

AtlantiCare

REGIONAL MEDICAL CENTER

The Center for Surgical Weight Loss & Wellness

Bariatric Support Group

August 2020



**Debbie Gullo MSN, RN, CBN (609) 441-8017 Debbie.Gullo@AtlantiCare.org
Bariatric Program Coordinator**

**Rebecca Flanagan RD (609) 407-2264 Rebecca.Flanagan@AtlantiCare.org
Program Dietitian**

Vegetables: Not Just Salad

Vegetables are a needed component to a healthy and balanced lifestyle. Vegetables should be eaten 2nd in a meal after protein and should consist of half of your plate. Including a variety of vegetables can add different nutrients that promote weight management.

What Do I Get From Vegetables?

- ◆ **Fiber:** Brussel Sprouts, Carrots, Chayote, Jicama ¹
 - Helps you feel fuller longer, can help reduce cholesterol levels, can help regulate blood sugar levels, and helps relieve constipation and diarrhea
- ◆ **Iron :** Dark, leafy greens like spinach, kale, and Swiss chard
 - Immunity and making healthy red blood cells that carry oxygen throughout the body ²
- ◆ **Potassium:** Artichoke, Beets, Brussel Sprouts, Mushrooms, Tomato
 - Fluid and electrolyte balance and important for blood pressure control ²
- ◆ **Vitamin A:** Carrots, Spinach, Lettuce
 - Import for Vision, Reproductive Health and Immunity ²
- ◆ **B vitamins:** Broccoli, Spinach
 - converts food into energy ²
- ◆ **Vitamin C:** Kale, Peppers, Tomato, Snow Peas
 - Antioxidant that can help reduce inflammation ², helps promote the Immune System ², and can help with iron absorption
- ◆ **Vitamin K:** Collard Greens, Kale, Brussel Sprouts, Cauliflower
 - Important for Blood clotting ² ← **consult a doctor if taking blood thinners**

What Don't I Get From Vegetables?

- ◆ **A lot of Calories**
 - 1 serving of non-starchy vegetables is approx. 25 calories ¹
- ◆ **Fat and cholesterol**
 - Plants are naturally cholesterol free and a typically low in saturated fats.
- ◆ **Sodium**
 - As long as they are not canned ← Fresh is most preferred followed by frozen
 - If using canned, drain and rinse thoroughly to reduce sodium content by 40% ¹

1) Evert, A. et al. Food Lists For Weight Management. American Diabetes Association and Academy of Nutrition and Dietetics. 2019: 31.

2) Linus Pauling Institute. Oregon State University. 2020.

*Non-Starchy Vegetables*¹

“Eat the Rainbow”

Artichokes

Asparagus

Bean Sprouts

Beets

Bok choy

Broccoli

Brussel Sprouts

Cabbage

Carrots

Cauliflower

Celery

Chayote

Cucumber

Eggplant

Green Beans

Green Onions

Greens (collard, turnip)

Jicama

Kale

Kimchi

Leeks

Mushrooms

Okra

Onions

Pea pods

Peppers

Spinach

Summer Squash

Snap Peas

Snow Peas

Swiss chard

Tomatoes

Turnips

Water Chestnuts

Zucchini



1) Evert, A. et al. Food Lists For Weight Management. American Diabetes Association and Academy of Nutrition and Dietetics. 2019: 31.

How Much Is A Serving of Non-Starchy Vegetables?

1 serving =

1/2 cup cooked (4 oz.)

1 cup raw (8 oz.)

3 cups salad or leafy greens (uncooked) ¹



A serving of Non-Starchy Vegetable has

25 calories, 5 g carbohydrates, 2 g protein, and 0 g fat ¹

1) Evert, A. et al. Food Lists For Weight Management. American Diabetes Association and Academy of Nutrition and Dietetics. 2019: 31.

APPs for Success

Food

Baritastic—FREE

- Available for Apple and Android
- Log food, exercise, water, and weight
- Chewing timer
- Set alarms for vitamins, water and walking breaks
- Bariatric friendly resources and recipes available
- Appropriate at any stage of bariatric journey (pre, post, or beyond)

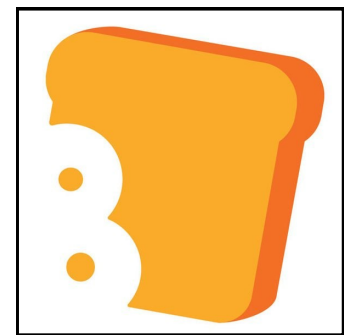


Foodility—FREE

- Available for Apple only
- Log body weight, meals, water intake, and exercise
- DOES NOT count calories or non-water sources of hydration
- Optional photos and notes on meals.

