

# AtlantiCare

**REGIONAL MEDICAL CENTER**

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

## Bariatric Support Group

**September 2020**



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# 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 <sup>1</sup>
  - 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 <sup>2</sup>
- ◆ **Potassium:** Artichoke, Beets, Brussel Sprouts, Mushrooms, Tomato
  - Fluid and electrolyte balance and important for blood pressure control <sup>2</sup>
- ◆ **Vitamin A:** Carrots, Spinach, Lettuce
  - Import for Vision, Reproductive Health and Immunity <sup>2</sup>
- ◆ **B vitamins:** Broccoli, Spinach
  - converts food into energy <sup>2</sup>
- ◆ **Vitamin C:** Kale, Peppers, Tomato, Snow Peas
  - Antioxidant that can help reduce inflammation <sup>2</sup>, helps promote the Immune System <sup>2</sup>, and can help with iron absorption
- ◆ **Vitamin K:** Collard Greens, Kale, Brussel Sprouts, Cauliflower
  - Important for Blood clotting <sup>2</sup> ← **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 <sup>1</sup>
- ◆ **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% <sup>1</sup>

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*<sup>1</sup>

*“Eat the Rainbow”*

Artichokes	Kale
Asparagus	Kimchi
Bean Sprouts	Leeks
Beets	Mushrooms
Bok choy	Okra
Broccoli	Onions
Brussel Sprouts	Pea pods
Cabbage	Peppers
Carrots	Spinach
Cauliflower	Summer Squash
Celery	Snap Peas
Chayote	Snow Peas
Cucumber	Swiss chard
Eggplant	Tomatoes
Green Beans	Turnips
Green Onions	Water Chestnuts
Greens (collard, turnip)	Zucchini
Jicama	



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) <sup>1</sup>



A serving of Non-Starchy Vegetable has

***25 calories, 5 g carbohydrates, 2 g protein, and 0 g fat*** <sup>1</sup>

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)

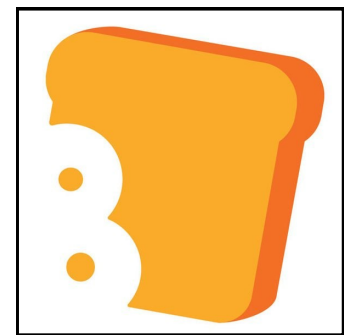


### Foodility—FREE

- 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

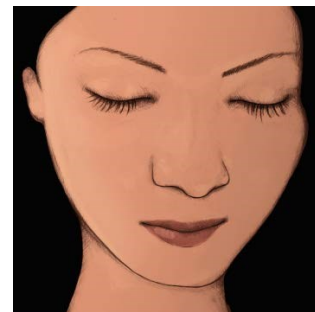


### InScape: Meditation & Sleep—FREE

- 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



# Get walking with this 12-week plan

Are you looking to ease your way into exercising regularly? This 12-week walking schedule from the [National Heart, Lung, and Blood Institute](#) provides a framework for gradually increasing your cardio time. If you've been sedentary for a long time or you have serious health issues, talk with your doctor before starting this walking plan.

Try to walk at least five times each week. Always start with a five-minute, slower-paced walk to warm up and end with a five-minute, slower-paced walk to cool down.

Start at a pace that's comfortable for you. As you become fit, you'll be able to gradually pick up speed until you're walking briskly — the equivalent of 3.5 miles an hour. You should be breathing hard, but still able to carry on a conversation. Each week, add two minutes to your walking time.

Week	Warm-up	Brisk walking	Cool-down
1	5 minutes	5 minutes	5 minutes
2	5 minutes	7 minutes	5 minutes
3	5 minutes	9 minutes	5 minutes
4	5 minutes	11 minutes	5 minutes
5	5 minutes	13 minutes	5 minutes
6	5 minutes	15 minutes	5 minutes
7	5 minutes	18 minutes	5 minutes
8	5 minutes	20 minutes	5 minutes
9	5 minutes	23 minutes	5 minutes
10	5 minutes	26 minutes	5 minutes
11	5 minutes	28 minutes	5 minutes
12	5 minutes	30 minutes	5 minutes

