



METABOLIC AND WEIGHT LOSS CENTER

What's Happening this Month:



IN THIS ISSUE

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* Post-Op Support Group this month is Wednesday, October 21 at 5 PM in the Oncology Conference Room. — Other 2015 Support Group dates—November 11 and December 9, from 5 to 6 PM. — “Shop” and/or donate to our Capital Closet when you attend support groups. Pre-op patients are welcome to “shop” too.

* Upcoming free information sessions for those interested in weight loss surgery — Wednesday, October 21, November 11, December 9 — all at 6 PM. Location: NJ PURE Conference Center at Capital Health Medical Center – Hopewell

* NEW FOR POST-OP PATIENTS— Join our online post-op support group on Facebook! Message the Capital Health Metabolic & Weight Loss Facebook page or e-mail bariatricsurgery@capitalhealth.org to join.

* Have a non-urgent pre- or post-surgery nutrition question? E-mail bariatricsurgery@capitalhealth.org and all questions will be answered by the end of the week!

BE PREPARED at Your Weight Loss Surgery Nutrition Appointment

—Adapted from My Fitness Pal Article

All patients having weight loss surgery have special nutritional needs. When you are a pre-surgery patient, our program stresses the importance of coming prepared to your weight loss surgery individual nutrition appointment(s) and classes so you can learn about the lifestyle changes you need to make before you have weight loss surgery.

It is equally important to come to your nutrition appointments AFTER your weight loss surgery. As a post-surgery patient, you and your dietitian will discuss food choices and nutrition requirements your body needs after bariatric surgery. As you progress through your weight loss surgery journey, you'll have questions along the way that are good to keep track of and bring with you so you and your dietitian can discuss those at your appointment too. Reviewing your nutritional intake along with your vitamin and mineral supplements are key to avoiding nutritional deficiencies and maximizing your weight loss. Lastly, changing your lifestyle involves goal-setting, so it is

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+ Motivation Corner

“Don't give up! Your dream doesn't have an expiration date. Take a deep breath and try again.”

—KT Witten

“No matter how long you have traveled in the wrong direction, you can always turn around.”

BE PREPARED *continued*

important to track your goals, learn to set goals on your own and to discuss recommendations for helping to achieve your next goals with your dietitian.

Even when you have lost a lot of weight post-surgery, there are always healthy habits to focus on and make into goals and practice so that you can maintain your weight after surgery. Remember obesity is a medical condition that has to be managed for your entire life, even if you are no longer considered obese post-surgery. The surgery helps us to lose the weight, but changing our lifestyle helps us to maintain our healthy weight.

HOW TO PREPARE for Weight Loss Surgery Nutrition Appointments

Get the most out of our program, your nutrition appointments, and classes! Here are things you should do to get the most out of your pre-op and post-op nutrition visits, provided by Caroline Lazur the Center's registered dietitian:

PRE-OP APPOINTMENTS

1. Bring your food log to your initial appointment— I don't use food logs to scold you for all the unhealthy foods you are eating and drinking. I want to work with you to see how we can start to make changes and eat more nutrient dense foods and less low-nutrient foods. Also, I'll discuss with you why we might eat certain foods and some alternatives or behaviors that will help us make better choices.

>>**Show me the real deal.** You will not be making use of your time or really be able to make a lifestyle change if you come to an appointment with a food log that isn't the truth! Remember, we are making changes to change your life permanently. If you avoid telling me that you have seven cookies every night, you might be missing out on nutrition recommendations and ideas that could be a key solution to your weight loss journey. We have to work together to get to a healthier you!

2. Bring a food log to class or e-mail your food log, especially if you are gaining weight at each of your nutrition class weigh-ins. If you know why you are gaining weight and voice at the scale that you are having trouble making certain changes, we can always meet again to improve those changes or discuss over e-mail or phone. It is difficult for me to make the best recommendations for you without seeing your food intake. Show me the log! Also, research shows that those who log their food are more successful with weight loss than those who do not!

3. Re-read your handouts and information from class, even if it is just in the waiting room while you wait for class to start. Make a list of questions so you can ask me in class. It is especially important to review the group class information and e-mail or bring to your next class any questions you might have about your pre- and post-surgery diet progression. Also, it's important to refer back to the class information post-surgery.

