

Bariatric Benchmark



Carolinan Medical Center
NorthEast

HAPPY HEALTHY HOLIDAYS

The holiday season brings cooler weather, shorter days, holiday shopping, holiday parties, holiday eating, and trying to find time to exercise. This year can be your year of getting it all together. Be organized. Make lists. Make time to exercise and do not just **try** to find time, find it! Cook healthy, eat healthy and have fun! It is the season for giving, for Holiday music and for loved ones far and near. It is a time for children, young and old to enjoy each other. Play, laugh, sing and be healthier than you have been in a long time!

FYI

- Rachel Ray will be doing a book signing and a short talk at Books A Million at Concord Mills on December 11th at 6 pm. She will be there to talk about her new book My Year in Meals.
- Do not wash prewashed salads, you can introduce new bacteria. Eat by the "best by" date. Touch the display to make sure it is cold!
- Tuna in water has fewer calories, less sodium and less fat. Tuna in olive oil has a little more sodium, calories and fat but also more protein. The olive oil actually preserves the omega-3 better than the water. Just make sure you count the calories, sodium, fat and protein in either one as you keep track of these numbers.
- Want to feel good? Stay away from trans fats, refined sugar, and do not allow dehydration. Drink the water and fluids recommended, and do not eat simple sugars and trans fats! Read labels!
- Steer clear of ground turkey unless it is 93% lean! Instead try Boca crumbles or Morningstar crumbles. Use instead of ground beef or turkey in chili, soup, sloppy Joe's. Its low fat, low sodium and high protein. You really will not notice a difference in taste!

EMOTIONAL AND HEALTHY EATING

The holidays are a time for celebration, a happy time when we think of the blessings in our lives and enjoy the company we have around us. It is important for you to practice the act of knowing you decide each day what you are able to control and to let go of the things that you are not in control of. One way to stay in control is to plan ahead. Bring a healthy dish or appetizer that you make to the party or get together, knowing at least there is one thing that you know you can enjoy eating. You can not control what others bring, but you can choose and control what you put in your mouth. Stay away from the tables of desserts and casseroles that you used to love. Hold a glass of water in your hand, or bring a pitcher of your favorite Crystal Light. Mix a few together for a festive fun drink. Add some fruit. Make what you eat and drink special and appealing. Mindful eating is taking a small bite and eating it slowly. If it does not taste as good as you thought it would, don't take another bite. Try another healthy food. As you chew your food well, think about the taste, the smells, and the texture. Enjoy the moment! Remember change is good. All the changes you are making in your life are leading you to better health and a better quality of life. Update a favorite old recipe if you can or ask for help if you need it. You will be surprised that some family members will not notice a dish was prepared differently and may even like it better. Then, they are pleasantly surprised to see that a healthier version can taste good too. Consuming alcohol is drinking empty calories that could make you feel sick or even get sick. Be smart when you pick the beverage you will drink over the holidays. Ask for a little wine in your Crystal Light, and then be done with it. Save your calories for a food you want to try. Do not drink carbonation. Sodas and beers are carbonated, plus beer is a simple starch too. Keep a food journal. Write down the foods you eat, what you drink and the exercise you do. Know what you are putting in your mouth!

SUPPORT GROUP

NO SUPPORT GROUP in January due to the New Year's Day holiday. The next Support Group will be February 5th, 2013 at 6 PM in the new NorthEast Health and Fitness Institute. The Institute is located at 1090 NorthEast Gateway Court, Concord.

DID YOU KNOW?

- **Selenium** – greater selenium intake has been linked to lower anxiety and better mood. Brazil nuts (count your 7); tuna, garlic and mushrooms are all high in selenium.
- **Stress relieving snacks** –vitamin-c-rich peppers and citrus fruits can lower levels of cortisol, the stress hormone. Raw Vitamin C fruits and vegetables – Vitamin C breaks down in cooking.
- **Agitated?** Tart cherry juice (4 ounces) in the am and before bed can help and also possibly help with sleep as it is high in melatonin (the hormone that initiates the sleep cycle).
- **Feeling foggy headed?** Colorful fruits like pineapple, cranberries and plums can help. Salmon, which is high in omega-3, can help, too.
- **Short fuse? Angry? Agitated?** Serotonin level has something to do with that. Banana and plantain are high in serotonin (plantain highest concentration).

QUICK TIPS

- Take the stairs!
- Take a day off for yourself each week – not 3 days, not 4 days just 1 day off!
- Make sure you visit your dentist regularly!
- Eat fish! A hidden perk is improved eyesight.
- Try a yoga class or a yoga video. Reduces stress, and improves balance. This decreases risk for falls and broken bones.



CLEAN EATING

7 Steps to eating “clean”

1. Eat whole foods – fresh and frozen.
2. Choose “good” carbs (remember-no white, simple carbs).
3. Smart protein picks – lean meat, fish, chicken, eggs, and low-fat dairy products.
4. Minimize eating – that means 5-6 small meals per day.
5. Drink Water – 60 ounces of water – make this beverage your first choice.
6. Move 5-6 times per week for at least 45-60 minutes.
7. Watch the amount of fat grams and stay away from trans fats and saturated fats.

