



***October, November & December 2012***

***Weight gain following weight loss surgery***

The most frequently reported causes of weight gain following weight loss surgery in literature are noncompliance of eating and exercise behaviors or an inability to change eating and exercise behaviors (1, 2). Chronically over-eating, binge eating, increased snacking and over-consumption of high calorie foods and beverages all lead to weight gain. Self-monitoring (food journals – written or electronic) is one of the most widely used behavioral strategies in weight loss and weight maintenance for creating awareness of current behaviors (3). Research has shown that deliberate attention to specific behavior and recording the characteristics of that particular behavior can lead to an intentional behavior change through successful self-regulation (4). If you're not keeping a food journal already, consider starting one now before the holidays to help ward off gaining unwanted pounds during holiday season. Remember to think of weight loss as a continuous journey and not a race with a start and exact finish line.

References:

1. Sallet PC, Sallet JA, Dixon JB, et al. Eating behavior as a prognostic factor for weight loss after gastric bypass. *Obes Surg.* Apr 2007; 17(4):445-451
2. Elkins G, Whitfield P, Marcus J, Symmonds R, Rodriguez J, Cook T. Noncompliance with behavior recommendations following bariatric surgery. *Obes Surg.* Apr 2005; 15(4):546-551.
3. Benson, S. Food preferences in post-roux-en-y gastric bypass patients: a pilot study exposure to long-term eating behaviors and weight maintenance. *Weight Management Matters.* Summer 2012; 11(1):15.
4. Bond DS, Phelan S, Leahey TM, Hill JO, Wing RR. Weight-loss maintenance in successful weight losers: surgical vs non-surgical methods. *Int J Obes (Lond).* Jan 2009; 33(1):173-180.

***Cheese...Which ones make the cut?***

Cheese can be a source of saturated fat in many individuals' diets but there are many that can be included in your repertoire and be considered a healthy selection. When purchasing a cheese look for one that contains no more than three grams of saturated fat and 170 mg of sodium per ounce. The following are a few of the healthier selections as evaluated by the Center for Science in the Public Interest: Boar's Head Lite Cheddar; Cabot 50% Reduced Fat Cheddar; Sargento Reduced Fat Swiss; BelGioioso Fresh Mozzarella Bocconcini; Weight Watchers Light String Cheese.

***Tips to prevent late night snacking***

Many individuals struggle with snacking in the evening especially after having completed a long day at work or out of plain boredom. To prevent overeating after a healthy dinner try to plan activities that keep your mind and hands distracted such as:

- Go for a walk with your spouse, significant other or family pet.
- Take a bath.
- Polish your nails.
- Work on a puzzle.
- Read a book or magazine (preferably not a cooking magazine).

Healthy snacks may include hummus and raw vegetables or a piece of fresh fruit. If you enjoy yogurt look for one that contains approximately 120 calories or less and less than 4 grams of fat. Some flavored yogurts may contain five teaspoons of added sugar.

*The Bariatric Center  
of Michigan wishes  
everyone a safe and  
happy holiday season.*

***Upcoming Support Group  
Meeting Dates***

*All meetings are 6:30 – 8:30 p.m.  
in the Duffy Wellness Classrooms  
at Port Huron Hospital*

**October 16:** *Guest speaker:* YMCA

**November 20:** *Guest Speaker:* Nancy Rietdorf, PLLC, Licensed Psychologist, & Jody Townsend, Exercise Specialist

**December 18:** *Holiday Pot Luck:* Bring your favorite bariatric-friendly holiday dish to pass.

**January 15:** *Guest Speaker:* To be determined.

## ***Broiled Parmesan Tilapia***

### *Ingredients*

¼ cup parmesan cheese  
2 tablespoons butter, softened  
1 tablespoon and 1 ½ teaspoons low-fat mayonnaise  
1 tablespoon fresh lemon juice  
1/8 teaspoon dried basil  
1/8 teaspoon ground black pepper  
1/8 teaspoon onion powder  
1/8 teaspoon celery powder  
1 pound tilapia fillets

### *Directions*

Preheat oven to broil. Lightly spray a sheet pan with a low-fat, non-stick cooking spray such as Pam or line a sheet pan with aluminum foil.

1. In a small bowl, mix together the parmesan cheese, butter, low-fat mayonnaise and lemon juice. Next add the dried basil, black pepper, onion powder, and celery powder. Mix well and set aside.
2. Arrange fillets in a single layer on the prepared pan. Broil the fillets a few inches away from the heat for 2 to 3 minutes and then turn the fillets over and broil for an additional 1-2 minutes.
3. Remove the fillets from the oven and cover tops with the parmesan cheese mixture. Broil for an additional 1-2 minutes or until the topping is browned and the fish fillets flake easily with a fork.

*Number of servings:* 4

*Nutrition information (per serving):* 230 calories, 11 g fat, 1.4 g carbohydrate, 32 g protein, 209 mg sodium.

***“Exercise is the best medicine.”***

**Author -- Unknown**