4. Lastly, it is important to start to familiarize yourself with sources of protein, carbs and fat, and how much protein, carbs and fat are in a serving of certain foods. Use the nutrient packet given in your group class or found online under our "Educational Materials" section and ask questions in class or at your appointments about anything you might have trouble understanding.

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HOW TO PREPARE *continued*

POST-WEIGHT LOSS SURGERY APPOINTMENT PREPARATION

1. List your supplements and their dosages. Write down all of the vitamin and mineral supplements you take and the dosage and brands of vitamins/minerals you take. Alternatively, bring bottles of the vitamins and minerals you take. As we teach in our pre-op classes, you want to make sure your multivitamin is actually complete and chewable (not gummy) and that your calcium is specifically calcium citrate and chewable.

2. Note your fluid and protein intake. Fluid is the most important nutrient to focus on post-surgery followed by protein. Note what you are drinking and how much and the color of your urine throughout the day. This is important to share at your nutrition appointments.

If you use protein bars or drinks, write down the brand and the amount of protein. Remember, we can't choose any protein supplement. They should meet our requirements (100-200 calories, at least 13 grams of protein in 8 ounces. and less than 4 grams of sugar. Supplements help many people reach their protein goals in the very early period post-surgery but we do not promote relying on them forever—only as a back-up plan. Also, note when you are able to eat food, how much protein you serve yourself and how much you actually eat. Continue to familiarize yourself with how much protein is in the food you eat.

3. Keep a food journal, as mentioned for pre-surgery prep. Keeping track of what you eat and drink helps to monitor your diet and keep you focused. It's also useful to share these journals at your nutrition visits so your nutritionist can more accurately see what you're eating. Food journals are especially important if you're having difficulty tolerating foods or having poor weight loss or weight regain. My Fitness Pal can be used to keep track of your food and activity. Plus you can share it online with your nutritionist if you choose to. Note fluid and protein as mentioned above and it also is a useful tool to plan ahead your meals for the next day. Remember even six months to years after surgery, I want you to show me the log, not to scold you for what you're eating but to say, "Caroline here is my log—how can I still improve what I am eating?"

4. Bring your goals. When we are learning to change our lifestyle post-surgery (even if we have gotten to our ideal weight), we are always going to have something to work on to improve our health and maintain the weight we lost. Every appointment, we will discuss where we both think you need to focus your attention and set realistic goals. Write down the goals you are working on for yourself or show how you are improving on the goals we worked on last time. It is essential to goal set and make what you are practicing into a habit. If we don't focus our attention on small changes (or any changes at all), we will never build healthy habits that will last. As you get to a year from your surgery date, we start seeing each other less and less individually. This is when it becomes essential to set attainable goals that are specific on your own, make a plan, track your progress, and don't forget to reward yourself! If you are having trouble improving or setting goals on your own, you can always still reach out or make an appointment in between your scheduled appointments.

5. Get your blood work done. Aim to have your blood work done about one week prior to your visit. Dr. Chung and I check certain vitamin and mineral levels that are most likely deficient in post-op weight loss surgery patients. If you get blood work done by your primary doctor or another specialist, it may not include the specific vitamin levels we need as a bariatric center to evaluate your complete nutritional status. Please use the prescription provided by your surgeon because it is very specific to bariatric patients.

6. Bring questions to support groups. Support groups are another great time to see Dr. Chung and I in between your scheduled appointments or to reach out to other patients for ideas, tips and support. Come prepared with anything that you might have concerns or questions about—everything in our groups is kept confidential!

Your nutrition, health and success are very important to your bariatric surgeon and nutritionist. You invested in your health by having weight loss surgery and your nutritionist appointments will maximize that investment now and in the long-term for many years. Coming prepared to your nutrition visits allows us to best help you along your weight loss journey!

—Caroline Lazur, Bariatric Dietitian
Capital Health Metabolic & Weight Loss Center



RECIPE of the Month

PUMPKIN COCOA PROTEIN BARS

Our Recipe of the Month comes from our nutrition student, Lia! Lia is in her last semester for completing her bachelor's in nutrition at Rutgers University. Lia has a passion for creating "not your average" healthy food that tastes good and for sports nutrition. We love this recipe because, as you know, we don't want you relying on food that comes from a package—this includes protein bars and shakes. Bars and shakes are great to have as our back-up plan, but we don't want to use them every day. Try this homemade "protein bar" recipe for a great on-the-go option that is made from real food! It's also great for those who never could find a protein bar they enjoyed AND this one is pumpkin flavored—just in time for pumpkin season. ENJOY AND THANKS LIA!