Diane Welland, M.S., R.D.



EXERCISE IS MOVING

Move! Walking the dog is great if you have a dog that moves quickly and does not stop to make bathroom stops. If your dog is small or stops often to go; then take him/her for a walk then drop off and go for your cardiac – non stop walk! Maximize your time and move!!!

HOLIDAY APPETIZERS

Indian Yogurt Dip

Mix 1 cup low fat Greek yogurt with 2 tablespoons each chopped cilantro and tomato, 1 tablespoon minced shallot, ½ teaspoon each grated ginger and garlic. Serve with fiber select wheat thins or wheat pita chips.

Romesco Dip

Pulse 1 cup roasted red peppers, 1 garlic clove, a pinch of red pepper flakes, 1 teaspoon red wine vinegar and 1/3 cup toasted almonds and 1 tablespoon olive oil in food processor until finely chopped. Serve with crackers or celery sticks.



Deviled Crab Dip

Mix ½ pound crabmeat, 3 tablespoons light mayo, 1 tablespoon each Dijon mustard, lemon juice and chopped parsley, ¼ teaspoon low sodium Worcestershire sauce, and hot sauce to taste. Serve with crackers or celery sticks.

Pimiento Cheese Spread

8 ounces grated 75 % low fat sharp Cabot, 4 ounces 50% low fat sharp Cabot, ¾ cup light mayo, ¼ cup drained pimientos, ¼ cup drained jalapeno slices...Mix together and serve on wheat crackers, or celery sticks, or toasted Light Wheat English muffins (cut in 4's)

Spiced Pita Chips

Spray cut Wheat Pitas with Olive Oil Pam, sprinkle with ground cumin and ground coriander. Bake at 425 till toasted...about 8 minutes. Use for salsa, with hummus, etc.

Pumpkin Hummus

Puree 1 ½ cups drained chickpeas with 1/3 cup canned pure pumpkin, 1 tablespoon olive oil and 1 tablespoon tahini, 1 garlic clove, ½ teaspoon paprika and ¼ cup water. Add lemon juice to taste. Transfer to a bowl and sprinkle with red pepper flakes and enjoy.

Holiday Apple Slices

2 Granny Smith Apples (or apples of your choice)
½ small box of red or green (or both) sugar free Jell-O powder. Cut up apples into slices (8 slices at least, can cut those in half also if you want)
Sprinkle Jell-O powder on apple slices, serve with a tooth pick (powder can stain your fingers) Enjoy.

HOLIDAY RECIPES

Dr. Oz's No-Salt Spice Mix

(shared by a patient)
1/3 cup garlic powder
1/3 cup onion powder
1/3 cup oregano
2 tablespoons thyme
1 tablespoon parsley flakes
1 teaspoon ground pepper
Combine all ingredients in a shaker jar and use for soup, on meat and vegetables. Give as healthy gifts with flavored vinegars, bean soup mix, etc.



Dessert Cake

1 cake mix
 1 can diet soda
 1 egg white – mix and bake according to directions.
 Have a dessert to serve that only has 160 calories and 2 grams of fat per piece. They won't know!



Mixed Berry Smoothie

1/3 cup each of fresh or frozen strawberries, raspberries, blueberries (can sub blackberries for one). 1/3 cup orange juice 1 cup protein ice cubes (fill an ice tray with your favorite protein drink) Combine and process until smooth. High in vitamins, antioxidants and protein! (Great breakfast or post exercise Smoothie)

Healthier Graham Cracker Crust

Make a graham cracker crust without the melted butter. Pulse 10 Graham crackers (whole) in processor until fine crumbs. Add 1 oz of low fat milk and process for 30 seconds more or until the crumbs stick together. Press into a nine inch pie dish and bake at 350 for 10-12 minutes.

Crystal Light in Wine glass

Make a pitcher of your favorite red crystal light, Chill.

Pour in wine glass and garnish with slice of lime.

ENJOY!

Savory Bean and Spinach Soup

Ingredients

3 14-ounce cans low sodium vegetable broth
 1 15-ounce can no salt added tomato puree
 1 15-ounce can small white beans or Great Northern beans, drained and rinsed
 1/2 cup uncooked brown rice
 1/2 cup finely chopped onion; 1/4 teaspoon black pepper; 1 teaspoon dried basil; 2 garlic cloves, chopped; 8 cups coarsely chopped fresh spinach or kale leaves (or 1 large bag of frozen chopped spinach);
 Finely shredded Parmesan cheese

Directions

1. In a 3-1/2- or 4-quart slow cooker, combine vegetable broth, tomato puree, beans, rice, onion, basil, pepper, and garlic.
2. Cover; cook on low-heat setting 5 to 7 hours or on high-heat setting 2 1/2 to 3 1/2 hours.
3. Just before serving, stir in spinach or kale (if using frozen spinach, microwave first till thawed) and sprinkle with Parmesan cheese.

Holiday Drink

8 ounces Ocean Spray light Cranberry Juice drink, chilled

2 ounces lime flavored water

Lime wedges – squeeze lime juice and garnish with lime slice

Fill a tall glass with ice. Add juice, top with water, squeeze lime juice and garnish with lime slice.

