chopped yellow onion
- 2 dill pickles
- 2 tbsp extra virgin olive oil
- 12 basil leaves



Directions

Remove stems from portobello mushroom caps and wipe with a damp paper towel to remove any dirt. In a small saucepan, heat 1 tbsp olive oil over medium heat. Add mushroom caps and cook for 2 minutes on each side, allowing for mushrooms to cook through but retain firmness. Remove mushrooms from pan and place on paper towels to allow liquid to drain off.

Divide the ground beef into 12 portions, roll each into a small disc shape. Add salt and pepper to taste.

In a large grill pan, heat the remaining olive oil over medium heat. Once the pan is hot, add the meat and cook for 3 minutes on each side. Stack a mushroom, burger, cheese, onion, pickles, and your choice of condiments. Top with second mushroom cap and a basil leaf for garnish!

Let's Get Cooking!

