

Bariatric Benchmark



Carolina's Medical Center
NorthEast

FALL HAS ARRIVED

Cooler weather means more comfortable walking outside! Cooler weather means you can take a good, brisk walk during your lunch hour. It will mean shorter days, so walk before work, during lunch hour, or as soon as you get home. Enjoy nature and *walk* outside!

HOW TO STAY MOTIVATED AND REACH GOALS

Write your story! Write down what you desire in your future. Where do you see yourself in a year or two? Picture yourself exercising daily – what do you see yourself doing, besides the walking you are doing now. Write down where you were, and what changes have happened in your life since surgery (medications you might not take anymore, money saved, clothes size changes, etc.) Educate yourself – learn more about healthy cooking, different exercises, attend Support Group. Get organized and you will find more energy each day to do other things for yourself. Be a mentor for someone – you will help yourself as you help them. Find a role model – find someone who has had the surgery and followed the protocol – lost the weight they desired and have kept it off. Read motivational quotes – you can find them on the internet, in daily reading books, etc. Do not ever allow yourself to forget why you started on the journey to a healthier, happier you. You had hopes and dreams – stay motivated to eat healthy, eat less, and to exercise daily! The best way to predict your future is to create it every day! You make the choice each day whether to exercise or not, or to eat healthy or not. Make the choices you need to reach the goals you made for yourself.

SUPPORT GROUP

Do not miss Support Group on Nov. 2. Joe Miller, Exercise Physiologist will be presenting the program and will engage the group in fun exercises. Wear tennis shoes and something comfortable. The Support Group meets at 6 p.m. on the campus of CMC-NorthEast in Medical Arts Classrooms 1-3.



TO WEIGH OR NOT TO WEIGH

Weighing every day is fine, as long as you understand that you may see 1 or 2 weeks go by without the scale moving. If weighing every day is making you frustrated – then don't do it! There is no explanation on why one might not lose for a week or two, but it happens – and then you drop 4 lbs overnight. Makes no sense but it does happen. Now if you do not lose, and you are not moving 60 minutes daily – then know that is why. If you chose unhealthy foods, and do not lose – again you know why. But if you are following the protocol, you will come in for your monthly visit and will lose what you set out to lose. Be patient and do not allow the scale to sabotage your goals!

DO NOT MINIMIZE SUCCESS

Learn to accept compliments and do not minimize your success. Sometimes a simple thank you is enough. If someone asks how much you have lost, that is your decision whether you want to share that. If they ask how much more you want to lose, answer with whatever my doctor feels is important for my health. When they say you do not need to lose anymore (and you know your BMI is still over 30), just say thanks. You only have to give the information you feel comfortable sharing. Reward your hard work with a massage, a bubble bath, a good book or a good movie, or a new outfit. Be kind to yourself – and enjoy every moment of your journey.

MEASURE

Measure! Do not count on your brain or your stomach to tell you to stop eating. Measure the food you are about to eat. Measure your lean meat or fish after it is cooked, as there will be some shrinking from cooking. Once your measured amount is consumed, leave the table, or sip on water. Do not put more food in. Get up and take a walk. When eating out, share the meal with someone. All you need is 2 ounces of the meat or fish, and a spoonful or more of the vegetable. Shrimp cocktail would give you 2 or more meals. If you have no one to share with, ask for only the meat/fish and vegetable, no need for them to bring potato or rice or bread. Request a box when they bring your food and put the extra protein and vegetable in the box for another meal or snack. If you measure every time at home, it will help you to better eyeball your meal while eating out.

HEALTHY HALLOWEEN TREATS

Do you get Trick- or-Treaters at your home? You can treat with healthier treats this year! Small boxes of raisins, pretzels, animal crackers or fruit – look for healthy options to give your Treaters! (It will also mean not having leftover candy in your home!!)



GOOD FOOD CHOICES

Foods to assist in preventing heart disease, relieve arthritis, and boost brainpower.

Beans – loaded with fiber and heart healthy folic acid, potassium and magnesium. They are digested slowly which minimizes spike in blood sugar. Rinse canned beans first!

Berries – high in antioxidants, good source of fiber. Blueberries, raspberries, cranberries, blackberries are best bets.

Broccoli – Cruciferous vegetables release anti cancer substances. Brussel sprouts, cabbage, cauliflower and kale also fit into this category.

Citrus fruit – High vitamin C and potassium. Oranges, grapefruits, tangerines, lemons and limes fit into this category. Zest your citrus peels and add to yogurt, cottage cheese, oatmeal etc. as disease fighting compounds are found in the zest!

Nuts – healthy unsaturated fat helps to lower your levels of bad cholesterol. Contain components to keep your arteries elastic. The important thing is to measure the amount you allow yourself. Almonds are rich in vitamin E, cashews can prevent copper deficiency. If the can says 28 nuts = a serving, count out 14 and enjoy. Chew well! Always measure out the healthy amount and allow yourself a serving each day.

Spinach – abundant in lutein that seems to fend off macular degeneration (which strikes the eyes of 1 out of 5 seniors). Also high in iron.