U.S. Department of Health and Human Services, 2013

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# Coping with the Stress of a Pandemic

By Marcel Tabone- program psychologist  
September 2020

For the past six months or so we have been dealing with an unexpected, uninvited, and invisible guest. Our plans interrupted in all different ways. Our 'party' crashed. For some, the anticipation of summer was dashed. We, and the rest of the world, found ourselves in a reality that perhaps never imagined it could happen in this day and age. But here we are, doing what we do best as humans: we adapt. Throughout history, this awesome – mostly taken for granted – strength helped, if not guaranteed our survival. Although all earlier hominines are now extinct, many of their adaptations for survival—an appetite for a varied diet, making tools to gather food, caring for each other, and using fire for heat and cooking—make up the foundation of our modern survival mechanisms and are among the defining characteristics of our species.

No doubt, what we are experiencing is causing us stress mostly in ways we may not be aware of. Stress comes to us in stealth, most of the time. It affects everyone. Stress is a state of mental or emotional strain, or tension resulting from adverse or very demanding circumstances. Stress is anything that we perceive to be a threat. Perception can vary widely from person to person. It starts in the brain which activates the fight-or-flight response which also affects our thinking and cognition.

We are adapting to current stress... being more aware of sanitizing, washing clothes, practicing social distance, being mindful of not touching our face and eyes, wearing masks, taking temperatures, and answering questioners. Thus stress can be a key element in the development of anxiety and depression. When we experience anxiety and depression we manifest it in different ways such as being short tempered, irritable, feeling anger, guilt, hopeless, frustrated, experiencing headaches, lack of sleep, emotional eating, weight gain and others. Anything that is going on in our brain affects our body and the way it functions.

There is light at the end of the tunnel. Till then, it will be good for us to get back to basics.....

Maintain a regular sleep/wake schedule;

Take good care of yourself (stay positive, practice good hygiene, bring healthy food in the house; practice peace making; breathe well);

Be mindful of your gratitude....of your strength... of your God-given gifts of ability to love yourself and others, to hope, to forgive, to care and to have compassion...self compassion;

Be aware of your thoughts and behaviors; be patient...this too shall pass...

Sing, dance, be grateful

Take courage and reach out for help...reach out to help...



# 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.

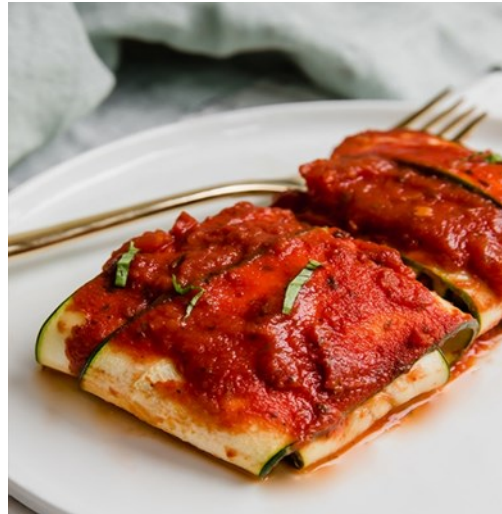
Source: Best Healthy Coleslaw Ever (no mayo) Recipe. Ambitious Kitchen Website. Retrieved June 30, 2020, from <https://www.ambitiouskitchen.com/best-healthy-coleslaw-ever-no-mayo/>

# 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->

# Savory vegetable dip



## Ingredients

3 garlic cloves, peeled and cut in half

3/4 cup sun-dried tomatoes, oil-packed, drained and patted dry

1 cup 1% fat cottage cheese

1/3 cup fat-free plain yogurt

1/3 cup light mayonnaise

## Instructions

Place ingredients into a food processor and blend until smooth. Refrigerate for 3 hours or overnight and serve with your favorite vegetables.

Serving size: 2 tablespoons

Serves 16.

## Nutritional Information

### Amount per serving

Calories: 40

Total fat: 2.5 g

Saturated fat: 0 g

Sodium: 115 mg

Total carbohydrate: 3 g

Dietary fiber: 0 g

Protein: 2 g

# *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