

# Bariatric Benchmark



Carolina's Medical Center  
NorthEast

## HALLOWEEN

October bring thoughts of Autumn, cooler weather, leaves and of course Halloween! If you have trick or treaters buy healthier treats this year! Good healthy treats include boxes of raisins, small bags of pretzels, animal crackers and apples. 100 calorie snack treats make great give aways also. Help them out and also help yourself by not having leftover candy in your home.



## CONTROL THE THINGS YOU CAN

(Health risks that are out of your control – Age, Gender and Family History)

### What can you control or do something about?

Do not smoke, Eat and drink healthy food and drinks, Do not be sedentary – Move! Sounds like what every Bariatric Surgery patient is advised to do, so continue to take charge of your health! Why take medications you do not need to take if you lead a healthier lifestyle? Why spend money each month on co-pays to buy those medicines? Why go to sleep with a machine and a mask when if you lose weight and keep it off, the machine may be a thing of the past. Work hard and enjoy the benefits you will see and feel by eating healthier each day and moving daily!

## HAIR TIPS

Protein, Biotin, and iron rich foods can help your hair. Do not wash your hair every day. Try not to blow dry it daily. Heat can dry your hair out. Ask your beautician for other assistance in lessening hair loss.

***Remember as you work hard each day on your journey to a healthier lifestyle – On your worst day, you will feel better than you used to on your best day!***

## BUILD SELF ESTEEM

True self-esteem comes from feeling good about working hard. Exercise is sometimes the last thing we feel like doing. Try to visualize or remember how you feel after you exercise. You feel so good that you did it. It helps your mental health. It helps your physical health. Exercise is what will help your weight come off the way that it needs to, in a healthy way. It lowers blood pressure. Exercise is good for your heart which is a muscle. Exercise will help increase your HDL, your good cholesterol. Weight loss can help lower your LDL, the bad cholesterol. Remember, it is hard work. But if you do what you always did, you will get what you always got. No matter how slow you walk at first, you are still beating everyone who is sitting on the couch! Move! Move! Move!

## FALL IS APPLE TIME

An apple a day *can* keep the doctor away, according to a Florida State University study. Women who ate an apple every day lowered total cholesterol by 14%, lowered LDL (bad) cholesterol by 23%, raised HDL (good) cholesterol by 3%. C-reactive protein (another risk factor for heart disease) went down 32%. Apples are rich in fiber and contain quercetin, a powerful antioxidant that may help fight inflammation. Cut your apple up and eat half with an ounce of low fat cheese as a snack. Enjoy the apples that are your favorites – sour (granny smith) or sweet (Fuji). Take the core out and put some Splenda brown sugar in the opening and cook in the microwave for a few minutes. Put a teaspoon of peanut butter on half an apple cut up into slices. Enjoy apple season in North Carolina. Take a day and go up to the mountains to an apple festival. Enjoy the outdoors, walk, and get some fresh apples. North Wilkesboro and Hendersonville are two towns in North Carolina that have apple festivals!



“Remember an apple a day keeps the doctor away”.

## SUGAR AND OTHER WORDS FOR IT

*Corn syrup, high fructose corn syrup, glucose, honey, dextrose, fructose, maltodextrin, maltose, malt syrup, molasses, sucrose, rice syrup*, just to name a few!

Remember – 1 tspn. of sugar = 4grams An 8 ounce glass of grape juice might have 40 grams of sugar (yes, that is 10 teaspoons of sugar)

## POMEGRANATE SEEDS

Pomegranate Seeds – Have you tried them? Give it a try. You can buy them frozen, or in the fridge section at Trader Joes. 1 ounce is high in antioxidants and fiber. You can put 1 tspn on top of Greek yogurt, or salad, or on top of chicken, or oatmeal. Just give it a try!

## MEASUREMENTS

If you can have 3 ounces at a meal – you can have: 6 tablespoons, or 2 ounces and 2 tablespoons, or 4 tablespoons and 6 teaspoons. In other words, as long as you are measuring out your 3 ounces it can be 3 or 4 different things as long as it adds up to 3 ounces. You could have 2 tablespoons black beans (1 oz of protein), 2 tablespoons salsa, 12 ounces of tilapia. It adds up to 3 ounces but you feel like you are having 3 different things. Or maybe scrambled egg and 2 tablespoons grits...or ¼ of a light English muffin and an egg...Be creative, be prepared!



## EASY, FAST, HEALTHY COOKING UTENSILS

- Invest in (or good ideas for gift suggestions)
- Crock Pot
- Wok or pan to stir fry in, with a lid
- George Foreman Grill

## CROCK POT SUGGESTIONS

(Skinless chicken, lean pork chop or pork sirloin, lean red meat (lean ground beef, flank steak, London broil, lean round steak) or Veggie Crumbles (Boca or Morningstar), shrimp, etc.)

