

# AtlantiCare

**REGIONAL MEDICAL CENTER**

**The Center for Surgical Weight Loss & Wellness**

## Bariatric Support Group

**October 2020**



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# Obesity and COVID 19

By Medical Director Dr. Onopchenko

October 5, 2020

In this day and age of sensationalism and hyperbole, it is often difficult to separate fact from fiction in helping people make decisions surrounding healthcare. There are several truths, however, that have been born out by dependable research that bare repeating.

Morbid obesity is a DISEASE. Like cancer and heart disease, it has genetic, physiological, psychological and environmental components. It is not a matter of being weak willed or making a conscious decision to gain weight. It requires lifelong treatment for any chance of control and critically decreases both the quality and quantity of life in those patients that are afflicted by it if left untreated. Unfortunately, less than 1% of patients suffering from this disease are obtaining appropriate and adequate treatment.

We are all familiar with the co morbidities (associated diseases) that are associated with morbid obesity. Diabetes, hypertension, obstructive sleep apnea, asthma, premature heart disease, gastro esophageal reflux disease, certain cancers, premature degeneration of joint and spine are all familiar and serious problems afflicting patients with morbid obesity. Now, we must add a new risk of morbid obesity, COVID 19 infection.

In the journal *Obesity, Research and Clinical Practice*, researchers analyzed studies involving 403,535 COVID-19 patients. They found that, compared to having a normal body mass index, obesity doubled the risk of becoming critically ill from COVID; almost quadrupled the risk of dying and increased the risk of needing respiratory support (like supplemental oxygen) by nearly 700%.

There are multiple reasons for these depressing statistics. Certainly the state of obesity can be viewed as an inflammatory condition and may help to intensify the response to the coronavirus. Certainly, having the co morbidities listed above that are so frequently associated with morbid obesity are also responsible for these poor outcomes. Regardless, if you are morbidly obese, you are at greater risk of contracting coronavirus and at greater risk of having more a more serious course of COVID 19 and more likely to die from the infection.

We also know that there is an effective treatment for morbid obesity and that is bariatric surgery as part of a comprehensive treatment program delivered with life long follow up in a Center of Excellence. If you have been contemplating bariatric surgery, the COVID 19 pandemic is one more reason that you need to avail yourself of this life promoting treatment. At AtlantiCare we have been performing bariatric surgery as part of such a center since March of 2002. Since restarting time sensitive surgeries such as baratric surgeries, we have instituted COVID 19 testing for all of our prospective patients together with isolation strategies to protect our surgical patients from contracting COVID 19. If you suffer with morbid obesity, don't wait for any of these comorbidities, including contracting COVID 19 to shorten your life. View out informational webinar and get started with our program, TODAY! Your life depends on it.

# **MAKE PROTEIN A PRIORITY!!!!**

**Following bariatric surgery, getting in your protein is extremely important!**

- **Healing**: After getting a wound or having surgery, your body needs to heal. Getting in the recommended amount of protein helps with the healing process.
- **Preserving and building muscle**: Studies show that getting the adequate amount of protein following surgery will help preserve lean body mass or muscle (Schollenberger et al., 2016). By preserving the muscle, you will be able to exercise, but also will help with body contouring and sagging skin.
- **Helps you feel full longer**: To help decrease snacking throughout the day, be sure to include protein with each meal and make sure to eat the protein first.



Reference: Schollenberger, A.E., Karschin, J., Meile, T., Kuper, M.A., Konigsrainer, A., Bischoff, S. C. (2016) Impact of protein supplementation after bariatric surgery: A randomized controlled double-blind pilot study. *Nutrition*, 32(2),186-192. <https://doi.org/10.1016/j.nut.2015.08.005>

# **What Foods Have Protein?**

- **Meats including beef, poultry, pork, and fish**

  - ~ Approx. 1 oz. of lean meat = 5 grams of fat and 7 grams of protein

  - ~ The leaner the better: more than 90% lean ground meat, chicken or turkey breast and white flaky fish.

- **Eggs**

  - ~ 1 whole egg provides 6 grams of protein, which is present in the egg white. However, that same egg contains over 60% of the daily value for cholesterol, all present in the egg yolk. By separating the yolk and eating just the whites, you can get all the protein without the cholesterol.

