

# Bariatric Benchmark



Carolina's Medical Center  
NorthEast

## AUTUMN

Autumn means Fall has arrived with cooler weather; shorter days, fall vegetables and fall fruits. Now is the season to use the Crockpot for healthy soups and enjoy a bowl of oatmeal to start your day. We are getting ready to say goodbye to the heat, the long evenings, fresh tomatoes and cucumbers. It's time to say hello to the shorter days, cooler weather. It's time to think about what your daily exercise will be if you were used to taking that evening walk outside. Time to put away your summer clothes, and if you are just starting your journey – pack them up and give them away – you won't be wearing them next summer. Clean out your closets, your drawers and get ready for the fall and winter outfits. Go get fitted for good walking shoes if you have not already done that. Your feet need them and you deserve them! Plan a trip to the mountains and come home with fresh picked apples. Find healthy recipes to make snacks and other nutritious meals etc. with them. If you do not have a Leslie Sansone Walk Away the Pounds DVD, buy one. There is no excuse not to exercise daily, and the weather can not be an excuse. In the comfort of your home, in whatever you choose to wear – you can get your walking in with Leslie!



## SUPPORT GROUP

Mark your calendars for the next Support Group on November 6th, 2012 at 6 PM in the new NorthEast Health and Fitness Institute. The address is 1090 NorthEast Gateway Court, Concord.

***Don't put off till Tomorrow, what you can and must do Today!***



## HAPPY HALLOWEEN

If you have trick or treaters coming to your door – offer healthy treats! You will help those little cuties enjoy a healthy treat and if you have leftovers, you will have your healthy snacks for the week. Some great treat ideas are 100 calorie snack bags of pretzels, cookies, crackers, cheddar, small boxes of raisins, pencils, stickers and mini bags of popcorn.

## EAT BREAKFAST

Did you know that **breakfast** is to break the fast of going all night without eating? It is when you need to refuel your body after fasting all night. It supplies a source of energy to start your day, and keeps you from getting ravenous mid morning. Make sure you put nutrition in every morning, whether it is a protein shake, or a hard boiled egg, or some boiled shrimp, a serving of oatmeal or half of a toasted light wheat English muffin in with melted low fat cheese. **Have breakfast every morning!**

## HEALTHY FALL VEGETABLES AND FRUITS

Apples, Beets, Blackberries, Broccoli, Brussels sprouts, Cabbage, Cauliflower, Cranberries, Dates, Figs, Grapes, Leeks, Lettuce, Okra, Oranges, Pears (late season), Peppers, Pumpkins, Shallots, Star fruit, Sweet Potatoes and Turnips.



## OCTOBER IDEAS

- **Try roasting red onions** – whole – in skin – 425 oven – arrange 4 whole onions in a baking dish. Roast about 1 hour, then halve and season with pepper, some fresh herbs, and a drizzle olive oil. Serve with fish or chicken or pork.
- **Apple snack** – take 2 apples of your choice, slice 1/8 inch thick (seeds removed), arrange slices on 2 parchment paper baking sheets and bake for 1 ½ hours at 250. Flip, and then bake about an hour more. Remove and let cool completely. Keep chips stored in an airtight container for 1 week (if they last that long!)
- **Things to do with hummus-** mash 1 avocado with ¼ cup of hummus, add 1 sliced scallion-2 tblspns chopped cilantro and 1 tbsp lime juice. Serve with veggies or a few healthy low fat tortilla chips. Make a salad dressing with ¼ cup hummus, 1 tbsp olive oil, and 1 tbsp lemon juice. Use for salad, on roasted vegetables, or on your veggie burger.
- **Healthy smoothie** – 1 cup skim milk, 1 cup packed chopped kale, ½ cup pineapple juice, ½ cup diced pineapple, 1 banana (add unflavored protein powder if you want to make it a protein smoothie) Puree in a blender and enjoy! (Take leftover canned pumpkin and add with cinnamon to your oatmeal, or yogurt, or add to your protein shake).
- **Spaghetti squash** – enjoy “spaghetti” with marinara sauce or chopped tomatoes and a little low fat mozzarella cheese. Cut squash in half, place cut side down in a microwave dish and add 1/3 cup water and cook in microwave for about 10 minutes. Let cool, and then remove the “spaghetti” strings. Enjoy!
- **High fiber** – pears, lentils and avocados are high fiber which will help you to feel full longer, and will help your colon health.
- **Hot tea** - As the weather turns cold, hot tea becomes a nice change for your fluid. You can get great tasting decaf teas. Try loose tea and brew your own, or use tea bags. Some are so tasty you do not even need to use a sweetener.

