

Bariatric Benchmark



Carolina's Medical Center
NorthEast

YEA SPRING!

Soon April showers will give way to May flowers. After the winter we have just experienced, we are ready for that outside walk – without hat, gloves and bulky coat. Days are longer, so the evening walk in daylight becomes more doable! Some of us may need to put out walking shoes on after work, and walk the neighborhood before we go into our home.

HOW TO LOSE WEIGHT AND KEEP IT OFF

Always be a tracker of all you do. Keep a count of the calories that you consume, and make sure you know how many you need. Buy a calorie counter book, small enough to put in your purse or pocket. You can also check on line. Track how many calories you burn, by keeping track of your exercise! Buy something to walk in or exercise in that you will feel comfortable in. Get fitted for walking shoes where a pro can fit you for the right shoe...you are worth it! It is important to have the right shoes for your feet. Every weekend prepare and chop veggies for the week, for snacks and salads. Have a small cooler that you can pack and bring everywhere with you! There is no way around it – to lose the weight you need to lose – to keep it off after you lose it – you **must** exercise at least 5 days per week, eat 5-6 small healthy meals every day, and drink all the fluids you need! Do not go back to carbonation, sugar, fat, and salt! Keep reminding yourself – Why did I choose to have bariatric surgery? What was my life and my health like before I had the surgery? Write down every good thing that happens during your journey to a better health!

HEALTHY TIPS FROM BOB GREENE

(The Charlotte Observer)

1. Move more – sound familiar. Exercise and decrease your risk of diabetes, heart disease, high blood pressure, osteoporosis, sleep apnea, knee problems, back problems, etc.
2. Stop the emotional eating – do not eat in the dark, eat after everyone is in bed, eat when you are sad or mad....instead WALK.....walk off your emotions – your anger, your sadness! The hardest part is the first step – after awhile you will feel like you could almost walk forever!
3. Eliminate empty calories – those foods and drinks you consumed before surgery! Empty calories are

sodas, alcohol, fried foods, trans fat-laden foods, processed foods.

4. Assess your overall happiness – evaluate your life. You must re-evaluate to find out why you have not done the things you know are good for you! Do little things each day to make you healthier and happier.
5. Get enough sleep. 7 hours is the magic number! Find out how you can do that, what will work for you. For some reading at bedtime helps, for others relaxing music does the trick. Make yourself go to bed earlier! Get the rest your body needs!

AVOID FOOD RELATED ILLNESS

Food related illness caused by bacteria and other micro-organisms can be mild, or bad enough to cause hospitalization. The 10 riskiest foods regulated by the US Food and Drug Administration, are – leafy greens, tomatoes, tuna, eggs, oysters, sprouts, berries, cheese, potatoes, and ice cream. You need not worry about the potatoes or ice cream☺, except for your family members or loved ones! Wash your hands well before and after handling food, sneezing, coughing, using the bathroom, or touching animals. Make sure you clean your cutting boards, utensils, and countertops before and after use. Use separate cutting boards for meat and vegetables/fruits. Check out fightbac.org for more information. Always check the Grade of the restaurant you are at, it should be as you walk in or near the register. Make sure they have an A – high 90's or best 100%!

FIBER

Fiber can help lower cholesterol, keep you regular, and assist you in feeling full. Naturally occurring fiber comes from the parts of plants that are resistant to human digestive enzymes. There are 2 different fibers – soluble and insoluble. Both fibers are found in fruits, vegetables, legumes, nuts and grains. A food is considered a “good” source of fiber if it contains at least 2.5 grams per serving. High fiber would be 5 grams or more per serving. Look for bran in the ingredients. In products like yogurt with fiber, the fiber is manufactured in the lab (malt dextrin and polydextrose are examples). They have not necessarily been studied to see if they are beneficial like the naturally occurring fibers.

Enjoy the beauty of the season!

7 STEPS TO REDUCE YOUR CHOLESTROL

- Start your day with a small bowl of oatmeal. As the weather gets warmer, have it cold!
- Take the stairs instead of the elevator. And as you lose weight, dash up the stairs!
- Try yoga and/or meditation for stress relief.
- Laugh! Studies show laughter can raise your HDL – the good cholesterol.
- Drink light blueberry, cranberry, or raspberry juice! Antioxidants can help lower your numbers!
- Eat at least 1 vegetarian meal each week.
- Exercise, eating healthy, losing weight, lowering stress – can all help you to lower your cholesterol and possibly raise your good cholesterol.

SATISFYING FOODS

- Vegetables and bean-based soups and chilies', fresh fruit, vegetables, salad, lean meat, fish or chicken grilled/baked.
- Whole grain cereals are great as a dry snack.
- Use salsa with fat free sour cream as a dip for veggies – mix the sour cream with sugar free fruit spread for a fruit dip.
- Cuts of beef that are lowest in fat may have the word loin or round in the name. If buying ground beef, buy at least 92% lean – or use Boca crumbles.
- Salmon is one of the best sources of omega-3's you can find. Remove the skin after cooking as that would be where most contaminants would be found.
- Spinach is rich in iron, which makes it a great choice!
- Almonds are one of the most nutritious nuts; just make sure you only eat a ½ of serving size. Chop them and put on top of salad, or add dried cranberries for a great munch.
- Fat free Greek yogurt is a great choice as it has more than twice the protein as regular yogurts. Add fruit or sugar free fruit spread to your yogurt.

- Berries – raspberries, blueberries and blackberries are loaded with soluble fiber and antioxidants. Keep bags of frozen berries in the freezer!