- **Low fat dairy**

  - ~ 8 fl. oz. or 1 cup of skim or 1% milk = 8 grams of protein

  - ~ 1/2 cup fat free or low fat Greek yogurt = 10—15 grams of protein

  - ~ 1 oz. cheese = 4—7 grams of protein

- **Nuts, seeds, and legumes**

  - ~ Although these foods do have a fair amount of protein, it is considered to be incomplete protein, you would have to pair it with another food.

  - ~ Additionally, these foods can also be high in fat (ex: nuts and seeds) or high in carbohydrates (ex: beans).

- **Vegetables & Grains**

  - ~ Although not a very high source in protein, they can contribute to some additional protein to a meal.

  - ~ Quinoa, in particular, does contain all the essential amino acids making it a complete protein.

# **Protein Supplements**

If you are not getting enough protein in the day or tend to skip meals, using protein supplements can help reach the daily recommendation. However, you do want to read the label to make sure there is plenty of protein and not a lot of fat and sugar.

## **Bars**

- 5 grams of fat or less per serving
- 20 grams of carbohydrates or less per serving
- 5 grams of sugar or less per serving
- 10—15 grams of protein per serving

## **Protein Powders** mixed with 8—12 fl. oz. of milk of choice

- 120 calories or less per serving
- 5 grams of fat or less per serving
- 10 grams of carbohydrates or less per serving
- 5 grams of sugar or less per serving
- 15—25 grams of protein per serving

## **Ready-Made Shakes**

- 225 calories or less per serving
- 5 grams of fat or less per serving
- 10 grams of carbohydrates or less per serving
- 5 grams of sugar or less per serving
- 20—35 grams of protein per serving

# Curb Sugar Cravings

Curb Sugar Cravings

Curb Sugar Cravings

May 5, 2017 Sprout Living



It's no news that sugar can be extremely addictive. In fact, many have labeled it as the tobacco of the modern century. Aside from holding us back from reaching our weight goals, the ever-growing list of why too much sugar is bad includes chronic conditions like heart disease and diabetes among others. Empty calories are really just the tip of the iceberg. Before you start to pull on your own sweet tooth, know that sugar addicts come in all shapes and sizes. Yes, this means that even the cleanest of eaters can fall victim to the sweet stuff. So relax, we're human. While a little indulgence is and always will be okay, it's a matter of not getting *too* sweet on yourself (pun intended of course).

Why do we get these cravings in the first place? Cravings tend to come on when we're not eating enough, hence causing our bodies to seek out that quick energy fix, or we're simply eating the wrong stuff. There are many ways to help kick the addiction, including modifications to sleep and exercise routines, but the first change should take place in the kitchen. A diet rich in vital nutrients (AKA more whole, nourishing and fulfilling foods) will help you to keep sugar demons at bay, in addition to so many other health benefits. While drastically lowering your intake is one of the best ways to stop the craving, it's also important to replace these 'foods' with ones high in protein, fiber and healthy fat. For the sake of this article we're going to focus on protein.

***Cravings tend to come on when we're not eating enough, hence causing our bodies to seek out that quick energy fix, or we're simply eating the wrong stuff.***

Upping your protein intake can work wonders in helping to manage cravings- especially if consumed regularly throughout the day. For starters, getting enough protein helps your body stay satiated and full, so you're less likely to resort to snacking on sugary foods. Protein also helps to keep blood glucose levels steady and greatly aids in the production of serotonin, the 'happiness hormone', which plays an essential role in the regulation of our appetite. Some of the top vegan sources of protein include beans, lentils, vegetables, nuts and nut butters. Why are vegan proteins best? In addition to being loaded with protein (contrary to popular belief), they also double as a great way to get more necessary nutrients such as fiber, antioxidants and electrolytes. Animal proteins, on the other hand, often lack these and can also be filled with health-robbing nitrates, sodium and antibiotics.

***Some of our favorite plant-based proteins that help to curb sugar cravings include:***

## **Quinoa**

Quinoa is technically a seed but commonly falls within the grain category. Call it what you will, it's certainly a powerful one. While most grains only contain a small amount of protein, quinoa packs more than 8 grams per cup! One cup also offers all nine essential amino acids that the body needs for growth and repair, but cannot produce on its own. Need we say more? Substitute it for rice, oats and pasta or consider it as a side dish!