- **Sweet potatoes** - They boast antioxidants, beta-carotene, vitamins C and E, folate, calcium, copper, iron and potassium. The fiber promotes a healthy digestive tract and the antioxidants may play a role in preventing heart disease and cancer. The natural sweetness is delicious without any additional fats – but you can put some cinnamon on top and/or spray with a light butter spray. Make sure you measure your right amount out – 3 ounces if a meal in itself, 1 ounce if you are having it with your protein.
- **“You are what you eat” - how many times** have we heard that statement? Think about how true it is. Before surgery, did you eat lots of starchy, salty, fatty foods? Or did you eat sugary foods? Did you have high cholesterol – fatty foods. High blood pressure – salty foods. Diabetes – starchy and sweet foods. What happens as you put different foods in and you lose excess weight? You become healthier. You physically and mentally feel better. **You are what you eat! Be a healthier you!**

## EXERCISE TIPS

You know you must exercise at least 5 days per week, to lose the weight you want and keep it off. Also for your muscles, and heart, and mind! Tell yourself (yes we do talk to ourselves) – if I get my 5 days in of at least 30 minutes (recommended is 60) – then on Sat or Sun I will buy myself a new outfit, or new CD, or new book, or will allow myself to go get a massage or a manicure. Then stick to it. Some even reward themselves with money – putting \$10.00 in a jar to save for a trip or something special at the end of your one year journey. Studies do show that rewarding yourself can help you to stay on track. (If that is what you need). You can set up a friendly competition with a friend or family member and who ever meets the exercise goal, gets the prize. No matter what you **must** exercise; so work on figuring out what will get you to be compliant.

**Stair climber vs. Elliptical – of course either/or is Great but the elliptical with moving arms will help you to burn more calories and give you an arm workout also. The cyclical movement is easier on your legs than stair climber, so you won't tire as easily. But of course, get on one of them!!!**

## HEALTHY OCTOBER RECIPES

### Carrot and Apple Salad

2 tbsp honey  
 2 tbsp fresh lemon juice  
 1 tbsp olive oil  
 1 green apple – cored and thinly sliced  
 2 carrots, peeled and sliced into coins  
 ½ cup walnut pieces  
 Whisk honey, oil and juice in large bowl. Toss apple and carrots with dressing. Sprinkle with nuts (instead of nuts you could sprinkle with Bobs Red Mill granola (look first at Big Lots to find it))



### Rotisserie Chicken

Take advantage of the chickens at Harris Teeter on Sundays (\$4.99). Have sliced chicken and vegetable for Sunday dinner, then chop some up with light mayo, diced grapes, a couple chopped nuts, dried cranberries, maybe some pineapple or orange, maybe blueberries-raspberries-strawberries – and have chicken salad for lunches. Stir fry some chicken on Monday or Tuesday with onions and green peppers and some Mango Coconut Sauce from Trader Joe's and have left over for lunch next day.

### Fall Guacamole

1 cup canned pumpkin  
 2 mashed avocados  
 ½ cup finely chopped onion  
 tablespoon diced jalapenos  
 ¼ tsp cumin  
 ¼ tsp black pepper  
 3 tbspn lime juice  
 Stir together, mash if desired. Serve with celery sticks, carrots or Fiber Select Wheat thins.

## HEALTHY TIDBITS

Keep fruit and veggies in plain sight in your refrigerator – you will be more likely to open the fridge and grab if you see them, then to pull open the crisper. Keep whole grain crackers next to your low fat cheese in the fridge, grab and go. Healthy Greek yogurt next to container of Bobs Red Mill Granola – mix and go. Be organized and prepared – and stock your fridge to help you in doing this. Invest in clear containers that are the right size for your measured meals.

### Spicy Cheddar and Roasted Pepper Spread/Dip

2 unpeeled garlic cloves,  
 1 1/3 cups Cabot low fat Greek Yogurt – 8 ounces  
 Cabot 50% Reduced Fat Jalapeno or Habero cheddar, grated. (If you cannot find, use the 50% low fat cheddar)  
 ¼ cup finely chopped jarred roasted red peppers  
 ¼ teaspoon onion powder, ¼ teaspoon hot sauce your choice  
 Roast garlic in dry skillet over medium heat for 5-10 minutes and then remove and cool. Remove peel and cool. Combine in bowl with remaining ingredients. Use immediately or refrigerate over night. Can also be made and frozen up to 3 months. Spread on wheat crackers, or toasted ½ of a light wheat English muffin – use as a dip for fruit or vegetables, put some on cooked vegetables. Enjoy.

### Beans and Greens

1 can of no salt added cannellini beans, rinsed and drained  
 2 Tbspn finely shredded Parmesan cheese  
 2 tbspn olive oil 1 red onion, thinly sliced 3 tbspn. red wine vinegar  
 2 - 1lb packages of collards or curly endive or baby spinach – torn  
 ½ tspn. Crushed red pepper  
 Heat 1 Tablespoon of olive oil in a 12-inch skillet and cook onion for 4-5 minutes  
 Stir in 2 Tablespoon Vinegar  
 Add beans and heat through. Transfer to bowl, cover to keep warm. Heat remaining oil and cook and stir greens until wilted (in batches if necessary). Add a little water if you feel necessary. Sprinkle with ¼ tsp salt (500mg) and ½ tsp black pepper. Drizzle with remaining vinegar. Mix beans in and serve sprinkling with parmesan. Each 3 oz serving gives you approximately 8 grams of protein, 7 grams of fiber, and 130 calories. Enjoy warm or cold the next day.