BiteSnap—FREE

- Available for Apple and Android
- Take a photo of a food and log and track calories
- More accurate when portion sizes are estimated and add extra ingredients
- Scan barcodes
- Individualize is with entering weight, height, age, and activity



FoodSwitch—FREE

- Available for Apple and Android
- Scan barcodes on foods to receive easy to understand nutrition information
- Rates foods with star rating
- The “Switch” option allows you to look for healthier alternatives

APPs for Success

Rest & Relaxation

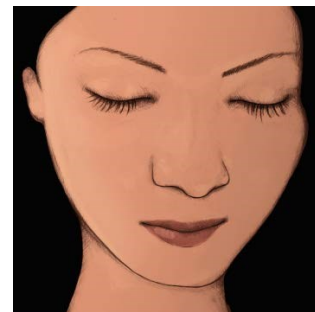


InScape: Meditation & Sleep—FREE

- Available for Apple Only
- Guided Mediations, improving sleep, reducing anxiety, promoting creativity, and improving relationships
- Sessions range between 5—85 minutes

Meditation Oasis Podcasts —FREE

- Available for Apple and Android
- Also available through website
- Guided Mediations and peaceful music available at anytime



Sleep Cycle Alarm Clock— Free for the first month/ \$29.99/ year

- Available for Apple and Android
- Allows users to learn more and improve your quality of sleep
- Options include gradual wake up vs. one set alarm
- Con: must have phone in or near your bed for analysis to work.

10% Happier —FREE

- Available for Apple/ Unsure for Android
- Also available through website
- Set daily reminders to mediate
- Includes a free 7– session starter course and many free mediations each month



Recipes

Tropical Breeze Protein Shake

Serves 2

Ingredients

- 12 oz. of unsweetened vanilla almond milk, or milk of choice
- 1 scoop of vanilla protein powder
- ¼ cup of fresh cut mango, cubed
- 2 frozen peach segments
- ½ cup of plain nonfat Greek yogurt
- 1 packet of True Orange® Flavoring
- 1 Tbsp. sugar free banana instant pudding mix



Directions

Combine all ingredients except ice in a blender for about 1 minute until smooth.
Pour in a frosted glass and enjoy!!

Nutrition (may vary depending on choice of protein powder and yogurt): Per serving using UNJURY® vanilla protein powder and Dannon® Oikos plain Greek yogurt = 160 calories, 2 grams fat, 0 grams saturated fat, 5 mg cholesterol, 462 mg sodium, 18 grams carbohydrate, 4 grams fiber, 7 grams sugar, 17 grams protein.

Notes: Original recipe used Vanilla Premier Protein which is also appropriate. In place of 12 oz. of almond milk and protein powder, use 1 (11 fl. oz.) container of vanilla Premier Protein shake.

Source: Recipe Remake: Cinco De Mayo Protein Shake (featuring Premier Protein). Bariatric Foodie Website. <https://www.bariatricfoodie.com/recipe-remake-cinco-de-mayo-protein/>. Accessed March 1, 2019. Updated April 23, 2019.

Coleslaw (serves 8)

Prep time 5 minutes ~ Ready in 1 hour

Ingredients

- 3 cups shredded purple cabbage
- 3 cups shredded green cabbage
- 2 heaping cups shredded carrots
- 1 cup finely chopped fresh cilantro
- ½ cup green onion (top only)
- 3 Tbsp. extra virgin olive oil
- 2 Tbsp. apple cider vinegar
- 1 Tbsp. maple syrup
- 1 clove of garlic, finely minced
- Dash of cayenne pepper (optional)
- Freshly cracked black pepper



Directions

1. Add purple and green cabbage, carrots, cilantro, and green onion to a large bowl.
2. In a small bowl, whisk together oil, vinegar, maple syrup, garlic, and pepper. Pour over the cabbage mixture and toss to combine. Taste and adjust seasonings as needed.
3. Cover and place in the refrigerator for at least an hour to marinate.
4. Toss again and serve.

Nutrition (may vary): Per serving = 130 calories, 5 g fat, 1 g saturated fat, 0 mg cholesterol, 107 mg sodium, 19 g carbohydrate, 5 g fiber, 9 g sugar, 2 g protein.

