

Celebrate Success

January, February & March 2014

Welcome Dr. Kansakar

The Bariatric Center of Michigan at McLaren Port Huron would like to welcome Dr. Erina Kansakar. She will be working along with Dr. Nunnally and Dr. McFarlane at the Bariatric Center of Michigan. Dr. Kansakar has an extensive medical background and surgical expertise with bariatric, general and minimally invasive surgery. She practices with HOPE Surgical Services, 1216 Washington Avenue, Port Huron.

What is PB2?

You may have noticed many more options on the supermarket shelves lately when it comes to peanut butter and other nut spreads. Items such as Mocha Cappuccino, Honey Pretzel, Cookie Nookie, almond butter, soybean butter and sunflower seed butter are now available.



of peanut butter have anywhere from 70-200 milligrams of sodium but to be certain and more label savvy, always check the nutrition facts label on the container for its specific sodium content. The same amount can also contain 210 calories, compared to two ounces of turkey or ham which may only contain 90 calories. Two ounces of any animal protein contains approximately 14 grams of protein compared to 7 or 8 grams in peanut butter. Normally the sugar content in peanut butter is minimal (most of the calories come from fat) with only 1-2 grams of sugar added to the 1-2 grams that occurs naturally in the peanuts. But with more varieties now on the market, don't be surprised to see 9 grams of sugar per serving with 7 of them added sugar. A new product that is available on the market is called PB2. PB2 is a powdered peanut butter manufactured by Bell Plantation, Inc. It is made by slow-roasting and pressing peanuts to remove 85% of the oil. The directions call for mixing two tablespoons of powder with one tablespoon of water. The mixture contains approximately 45 calories, 1.5 grams fat, 94 mg sodium, 1 gram sugar and 5 grams protein. Smucker's Natural Peanut Butter as a comparison contains (2 tablespoons): 210 calories, 16 grams fat, 90 mg sodium, 1 gram sugar and 7 grams protein. Smucker's Low-Fat Peanut Butter contains: 190 calories, 12 grams fat, 115 mg sodium, 2 grams sugar and 8 grams protein. Nutella, which is another nut spread that is available at grocery stores has sugar listed as the first ingredient on the ingredient list and contains more sugar than anything else. Two tablespoons contains 200 calories, 11 grams fat, 15 mg sodium, 21 grams sugar and 3 grams protein. Be sure to read your food labels carefully and be choosy when choosing your favorite nut/butter spread.

Reaching Your Goals!

How many have asked themselves, "Am I on the right path to reaching my goal?" Many individuals use the New Year to try and set personal goals. We know anyone can set a goal, but it takes dedication and hard work along with preparation, planning and motivation to see the light at the end of the tunnel. Many times a goal is not reached because it is too broad. Ask yourself, "Is my goal specific?" Does it include specific details like numbers (jog for 30 minutes) and days (3 days a week)? Is the time to try and reach your goal realistic and have you shared your goal with anyone? Goals can be a work in progress and often take longer than we hope. Having a friend, family member, or support group to turn to when you need encouragement is highly recommended. Another important aspect of goal setting is whether or not you are mapping your progress to reach your goal. A daily, weekly or monthly planner (hand written or electronic) is vital to staying on the path to success. Often we forget to ask ourselves, "Do I believe I can reach my goal?" If the answer is no, you may need to ask yourself why you chose that particular goal. For success to be possible learn to take things one step at a time, follow a plan and use the right tools for support and success will follow!

"The road to success is always under construction."

~ Lily Tomlin

Protect your health

Flu season is upon us and hopefully everyone obtained their flu shot during the fall. The flu virus can live for up to 72 hours on surfaces such as doorknobs, light switches and remote control devices. One way to decrease your risk of acquiring the flu is to wash your hands frequently. If using an alcohol based hand sanitizer, look for one that contains at least 60% alcohol. Symptoms may include a sore throat, runny nose, dry cough, body temperature of 100 – 102 degrees Fahrenheit, headache and overall body pain. Symptoms can last for two weeks or longer. Individuals with asthma and chronic obstructive pulmonary disease also have a higher risk of lung problems that are associated with the flu. If you believe you have the flu, be sure to contact your primary care physician right away. Your doctor might prescribe antiviral medication to help decrease your symptoms and reduce your amount of down time. The following symptoms warrant a call to your doctor without hesitation: high fever, shaking chills, chest pain, and coughing that produces thick, yellowish-green mucus.

True or False: Fast foods are always an unhealthy choice. You should not eat them when trying to reach your goal weight.

False. Many fast foods and restaurant foods are unhealthy and may affect weight gain especially if you are not cautious with your selections. However, if you do choose to eat fast food, choose menu options that are nutrient rich, low in calories, and small in size.

TIP: Check the nutrition facts or food label that may be present on the packaging. Looking on an establishment's website may also offer nutritional information. Try not to "super-size" any food item and remember a "value meal" is not necessarily a nutritionally sound meal. Selecting a piece of fruit or yogurt can also help make the meal much healthier than choosing cheese fries or a fancy coffee drink. Certain toppings such as bacon, cheese, mayonnaise, and tartar sauce can also increase both the calorie and fat content of a menu item.

Upcoming Support Group Meeting Dates

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

January 21: *Laura Dahnke -
Registered Dietitian*

February 18: *To be determined*

March 18: *Blue Water YMCA -
Strength Training*

Stir-Fried Broccoli and Shrimp *

3 Tbsp. dry sherry	3 cloves garlic, minced
1 Tbsp. reduced-sodium soy sauce	½ pound broccoli florets (4 cups)
1 Tbsp. hoisin sauce	½ pound peeled, deveined shrimp
1 tsp. grated ginger	1 - 8 oz. can sliced water chestnuts, drained
1 tsp. corn starch	2 scallions, sliced
1 Tbsp. + 1 Tbsp. canola oil	

1. In a small bowl, stir together the sherry, soy sauce, hoisin sauce, ginger, and corn starch.
2. Heat 1 Tbs. of the oil in a large, non-stick skillet over medium-high heat. Add the garlic and stir-fry for 30 seconds. Add the broccoli and ¼ cup of water and cook until the broccoli is bright green and all the water has cooked off, about 2 minutes. Remove from the skillet.
3. Add the remaining 1 Tbs. of oil and stir-fry the shrimp until just pink, 2-3 minutes.
4. Stir in the soy sauce mixture and bring to a boil. Return the broccoli to the pan, add the water chestnuts, and toss with the sauce.
5. Sprinkle the scallions on top.

Serves: 4

Nutritional Information: per serving (1cup) - 161 calories, 8 grams fat, 10 grams carbohydrate, 3 grams fiber and 14 grams protein.

***You can use chicken, scallops, or tofu instead of shrimp.**

Recipe Source: Nutrition Action