## **Chia seeds**

Don't be fooled by their size, these tiny seeds pack a powerful nutritional punch. They are not only loaded with protein, but also fiber, Omega-3 fatty acids and other various micronutrients. Additionally, chia seeds can absorb a lot of liquid, up to 10X their size in fact, so they help you to feel full faster (say that 10X fast). Sprinkle them into yogurt, oatmeal and jams!

*Consuming several servings of greens each day can boost your protein intake as well as add an abundance of important vitamins and minerals to your diet.*

## **Leafy greens**

Greens may not contain as much protein as nuts, seeds or beans, but by consuming several servings each day you can boost your protein intake as well as add an abundance of important vitamins and minerals to your diet. Experiment with ones like Swiss chard, mustard greens, beet greens, kale and collards. Make salads, sauces, add them to stir-fry or hide some into your morning smoothie!

## **Spirulina**

Spirulina is rich source of protein (60-70% in fact) and offers loads of health benefits. It's a type of kelp, so it's totally vegan, provides 26X the calcium found in milk and is extremely low in fat. Replacing nutritionally empty foods with powerful, protein-rich

- sucrose
- corn syrup
- high fructose corn syrup
- dextrose
- maltose
- glucose
- Sorbitol
- fructose
- maltodextrin

# Butterfinger® Protein Shake

Serves 1

## Ingredients

- 1 serving vanilla protein powder
- 2 tsp. sugar free Butterscotch pudding mix
- 1 Tbsp. powdered peanut butter
- 10 oz. of unsweetened almond milk (or milk of choice)
- ½ tsp. unsweetened cocoa powder
- 4 – 6 ice cubes (optional)



## Directions

1. Combine all ingredients in a blender until well-combined.
2. Enjoy!!!

**Nutrition** (may vary depending on choice of protein powder and milk): Per serving using UNJURY® Vanilla protein powder and unsweetened almond milk = 220 calories, 6 g fat, 0 g saturated fat, 0 mg cholesterol, 298 mg sodium, 14 g carbohydrate, 2 g fiber, 4 g sugar, 28 g protein

Source: USA Flag Co. Butterfinger Protein Shake Recipe. USA Flag Co. Website. Retrieved July 29, 2020, from <https://blog.usaflagco.com/butterfinger-protein-shake/>. \*\* Recipe has been altered from the original.\*\*



# *Cheesy Vegetarian Chili*

Serves 5

## *Ingredients:*

- 2 garlic cloves, minced
- 2 tsp olive oil
- 1 large green bell pepper, diced
- 1 cup onion chopped
- ½ lb. sliced mushrooms
- 2 cups fresh tomatoes, diced
- 8 oz. tomato sauce
- 2 tbsp. chili powder
- 1 medium zucchini thinly, sliced
- 15 oz. cans low sodium red kidney beans, rinsed
- 10 oz. frozen carrots, sliced or cubed
- 1 cup low fat shredded cheddar cheese



## *Directions:*

1. Heat olive oil and garlic in large pan.
2. Add onions, green pepper, and mushrooms. Cook until tender.
3. Add tomato sauce, fresh tomatoes, and chili powder. Bring to a boil.
4. Turn down to low and add the zucchini and red kidney beans. Simmer for 10 – 15 minutes.
5. Add frozen carrots Stir well.
6. Simmer on low for additional 10 – 15 minutes. Add in shredded cheese.
7. Serve hot.

Nutrition (may vary): Per serving = 280 calories, 6 grams fat, 12 mg cholesterol, 714 mg sodium, 38 grams carbohydrate, 12 grams fiber, 10 grams sugar, 18 grams protein.