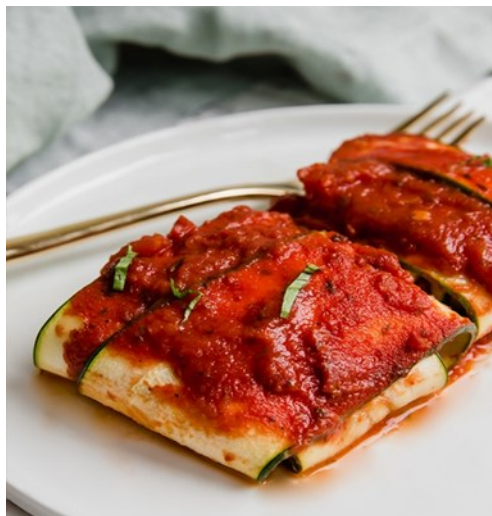
Source: Best Healthy Coleslaw Ever (no mayo) Recipe. Ambitious Kitchen Website. Retrieved June 30, 2020, from <https://www.ambitiouskitchen.com/best-healthy-coleslaw-ever-no-mayo/>

Baked Zucchini Cheese Ravioli (serves 4)

Ready in 40 minutes

Ingredients

2 zucchinis, washed and stem trimmed
2 Tbsp. olive oil
2 cloves of garlic, freshly minced
2 cups of fresh spinach, chopped
1 cup of low fat cottage cheese
2 Tbsp. fresh basil, finely sliced
Pepper to taste
1 cup of marinara sauce
½ cup low fat shredded mozzarella cheese



Directions

Preheat oven to 425 degrees F.

Cut off the end of each zucchini then using a vegetable peeler, peel each zucchini into wide strips.

Transfer the zucchini strips to a plate than layer 2 strips vertically and 2 strips horizontally to make a cross. Repeat process with remaining strips (each ravioli needs 4 strips).

Heat a pan over medium-high heat. Add olive oil then garlic and sauté for 30 – 60 seconds. Add spinach and pepper. Sauté for 1 – 2 minutes or until wilted down.

Remove from heat and allow to cool for 10 minutes.

In a large bowl, add the spinach and garlic. Add in cottage cheese, basil, and pepper. Mix until well combined.

Using a spoon, scoop about 1 tbsp. of the mixture and place in the middle of each zucchini noodle cross.

Fold each side to seal the ricotta mixture than flip over the ravioli so the seam is on the bottom.

In a baking dish pour the marinara sauce then smooth with a spatula. Evenly place zucchini raviolis then top with mozzarella cheese.

Bake for 15 – 20 minutes and serve with fresh basil.

Nutrition (may vary): Per serving = 240 calories, 14 g fat, 5 g saturated fat, 20 mg cholesterol, 646 mg sodium, 13 g carbohydrate, 3 g fiber, 8 g sugar, 17 g protein.

Sloppy Joes (serves 4)

Ready in 30 minutes

Ingredients

- 2 tsp. olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- ½ tsp. kosher salt
- 2 tsp. chili powder
- 1 Tbsp. Worcestershire Sauce
- 1 cup tomato sauce
- ½ cup reduced sugar ketchup
- ½ tsp. Tabasco sauce
- ¼ cup water
- 1 lbs. more than 90% lean ground meat



Direction

Heat oil in a large skillet over medium to high heat. Sauté the onion and garlic with salt until softened (3 – 4 minutes).

Stir in chili powder, Worcestershire sauce, tomato sauce, ketchup, Tabasco, and water. Add the raw ground meat into the sauce and slowly break up the meat with a wooden spoon so meat melts into the sauce while it comes to a simmer.

Gently simmer, stirring occasionally until slightly thicker than ketchup (10 – 12 minutes).

Spoon onto lettuce wraps or a multi-grain bun and enjoy!!

Nutrition (may vary): Per serving 95% lean ground chicken *without* bun = 225 calories, 8 g fat, 2 g saturated fat, 90 mg cholesterol, 909 mg sodium, 13 g carbohydrate, 3 g fiber, 9 g sugar, 25 g protein.

Source: Leach S M. Sloppy Joes Recipe. Bariatric Eating Website. <https://www.bariatriceating.com/sloppy-joes-a-classic-made->

Helpful Hints:

- Office is moving to the new out patient surgery center at the beginning of August. Location is still within the office park, Building 1200 on the 2nd floor.
- Summer is here...Remember to keep **Hydrated!!!** 64 ounces of non-carbonated sugar free fluids, **water is Best!**
- Reminder to eat your **proteins 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 consecutive month weight checks.
 2. Do not **GAIN** any weight prior to surgery. Your insurance company may deny your approval for surgery.

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