NUTRITION INFO [1 bar; there are 12 servings per recipe] **CALORIES 166** ■ **PROTEIN 10g**
CARBOHYDRATES 12g ■ **FAT 7g**
DIETARY FIBER 4g ■ **SODIUM 16mg**

DIRECTIONS

Preheat oven to 350 degrees. Spray a 8.5" x 11" baking pan.

Combine all dry ingredients in one bowl, including seeds. Mix thoroughly.

Beat egg whites for five minutes, until they become fluffy and make very soft peaks.

Combine pumpkin puree, mashed banana, milk, almond butter, and molasses. Fold egg whites into the pumpkin mixture.

Slowly add dry ingredients until mixed completely. Pour into a nonstick baking pan and bake for 22 minutes.

Allow to cool, cut into 12 squares once cool. These can be refrigerated or even frozen individually to grab on the go. (If freezing, wrap securely in plastic wrap and store in freezer bag.)



INGREDIENTS

- 1 cup peanut flour
- 3/4 cup old fashioned oats
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp ground ginger
- 1/4 cup cocoa powder
- 1/2 cup sunflower seeds
- 3 large egg whites
- 3/4 cup pumpkin puree
- 1 very ripe medium banana, mashed
- 1/2 lowfat milk
- 1/4 cup almond butter
- 2 tsp vanilla extract
- 2 tbsp molasses



Featured Products *of the Month*

MONIKA, OUR PHYSICIANS ASSISTANT, has given us our Products of the Month! Some of you might remember her from after your surgery or see her in the office. A little thing you probably didn't know about Monika is that, in the past six months, she has made the decision to make a lifestyle transformation for her health. She has worked extremely hard to make changes and has succeeded in losing more than 40 pounds so far! Monika says she had to make her and her health a priority to feel better and to be a role model to her two young girls, who both love to jump around to workout videos with her. Monika now can't imagine life without exercise. She says it is her "therapy" and "me time" and gives her the best energy making her a better mom, wife, friend and worker. Her tips for anyone starting their weight loss journey (without or with surgery) is to be accountable. Monika says, "It will be easy to quit if you're the only one who knows about it." She is accountable for her food via My Fitness Pal and her exercise by posting her workouts or miles she ran on Facebook via Map my Run." If you know people are excited for you and watching you change, you'll be more motivated to stick to your plan," she said. She also gives advice to do your research for recipes that are low calorie and nutrient dense that you really enjoy and be smart with your food choices; grocery shop more and eat out less, eat more fruits and veggies, less fried food, high calorie beverages and added sugars. Being in the office, Monika knows the weight loss journey is difficult whether you're having surgery or not. What we always also hear her say to others starting their journey is, "It's going to be tough, but so worth it. Trust me." We couldn't be more proud of you Monika. Keep up the good work and thanks for these great product ideas below!



JOSEPH'S FLAX, OAT BRAN & WHOLE WHEAT SQUARE LAVASH WRAP

These wraps are reduced carb, high protein and contain three healthy ingredients: flax, oat bran and whole wheat. These wraps are HUGE and half of a wrap will do the trick for a sandwich, taco, fajita, breakfast wrap, etc. — it's only 50 calories for half! It also has 5 grams of protein, 2 grams of fat, 7 carbs, and 3 grams of fiber. Monika suggests using the whole one to make a large flat bread pizza with low-fat cheese and veggies when entertaining or for family pizza night instead of ordering out. Monika buys hers at Wegman's but you can also find them at Giant, Walmart or order them from www.Josephsbakery.com.



BOLTHOUSE FARMS CAESAR PARMIGIANO DRESSING

This caesar parmigiano dressing will surprise you in a bunch of ways per Monika. First, there's the label telling you it's made with yogurt and a taste that leads you to believe otherwise. And, upon further inspection, you realize there are only 45 calories per serving (2 Tbsp) and 2.5 grams of fat! Monika uses this dressing to toss with romaine lettuce, other veggies and grilled chicken breast for a salad or rolled into a half of Joseph's Low Carb Lavash wrap above.