



October, November & December 2013

Did you know?

Port Huron Hospital's website has some wonderful videos available for individuals considering bariatric surgery and for those who have already had bariatric surgery. MindPrep is a series of pre- and post-operative videos designed to help you with the behavioral and emotional aspects related to weight loss surgery. These videos will:



- Inform you about the numerous non-medical issues related to obesity and the importance of addressing these issues to increase the likelihood of maintaining post-surgical weight loss.
- Assist you in preparing mentally and emotionally for surgery while preparing for surgery physically with the help of your surgeon, nutritionist and bariatric team.
- Help you to understand that, just as obesity negatively affects every aspect of your life, recovery from obesity requires attention to each of these same areas.
- Remind you that obesity is a family disease that requires a family recovery.
- Provide you specific tools and ideas offered to motivate you to follow through with the behaviors necessary to keep excess weight off for your lifetime.

You can locate these videos by logging on to www.porthuronhospital.org/bariatric. Click the "Bariatric Surgery Support Group" tab located in the menu on the left, then click on the blue "Mind Prep" logo and select any video that you may find helpful or pertinent to you.

Upcoming Support Group Meeting Dates

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

October 15: Jason Lee - *Bariatric Advantage*
Why is protein so important?

November 19: Blue Water Area YMCA

December 17: Holiday Celebration

Upcoming Celebrations!

It is hard to believe that fall is in the air already. With many holiday celebrations just around the corner, now is a good time to have a plan in place for when holiday temptations begin. First, practice portion control during holiday events. A holiday does not give you the green light to eat whatever you want whenever you want. Try putting in place other holiday traditions and customs with your family that don't revolve around food. Second, don't "save up" for parties. Don't go to any holiday celebration starving. Eat small healthy meals throughout the day to keep blood sugar levels steady and to avoid eating too fast and too much. Third, think protein and non-starchy vegetables first before taking any high-carbohydrate side dishes. This way it will be easier to keep those portions small. Fourth, stay away from the chips. Don't stand next to the buffet or hors d'oeuvres table. This will help prevent mindless eating. Fifth, be sure to prepare for travel. If you're heading out of town over the holidays whether it's by train, plane or automobile, pack snacks and even a meal that you can carry with you. Don't presume that healthy food will be available to you when you're waiting for your transportation to arrive or depart. Sixth, skip the brown sugar and marshmallows and eat sweet potatoes whipped with butter and a little cinnamon and nutmeg. Roast your favorite vegetables or try a new one instead of white potatoes. Seventh, to help control appetite and offset any extra calories, add extra walking to each day. Eighth, plan to avoid stress. Stress can lead to overeating and even increase fat storage. Plan early for shopping, parties, other holiday related activities. Exercise is also a great stress reliever. Don't forget that alcoholic drinks can provide excess calories and also weaken your willpower. Lastly, remember to set realistic goals for yourself. Remember the big picture and remember what counts in the end.

I haven't lost any weight in a couple of weeks. What am I doing wrong?

Weight plateaus are a normal part of any weight loss program and will occur throughout your journey. A weight loss plateau occurs when you no longer lose weight despite continuing with your exercise and healthy eating habits. Most plateaus do not last beyond two weeks. If you are not starting to lose weight again after two weeks you should start keeping a food journal to track every morsel of food that you are eating. You may find that you are eating more calories than you believed you were taking in. As you experience increased energy levels with your weight loss, take advantage of this and begin a new exercise routine. It is important to exercise different muscle groups. Ongoing exercise will be important for calorie burning, muscle tone, and a sense of well-being. Eventually, your rate of weight loss will decrease and your weight will even out. Your responsibility is to avoid excessive snacking, choose healthy foods, be active and exercise daily in order to prevent weight gain.

Taking two steps forward and one step back is still progress!

-- Author Unknown

Yogurt -- which is the best to choose?

Looking for the perfect yogurt in the grocery store can be daunting. It is estimated that approximately nine pounds of yogurt is consumed per person per year in the United States. Following bariatric surgery, the consumption of adequate protein and calcium is important for overall health, so looking for a yogurt that is rich in calcium and protein, low in saturated fat and added sugars is beneficial. Food manufacturing companies do not always tell you how much sugar comes from added sugar and how much comes from naturally occurring sugars in the yogurt's milk and fruit. The healthiest yogurt to choose is **plain, no-sugar added** yogurts. Many companies are providing additions to their yogurt such as rice cereal, granola, crushed cookies, and even candy. These additions provide no added benefit and will only add more sugar to a possibly already sweetened yogurt. Adding your own fruit, nuts or unsweetened cereals to plain, unsweetened yogurt is the healthier option. Yogurt manufacturers may add 40 to 120 IU (international units) of vitamin D to many of their yogurts. This addition may help you meet daily vitamin D requirements, which are approximately 600 IU per day for adults up to age 70 and 800 IU per day for individuals greater than 70 years of age. Larger amounts may be recommended by your bariatric surgeon if you are found to be deficient in vitamin D. Yogurts can also be a source of protein. Both Greek and non-Greek versions are available. Greek yogurts can contain anywhere from 15 to 20 grams of protein per serving – the amount in 2 to 3 ounces of lean meat. A standard yogurt may contain nine grams of protein per day. For anyone that is lactose intolerant, a lactose-free version or a yogurt made from soy would be a great selection. Given that there are so many yogurts on the market to choose from, be sure to take your time before you select which yogurt would be best for you.

White Chicken Chili

6 cups cooked, diced chicken	1 ½ tsp. ground oregano
6 cups low sodium chicken broth	2 tsp. ground cumin
1 pound of Great Northern Beans (soak beans in water overnight)	¼ tsp. cayenne pepper (or to taste)
2 medium onions, chopped	2 garlic cloves, minced
2 Jalapeno Peppers, seeded and diced	1 c. salsa
2 Chili Peppers, diced	1 Tbsp. olive oil

1. Place the rinsed beans in a large pot along with 1 clove of minced garlic and 1 medium chopped onion. Add the chicken broth and simmer the mixture for 2 hours.
2. Add the diced chicken and salsa to the above mixture once it has simmered for approximately 2 hours and the beans have become soft.
3. In a separate pan, heat a tablespoon of olive oil and sauté the diced peppers, remaining onion & garlic and spices (oregano, cumin, and cayenne pepper). Once the onions and peppers have become softened, add this mixture to the chili mixture.
4. Allow the chili to simmer for an additional hour.
5. Serve with 1-2 teaspoons of low-fat sour cream or unflavored Greek yogurt and add a sprinkling of reduced fat cheddar cheese for added flavor.

Serves: 6

Nutritional Information: 291 calories, 4.6 grams fat, 25 grams carbohydrate, 7.3 grams fiber and 38 grams protein.

Recipe Source: SparkPeople.com