- Take one of the above proteins, place in Crock pot along with no salt added diced tomatoes, or salsa, or a bottle of your favorite fat free salad dressing, or barbecue sauce.
- Depending on which protein you choose, add your favorite cut up fresh vegetables or add a bag of frozen vegetables. Experiment- for example - chicken, cut up green peppers, a can of pineapple chunks along with the juice, and barbecue sauce. Prepare everything the night before, and just put in your Crock pot and go to work – come home
- Use low sodium spaghetti sauce and add with shrimp or chicken. Cook in Crock pot and serve with vegetable or salad.
- Pork Roast or boneless pork chops – add barbecue sauce. Serve with vegetarian baked beans.
- Bag of Veggie crumbles – add salsa or spaghetti sauce, or make a chili with black beans, kidney beans, diced sodium free tomatoes or salsa.

Goal is to find quick easy ways to prepare lean protein, low sodium, low fat meals – that will give you a few healthy meals for the week. There really is nothing like walking in the door from work and smelling your already cooked dinner.

## GREAT SNACK IDEA FOR YOU (Kids love it too!)

Kebabs with fruit (strawberries, kiwi, mango, banana, apple, pear – your choice) with low fat Cabot cheese pieces.

## SUPPORT GROUP

Mark your calendar for SUPPORT GROUP, November 1 at 6:00 p.m. in classrooms 1-3 located in the Medical Arts Building on the campus of CMC- NorthEast. Joe Miller, Exercise Physiologist is the guest speaker.

## OCTOBER RECIPES

### Pumpkin Vegetarian Chili- Crock Pot

- 2 cloves garlic, chopped
  - 1 onion chopped
  - 1 can (15oz) diced tomato, no salt added
  - 1 (15oz) can kidney beans, drained and rinsed
  - 1 (15oz) can of pumpkin
  - 1 red bell pepper chopped
  - 1 can (15oz) black beans, drained and rinsed
  - 1 tbsp chili powder, 1 tsp cumin, 1 tsp cinnamon
  - 2 cups low sodium vegetarian broth
- Place all in crock pot and cook on low for 6-8 hours.



### Cauliflower Puree (instead of mashed potatoes)

Core and cut up a large head of cauliflower and steam for about 18 minutes (or use a frozen bag of cauliflower) Place in food processor with pepper, garlic powder, and ¼ cup of low sodium broth. Serve with your favorite protein (chicken, fish, pork) or enjoy 3ounces of a healthy cruciferous vegetable puree. Sprinkle a little low fat cheddar on top.

### Butternut Squash and Shrimp

Peeling a butternut squash can be a pain, do it while you are watching the news or listening to music. Or you could buy already peeled and diced butternut squash. Boil 1 lb frozen or fresh shrimp...transfer to plate and cover with foiling ½ cup low sodium broth, stir fry 1 chopped yellow onion, 2 tablespoons finely chopped sage leaves. Add ½ of a chopped butternut squash, 1/8 tsp cayenne pepper, and 3 cups low sodium broth. Bring to a boil, reduce heat and simmer until squash is tender – about 20 minutes. Transfer ½ of the mixture to a blender and add ¼ cup low fat sour cream or Greek yogurt and puree till smooth. Return to pot, add shrimp, and serve.

### Healthier Tuna Casserole

1 can tuna in water, drained – ¼ pound of wheat elbow macaroni (1/4 box) – 1 cup thawed frozen peas, ½ cup Panko breadcrumbs or wheat breadcrumbs – 1 tablespoon Parmesan cheese – ½ of a small yellow onion, chopped – 1 ½ tablespoon wheat flour – 1 ¼ cup low sodium broth – ¾ cup low fat milk –Preheat oven to 425 – Cook pasta until almost done – Drain. Mix bread crumbs and parmesan together in a small bowl. With 1 tablespoon olive oil, sauté onion, and cook till soft. Add flour and whisk with the onion, slowly whisk in the broth, then the milk. Cook until mixture comes to a boil. Reduce heat and keep stirring till thickened, about 5-8 minutes. Stir in pasta, tuna and peas. Season with pepper. Spray a 9x13 pan with Pam and put mixture in...top with Panko bread crumbs. I like to grate some Cabot low fat cheese on top. Bake 17-20 minutes. Measure out your serving and bring to work for lunch. Can eat warm or cold.

### Pumpkin-pie Cream Cheese

8 ounces soft low fat or fat free cream cheese – ¼ cup canned pumpkin – 2 tsp Splenda Brown Sugar – ¼ teaspoon pumpkin-pie spice. May mix in 2 oz toasted chopped pecans. Use on your toasted ½ light wheat English muffin, or Wheat bagel thin half, or with Fiber Select Wheat Thins.

**Research has shown that using your nondominant hand (left if you are a righty) to eat, will help slow you down and be more conscious of what you are doing. ☺**