BEANS

Beans (legumes) deliver fiber and protein and are inexpensive.

Canned versus dried – which are better? Canned are great if you need to have them ready in 20 minutes (rinse in colander under water and get rid of half the salt) – dried may taste better, but require soaking and cooking before using in a recipe. Dried are about 24 cents per cup, canned about 70 cents – so dried are 1/3 the cost. I would always have canned and dried beans in the pantry.

- Black beans – high in magnesium.
- Black-eyed peas - high in folate Try sautéing them with garlic, red bell peppers, cumin and cayenne (use a little olive oil).
- Cannellini beans – toss them with low fat vinaigrette, or puree with garlic, olive oil.
- Chick Peas (garbanzo beans) – basis for hummus.
- Kidney beans- high in protein, omega-3, and iron – and the same amount of antioxidants as blueberries. Use in chili or on salad.
- Lima Beans – high in potassium.
- Pinto Beans – Try cooking with low sodium turkey ham or cook in low sodium broth and a dash of hot sauce.

How to cook Dried Beans

1. Rinse under cold water in a colander and pick out shriveled beans or tiny stones.
2. Soak in enough water to cover beans overnight or 8-10 hours or you may put in a pot, cover with water and bring water to a boil. Reduce heat, simmer for a few minutes – remove from heat and let stand covered for an hour.
3. Drain the soaked beans and return them to the pot. Cover with fresh water and bring to a boil. Reduce heat, simmer for about 1 ½ - 3 hours or until tender. The larger the bean, the longer cooking time is needed. A heaping half cup of dried beans will equal a 15.5 ounce can of beans.

GREAT MEAL IDEA

Something I like to do at the end of the week is to take a very large bowl – and cut up different veggies (onions, different bell peppers, asparagus, beets, carrots, cauliflower, eggplant, turnips, zucchini, squash, sweet potato, garlic) into quarters, or smaller. Add 1 bottle of fat free or low fat balsamic vinaigrette or your favorite fat free or low fat Italian dressing. Mix up well. Turn oven on to 425 degrees. Spread vegetables on 2 cookie sheets or pans sprayed with Pam. Bake for 45 – 60 minutes – turning with spatula if desired, halfway thru baking. You will have a weeks worth of veggies that you can have with protein or add to a recipe or just eat plain! Add pepper as desired!

APRIL RECIPES

Cauliflower Salad

1 large head of cauliflower, chopped or shredded
 1 ½ cups unsalted peanuts or chopped walnuts/almonds
 1 package of dried cranberries
 2/3 cup low fat mayo
 1/3 cup Splenda
 In a large bowl, mix all together –Cover and refrigerate for 1 hour

Chicken and Pineapple Pilaf

1 cup sliced onion – ½ cup raisins - ½ tsp ground ginger
 1 can (20 oz) pineapple chunks in own juice
 2 cups brown Minute rice, uncooked
 2 cooked skinless, boneless chicken breasts – cut into pieces
 1 cup low sodium chicken broth (Nature's Place, a good one)
 ¼ cup sliced almonds
 1 tsp of olive oil
 Heat olive oil and add onions. Sauté until tender. Stir in rice, raisins, ginger, pineapple chunks with juice, chicken and broth. Bring to a boil. Reduce heat to low and cover and simmer 5 minutes. Remove from heat and let stand 5 minutes or until liquid absorbed. Serve garnished with almonds.
 (Measure out 3 ounces – if 3 months or more post op.)

White Chili

1 tablespoon olive oil – 1 onion, chopped – 12 ounces low sodium broth
 ½ tsp oregano, ½ tsp cilantro, ¼ tsp cayenne pepper, 1 tsp cumin
 ½ can (2oz) diced green chilies
 ½ jalapeno chili, seeded and chopped
 1 (14oz) can cannelloni beans, rinsed and drained
 3 green onions, chopped
 4 boneless skinless chicken breasts, chopped
 1/2 cup shredded Cabot 50% pepper jack cheese
 Low fat sour cream
 Heat the olive oil and add chicken and onion and sauté for 8 minutes or until the chicken is cooked. Add the broth, the spices, green chilies, and jalapeno and mix well.
 Reduce heat and simmer for 15-20 minutes. Stir in the beans and simmer for 10 minutes. Measure out serving and put a tsp of sour cream and some shredded cheese and green onions on top.
 (18 grams protein, 3 g grams fiber, 200 calories)

Nutty Granola

3 cups quick cooking oats
 ½ cup unsalted peanuts, chopped
 ½ cup wheat germ
 1 tablespoon grated orange peel
 ½ cup honey
 ¼ cup frozen apple juice concentrate, thawed but undiluted
 1 teaspoon cinnamon
 1 cup dried cranberries
 In large bowl, combine oats, peanuts, wheat germ and orange peel. Drizzle with honey and apple juice concentrate, and toss well to coat. Spread mixture on jelly roll pan (cookie sheet with rim) that has been sprayed with Pam. Bake at 350 for 25 minutes or until lightly browned, stirring every 5 minutes. Remove from oven and stir in cranberries. Cool completely. Serve on yogurt or as a dry snack.

DON'T FORGET – SUPPORT GROUP TUESDAY, APRIL 6 AT 6:00 P.M.

Support Group meets on the campus of CMC-NE in the Medical Arts Building, Classrooms 1 -3 the first Tuesday of each month. The program for April is “How Obesity and Weight Loss Affects Joint Health.” The speaker is Rhiannon Turner, PA-C with Piedmont Orthopedic Specialists.