Salmon – rich in omega-3; a heart protector, an anti-inflammatory, may help cut risk of stroke and may even ward off depression. Aim for 3 ounces twice per week.

RISK FACTORS

What health risks are out of your control?

- Gender, Age, and Family History

What health risks can you do something about?

- Smoking – get help and Quit. Did you know going back to smoking after bariatric surgery can cause ulcers? You do know about lung cancer, emphysema, COPD, etc. Not to mention the money you will spend.
- Obesity – you can control this by choices you make each day. If you chose to have bariatric surgery – you made the decision to take control of your obesity. As you may have learned already though – losing weight means making the choice each day to eat less, to eat healthy, and to move 45-60 minutes each day.
- Alcohol – you make the choice not to drink alcohol. Get help if you need it!
- Sedentary Lifestyle – the vicious cycle of being obese – which can contribute to many health problems – can cause you to feel you cannot exercise because you are tired, your knees hurt, you get out of breath. Once you slowly start moving, little by little, you will lose weight, have more energy and feel more like doing things.
- Heart Disease – a healthier heart means eating healthier and exercising daily. You are in control of making the choice to do this each day. Even if you have a family history of heart disease, you can make changes in your life to lower those risks.
- Diabetes – There are more people with Type 2 Diabetes right now because of the foods they choose to eat, and the sedentary lifestyle they are living. You will most likely get off of diabetic medications as you lose weight because you are eating less, eating healthier and walking daily.



“Every step you take is a step away from where you used to be!”

FYI

- Healthy eating out descriptions – grilled, poached, steamed, blanched or braised.
- Unhealthy descriptions – creamed, fried, crispy, sautéed, buttery, golden brown or with gravy.
- 11 most pesticide laden vegetables and fruits (best to buy organic) are: Peaches, Apples, Bell peppers, Celery, Nectarines, Strawberries, Cherries, Lettuce, Grapes, Pears and Spinach.
- Lower your blood pressure by losing weight, eating low sodium foods, exercising daily, eating more fruits and vegetables.
- Do not take fiber pills thinking you will increase your daily need for fiber. Stick to avocado, bran based cereals, leafy greens, oats, raspberries and whole grain bread. These will help you to get at least 25 grams per day!

CREATE YOUR OWN STIRFRYProtein

Allow 6 ounces of lean meat or seafood, or 7 ounces of tofu for 4 servings.

Flank steak, thinly sliced

Pork tenderloin cut in strips

Boneless, skinless chicken breast cut in bite-size pieces

Peeled shrimp

Scallops

Halibut, or cod – sliced

Extra firm tofu, drained and pressed, cubed

Vegetables

Allow 3 cups of veggies for 4 servings

Asparagus cut up Bell pepper strips

Broccoli or cauliflower florets Shredded cabbage, carrots, zucchini

Mushrooms, onions – sliced snow peas or sugar snap peas

Tender greens like spinach, chard or bok choy

Extras would be cashews or peanuts, chopped - Fresh basil or cilantro - Toasted sesame seeds. Add a tablespoon of sesame oil to wok or large pan, cook meat/fish, add veggies, add 1 tablespoon reduced sodium soy sauce, 2 ounces pineapple juice, Cover and stir occasionally.

OCTOBER RECIPES**Tomato-Spinach Soup**

(Can add cooked cut up chicken or shrimp to the recipe)

1 ½ teaspoons olive oil

¾ cup chopped onion

1 minced garlic clove

1 ½ cups salsa – 1 cup low sodium tomato or V-8 juice

1 teaspoon sugar or 1 teaspoon Splenda

2 (14.5-ounce) cans no-salt-added whole tomatoes, undrained, and chopped

1 (10 ¾-ounce) can condensed reduced-fat, reduced-sodium tomato soup, undiluted

½ (10-ounce) package frozen chopped spinach

Spray a large pot with cooking spray; add olive oil, and place over medium-high heat until hot. Add the onion and garlic and sauté for 2 minutes. Add remaining ingredients and bring to a boil. Cover, reduce heat and simmer 10 minutes or until thoroughly heated.

(add cooked chicken or cooked shrimp when you reduce heat to simmer- if desired) ½ cup = 83 calories, 2 ½ g protein, 1 ½ g fat, 2.2 g fiber, 250 mg sodium

If you add 1 ounce protein to your serving – add 8 g protein and 32 calories

Crock-pot Chicken and Apples (may substitute pork loin)

6 boneless, skinless chicken breasts

3 granny smith apples cored and sliced

1 onion, chopped

2 minced garlic cloves

1 small bottle of Paul Newman light lime vinaigrette

Place onion and garlic in bottom of Crock-pot Pour vinaigrette in bowl and dip each chicken breast in dressing then over onions in Crock-pot. Add apples over chicken, and pour remaining vinaigrette over all. Cook all day while at work.

To save time in the morning; the night before do any chopping or shredding and put in plastic bags in the refrigerator. That way you only have to throw everything in the Crock-pot in the morning and go to work.

