

Bariatric Benchmark



Carolinan Medical Center
NorthEast

SPRING

Spring is here and that means longer days and nicer weather. It's time for baseball games, soccer games and softball. If you find yourself sitting on a bench waiting for practice to finish, **get up** and walk! Do not waste valuable time sitting instead of walking. Check your local town recreation department's schedule, as there are more and more **couch potato to 5K** classes starting up. If you have not met with Joe Miller yet, call Joe at 704-783-2030 EXT 6237 and make your appointment! If you do not have a pedometer, buy one and bring it in the package for Joe to calibrate with your steps! Exercise is mandatory to lose weight, to keep it off, to be healthier and to feel better mentally. Do not sabotage what you want by sitting instead of moving.

CLOTHES TOO BIG?

Do you not have any spring or summer clothes that will fit you, now that you have lost weight? Are you still losing and do not want to spend a lot of money buying new clothes? Consignment shop! Fifi's in Cornelius has fine clothing up to size 3X at very good prices. She will also take your clothing in good condition and sell it for you and you can either get a check or use it to get your new clothing. (FiFisLKN.com) Goodwill Stores are almost everywhere. Salvation Army has half price on Wednesdays. Value Village has 50% and 75% off every day. CVAN's has great clothes for women, great prices, and the money goes to help abused women. So "what goes around comes around" – pass on your clothes as you will *never* need them again!

DRINK YOUR FLUIDS

Drink your fluids as advised. Do not wait until you feel thirsty. If you feel thirsty, you are most likely dehydrated. Do not go anywhere without your water bottle. Sip constantly (except during meals). As the weather gets hotter, you need even more.

Today...we have the chance to create our life exactly as we want it.

We must become the change we want to see.
-Mahatma Gandhi

TO WEIGH OR NOT?

Do not allow the scale to drive you crazy! If you want to weigh daily, that is fine as long as you understand that the scale may not move much for a week or two – and then you will drop some weight overnight. If you go a week without losing, step off the scale and make sure you are exercising each day as advised; and following the healthy eating plan. If you are, when you come in for your monthly visit you will have lost the amount of weight you needed to since your visit the month before. If you are not exercising, then **do it!** If you are allowing old behaviors back in your life, then **stop!** Do not get on the scale if you feel it is affecting your every thought. Do get on the scale if it helps you to make healthy choices each day. What is your inspiration for having bariatric surgery to assist you in making lifestyle changes and to achieve a healthy weight? Was it your health? Were you on medications for high blood pressure, diabetes, high cholesterol, asthma, allergies, painful knees or painful back? Were you on a CPAP machine because of sleep apnea? Were the medications becoming expensive? Did you have no energy and at the end of the day you came home, collapsed, and watched as your children played? Was it your quality of life? Could you do what ever your family wanted to do, or did you sit and watch? The reason you choose to have bariatric surgery and change your life must be something that has meaning and value to you – to help you to take action and to enjoy the results. Write down all of the reasons. Remind yourself as you struggle to exercise each day of the reasons you decided to have surgery. Did someone you love not live to a golden age because of obesity related health problems? Life is short! Enjoy each moment in a healthier way.



"I have metal fillings in my teeth. My refrigerator magnets keep pulling me into the kitchen. That's why I can't lose weight!"

FOOD JOURNAL

It has been proven the successful weight loss person, and the person who then maintains a healthy weight keeps a daily food diary. This can be done in a small assignment pad, a cute little journal you purchase, on your computer or on your fancy cell phone. It will help you to see what you eat, when you eat, how much you eat, how many calories, fat grams, mg. of sodium, protein, fiber, etc...At the end of the day you can see what you did, and if you need to work on your eating plan. If you are going to eat out, you should check on line first the nutrition of the food you are thinking about having. Be aware and beware of hidden fat and sodium.

VITAMINS

Gastric Bypass Patient: By the time you have reached 3 months post-op you should be taking a Multivitamin (with iron if you still menstruate), B-Complex and Calcium with Vitamin D 500-600 mg twice daily (1 after breakfast-1 after supper). Optional vitamin would be Biotin for hair and nails plus over the counter Vitamin D if you are not taking prescription Vitamin D (OTC 1000-2000 IU daily is reasonable). If you take an iron supplement you should also take a Vitamin C with it, if not already in your dose. **Adjustable Lap band Patient:** Should take a Multivitamin daily, and can take the optional vitamins above if desired.

DON'T FORGET – SUPPORT GROUP

Support Group meets the first Tuesday of every month from 6 – 7 PM. It is always held in Classrooms 1-3, downstairs in the Medical Arts Building located on the campus of CMC-NorthEast. May 3rd, Shannon Watts from Soy Revival will be guest speaker. It is important to note statistics show patients who attend a Support Group regularly have better outcomes. Support Group leaders are Diane Stout, RN, CBN, LSC and Ruth Wadsworth, RN, CBN, LSC.

***Laugh often – Exercise daily – Breathe deeply!
Great ways to benefit your heart and to relax your mind!***

OWN AN iPhone?