Source: Cheesy Vegetarian Chili. Weight Loss/ Bariatric Surgery. Froedtert & Medical College of Wisconsin Website. <https://www.froedtert.com/bariatric-surgery/recipes/cheesy-vegetarian-chili>. Accessed April 25, 2018. \*\* Recipe has been altered from the original recipe. \*\*

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# Coconut-Spiked Pork with Quinoa and Peanuts



## Ingredients

1 ½ cups (375 mL) reduced-sodium chicken or vegetable stock or water

½ cup (125 mL) coconut milk

¼ cup (50 mL) dry-roasted peanuts

1 Tablespoon (15 mL) olive oil

12 ounces (375g) pork tenderloin, thinly sliced

2 leeks, white parts only, cleaned and sliced

4 cloves garlic, minced

1 chile pepper, minced

2 teaspoons (10mL) ground cumin

½ teaspoon (5 mL) salt

freshly ground black pepper

1 can (14 ounces or 398 mL) no-salt-added diced tomatoes with juice

1 cup (250 mL) quinoa, rinsed and drained

1 cup (250 mL) sliced green beans

## Instructions

In a blender, combine stock, coconut milk, and peanuts. Process until smooth. Set aside.

In a skillet, heat oil over medium-high heat for 30 seconds. Add pork, in batches if necessary, and cook until lightly browned, about 1 minute per side. Transfer to a plate and set aside.

Add leeks to pan and cook, stirring, until softened, about 5 minutes. Add garlic, chile pepper, cumin, salt and black pepper to taste, and cook, stirring, for 1 minute. Add tomatoes with juice and reserved peanut mixture and bring to a boil.

Stir in quinoa and green beans and return to a boil. Reduce heat to low. Stir in pork and any accumulated juices. Cover and simmer until quinoa is tender, about 20 minutes.

*Recipe courtesy of Judith Finlayson, from [The Complete Whole Grains Cookbook](#).*

ACTIVE TIME	TOTAL TIME	YIELD
10 minutes	55 minutes	6 servings

# Crock Pot Asian Pork with Mushrooms

**Prep Time:** 15 minutes  
**Cooking Time:** simmers slowly all day in the crock pot  
**Servings:** 7

Boneless pork roast slow cooked in Asian spices creates an aromatic pork dish with mushrooms and broth, topped with fresh chopped green onions, cilantro, and sriracha. Fresh herbs should always be added at the end of cooking. Searing the pork before adding it to the crock pot is a must, so don't skip this step. If you want to do this the night before, you can set it all up and leave it refrigerated, then turn it on in the morning. Chinese five spice is available at your spice aisle, it's an exotic combination of anise, star anise, cinnamon, cloves and garlic, great for marinades in Asian dishes.

## Ingredients

- 2 lbs lean boneless pork sirloin roast (aka pork center rib roast, pork center loin roast)
- Kosher salt and fresh cracked pepper
- Non-stick oil spray
- 1 cup low-sodium fat-free chicken broth
- ½ cup reduced-sodium soy sauce
- 1/3 cup rice wine vinegar
- 1 ½ Tbsp Truvia or Splenda
- 1 tsp hot sesame oil (aji oil) (or use sesame oil with a pinch of red pepper flakes)
- ½ tsp Chinese five spice powder
- 3 cloves crushed garlic
- 1 Tbsp fresh grated ginger root
- 8 ounces sliced mushrooms

## For topping:

- ¼ cup chopped scallions
- ¼ cup chopped cilantro

## Directions:

Season pork on all side with salt and fresh cracked pepper. Heat a skillet on medium-high heat, spray with a little oil and brown the pork on all sides for about 7-8 minutes.

In the crock pot, combine the broth, soy sauce (or tamari), balsamic, agave, sesame oil, Chinese five spice, garlic, and ginger; add the pork and set the cooker to 8 hours on low

Thirty minutes before the timer goes off, remove the pork and set aside to rest a few minutes; add the mushrooms to the crock pot, cover and cook on low for 30 minutes.

Meanwhile shred the pork with two forks.

When the mushrooms are tender, remove about 1 cup of the broth and reserve if needed. Add the shredded pork to the crock pot and mix well.

## Nutritional Information

275 calories; 12.2g fat (sat 4.1g, mono 0g, poly 0.1g); 34.3g protein; 2.9g carbohydrate; 0.6g fiber; 90mg cholesterol; 647mg sodium;

## Notes:

- High in niacin
- High in thiamin
- Very high in selenium

## Shredded Chicken Pizza Crust (serves 8)

Prep time: 10 minutes/ Cook time: 30 minutes/ Ready in: 40 minutes

### Ingredients

- 1 lb. cooked shredded chicken breast
- Ground pepper to taste
- 1 cup of low fat shredded mozzarella cheese
- 4 egg whites or ½ cup egg substitute

### Preparation

1. Shred the cooked chicken by hand or through a food processor on “chop”. Season with pepper.
2. Preheat oven to 400 degrees F and line a sheet pan (18” x 13”) with parchment paper.