For those lucky ones who own an iPhone – a free application is FOODUCATE. Scan bar codes to see any red flags about an items nutritional value - and get suggestions for healthier alternatives.

BLOATED

Do you feel bloated? If it is after you consume dairy products, you may have developed lactose intolerance. Try foods like hard low fat cheese or yogurt or lactose free products. Probiotics can help also. Honey dew, apples and pears are harder to digest than berries, grapes, and citrus – as there is higher fructose in the first group. Fake sugars can sometimes cause bloating (sorbitol, xylitol, and mannitol are found in sugar free gum, etc). Stevia may be a better choice.

APRIL RECIPES

Green Salad with Roasted Beets, Goat Cheese and Almonds

4 medium beets
1 tbsp. unsalted butter
¼ cup sliced almonds
Pepper
1 tbsp red wine vinegar
½ tbsp lemon juice
½ tsp Dijon mustard
1 tbspn canola oil
1 tbsp olive oil
5 cups mixed dark lettuce such as Boston, arugula, romaine, red leaf
¼ cup goat cheese crumbled
Trim beets and wrap in a piece of foil and roast in 425 oven for about an hour. Cool, peel and cut into 1 inch diced pieces. Melt butter in a small skillet and add almonds, stirring about 3 minutes until golden brown. Drain on paper towels and season with pepper. Combine vinegar, lemon juice and mustard in a large bowl. Whisk until blended and smooth – whisk in other oils and season with pepper. Add lettuce in with dressing and toss well. Add beets, sprinkle with goat cheese and almonds and serve cold.

Roasted Asparagus and Lemon

1 lb fresh asparagus
 1 tbsp olive oil
 Pepper
 1 tsp finely grated lemon zest
 1/2 tbsp fresh lemon juice
 Preheat oven to 400 and line a rimmed baking sheet with foil. Break off tough ends of asparagus and place on foil. Drizzle with oil. Sprinkle lemon zest over asparagus. Roast in a single layer for 20-25 minutes or until tender, shaking once or twice during cooking time. Season with pepper and sprinkle with lemon juice right before serving. Also great as a cold snack!

Shrimp and White Bean Ragout (great hot or cold lunch)

Heat 1 tbsp. olive oil in a large nonstick pan over medium high heat.
 Add 1 pound large thawed shrimp
 ¼ teaspoon each of garlic powder, onion powder and crumbled dried rosemary.
 Cook 2 minutes, add 1 can of rinsed Great Northern beans (15 1/2 ounces) and cook 2 minutes until heated through. Cold is great with red wine vinegar drizzled over it.



Tumaros Gourmet 95% fat free low carb garden vegetable tortilla

Spread with 2 tablespoons favorite hummus
 1/3 cup shredded Cabot Pepper Jack cheese
 Add cilantro leaves if desired
 Top with another tortilla and microwave for 45 seconds. Cut into 4 wedges and enjoy 2 now and 2 for another meal. You also could spray a pan with Pam, heat on medium-high – and toast on both sides till lightly browned. Makes for a crispier treat! Also use hummus to dip celery, mini carrots, 5 honey wheat Snyder pretzels, 5 fiber select wheat thins! Come up with ideas! Try something new.

Bean and Veggie Sliders

1 can kidney beans rinsed and drained
 1 cup cooked brown rice
 1/2 cup shredded carrot
 1/3 cup shred broccoli
 2 Tblsp grated ginger
 2 Tblsp finely chopped fresh cilantro...**flavor base** (see next) – 1 tblsp canola oil
 Pulse beans in food processor until resembles ground beef. Pulse in rice. Stir mixture in a bowl with carrot, broccoli, ginger, cilantro and flavor base. Form into twelve 2 ½ inch patties (2 ounce each). Cook in hot oil over medium heat until golden, about 3 minutes per side. Enjoy one on a mini wheat roll or on a wheat sandwich thin, or better yet alone with a spoonful or 2 of your favorite vegetable or fruit.
Flavor base instructions - Heat 1 tablespoon of olive oil in a pot over medium heat. Add 1/2 chopped onion, 1 1/2 garlic cloves chopped, ½ of a fresh chile chopped and heat till softened.

QUICK FOOD IDEAS

- Try a 6 inch whole-grain tortilla spread with 1 tablespoon peanut butter and ½ medium banana on top. Roll up and slice into 4- ¾ inch slices and enjoy 2 for a snack. 104 calories, 4 g fat, 1 ½ g fiber
- Pineapple is at its peak now till June. Buy one and slice or cut into chunks – and enjoy it every day. It is high in vitamin C, and manganese. It will keep its nutritional punch for up to a week in the fridge. Throw some chunks and juice in the pan with skinless chicken or shrimp or lean pork – and enjoy a quick healthy meal.
- Always keep fruit at home. If on sale, buy bags of frozen fruit and spoon out on top of your oatmeal, or enjoy with Greek yogurt, or have as a healthy snack at work. Buy in season, and local if you can.



"The handle on your recliner does not qualify as an exercise machine."