### Directions

1. Thoroughly mix the ingredients together with a spatula.
2. Pat the chicken firmly onto the parchment, spreading it as thin as you can without leaving holes.
3. Bake for 20 minutes or until the edges are brown and top begins to brown.
4. Top your pizza with sauce, more low fat or fat free cheese, and veggies if desired.
5. Bake in oven until cheese melts and is bubbly.

**Nutrition** (may vary depending on type of cheese and egg used): Per serving using fat free shredded mozzarella cheese and egg whites without sauce and toppings = 150 calories, 7 grams fat, 1 gram saturated fat, 45 mg cholesterol, 210 mg sodium, <1 gram carbohydrate, 0 grams fiber, 0 grams sugar, 21 grams protein.

Source: Chicken Pizza Crust – Almost Zero Carb Pizza Crust. Low Carb Maven Website. <https://www.lowcarbmaven.com/chicken-pizza-crust/>. Accessed February 8, 2019. \*\*Recipe has been altered from the original recipe. \*\*

## Tuna Deviled Eggs (serves 3)

### Ingredients

- 2.5 oz. light tuna in water
- 3 large hard-boiled eggs, halved
- 1 Tbsp. plain nonfat Greek yogurt
- ½ tsp. Dijon mustard
- ½ tsp. lemon juice
- 1 clove of garlic, minced
- ¼ tsp. dill
- Dash of hot pepper sauce (optional)



### Directions

1. Separate egg yolks from the egg whites.
2. Combine tuna, yogurt, mustard, lemon juice, garlic, and dill. Add hot pepper sauce to taste or as desired.
3. Fill egg whites halves with mixture and sprinkle with dill.

**Nutrition** (may vary): Per serving = 50 calories, <1 gram fat, 0 grams saturated fat, 14 mg cholesterol, 162 mg sodium, 1 gram carbohydrate, 0 grams fiber, 0 grams sugar, 13 grams protein.

Source: Tuna Salad Deviled Egg Recipe. Bubble Bee® Website.

<https://www.bumblebee.com/recipes/tuna-deviled-eggs/>. Accessed October 31, 2019. \*\*Recipe has been altered from the original to decrease calories, total fat, saturated fat, and cholesterol while increasing protein. \*\*

# *Helpful Hints:*

- Our office has moved to the new outpatient surgery center located in Building 1200 on the 2nd floor in EHT.
- Due to our move, we have a new phone number. To reach us, please call (609) 833-9833.
- Although summer is coming to a close, remember to keep **Hydrated!!!** 64 ounces of non-carbonated sugar free fluids, **water is Best!**
- Reminder to eat your **PROTEIN FIRST!** (65-80 grams a day)
- **Don't forget to follow-up...** schedule your appointments with the dietitian and your physician. The first year we would like to see you every 3 months and then on a yearly basis.
- Preparing for **SURGERY** ?
  1. Don't Miss your **Monthly** weight check! It may lead to delays in surgery if your insurance requires 4 or 6 consecutive month weight checks.
  2. Do not **GAIN** any weight prior to surgery. Your insurance company may deny your approval for surgery.

**HAVE A HAPPY AND SAFE HALLOWEEN!!!!**

## 2020 Bariatric Support Group Schedule

### Monday 6 – 7 PM in Building 200 (AtlantiCare Life Center)

Date	Topic
July 6	→ Snacking: Do's and Don'ts
August 3	→ Vegetables: Not Just Salad
September 7	→ No SG: Happy Labor Day!!
October 5	→ Cooking Demonstration
November 2	→ Stress Management: Guest Speaker Marcel
December 7	→ Holiday Party

### Thursday 10:30 – 11:30 AM in Building 800 (APG Office)

July 9	→ Tackling Parties and Cook Outs
August 6	→ Social Media and Apps
September 3	→ Reading Food Labels
October 1	→ Protein is a Priority
November 5	→ Starch Substitutes