

Celebrate Success

July, August & September 2014

Update: Port Huron Hospital is now McLaren Port Huron

On May 1, 2014, Port Huron Hospital became a member of McLaren Health Care, the health system's 12th hospital in the state of Michigan. With this agreement, the Blue Water community will soon experience expanded health services and receive continued access to local, high quality care. By joining McLaren, we will be able to modernize our facilities, invest in new equipment, and launch new construction, such as a cancer center and new inpatient tower. The hospital's name will change to McLaren Port Huron. What won't change, however, is our continued commitment to the health, safety and service of our patients and families, and our investment in the community. Today and into the future, we would like to thank our each of you for entrusting your care to us.

Wishing Dr. Nunnally well

At the end of June Dr. Nicholas Nunnally will be leaving HOPE Surgical Services and the Bariatric Center of Michigan. His last official clinic day will be June 25. We would like to recognize and thank Dr. Nunnally for the excellent care and support he has provided to our program and the community.

Our strong commitment to your care and support has not changed. Follow-up care after bariatric surgery is very important for your health and weight loss success. We would encourage you to remain a patient at the Bariatric Center of Michigan for your care. There are additional bariatric surgeons at the center that would be happy to care for you and your needs. Please call the Bariatric Center of Michigan for more information regarding scheduling an appointment with a bariatric surgeon on staff at (810) 989-3328 and select option 1.

Wrestling with the scale

The one instrument that many people use to measure their health and fitness level is a body weight scale. Many individuals keep a scale at home. You will also find one at your primary care physician's office and, not to mention, you are weighed at every visit to the Bariatric Center of Michigan. Frustration can often come from a value that is not anticipated. "While body weight is one way of measuring fitness results, it should by no means be the only one. If you have improved energy levels, less stress and maybe even a smaller waistline – these are all measures of improved health."¹ In a book titled *Coach Yourself Thin* – written by Michael Scholtz and Greg Hottinger – the concept of Non-Scale Victories (NSVs) is discussed. "A NSV is any success you've had in the past day, week or month related to eating better or being physically active that is not related to your weight, but is still meaningful for you. Maybe it is as simple as saying "no" to a free cookie and choosing a fresh piece of fruit instead. Discovering a new hobby or feeling more confident is also an example of a NSV. The more you enjoy your non-scale successes, the more you'll want to continue on the journey towards weight loss success. Connect with the real reasons why you want to lose weight and track those too. Then when looking for results at 4, 6, or 8 weeks from now, review progress on all counts and consider the majority. If your waist is slimmer, you feel better, and you have a list of 10 NSVs staring you in the face, odds are the improvements you made to your eating and exercise habits have had a positive result, even if the scale only shows a couple pounds of weight loss."²

What are empty calories?

On the flip side from what was mentioned previously in "Wrestling with the Scale," many of the foods and beverages Americans consume contain empty calories. Empty calories are calories from solid fats and/or added sugars. These both add unwanted calories to the foods that we eat and also do not offer many nutrients. Understanding more about solid fats and added sugars can help individuals make healthier food and drink selections. Solid fats are fats that are solid at room temperature. Examples would include butter, beef fat, chicken skin and shortening. Some solid fats are found naturally in foods or they can be added when foods are processed by food manufacturers or when they are prepared. Added sugars are sugars and syrups that are added when foods or beverages are processed or prepared. "The foods and beverages that provide the most empty calories for Americans are: cakes, cookies, pastries, and donuts (contain both solid fat and added sugars), sodas, energy drinks, sports drinks, and fruit drinks (contain added sugars), cheese (contains solid fat), pizza (contains solid fat), ice cream (contains both solid fat and added sugars), sausages, hot dogs, bacon, and ribs (contain solid fat). These foods and beverages are the major sources of empty calories, but many can be found in forms with less or no solid fat or added sugars. For example, low-fat cheese and low-fat hot dogs can be purchased. You can choose water, milk, or sugar-free beverages instead of drinks with sugar. Check that the calories in these products are less than in the regular product.³ Foods like candies and sodas contain all empty calories. See below for further examples:

Foods with <u>some</u> empty calories	Foods with <u>few or no</u> empty calories
Sweetened applesauce (contains added sugar)	Unsweetened applesauce
Regular ground beef (75% lean) (contains solid fats)	Extra lean ground beef (95% or more lean)
Fried chicken (contains solid fats from frying and skin)	Baked chicken breast without skin
Whole milk (contains solid fats)	Fat-free milk
<i>Making better choices, like unsweetened applesauce or extra lean ground beef, can help keep your intake of added sugars and solid fats low.</i>	

A small amount of empty calories is okay, but most people eat far more than is healthy."⁴

References:

1. Measuring Fitness Results Beyond the Scale. By Jason Machowsky, MS, RD, CSSD, CSCS. 5/22/2014. Food & Nutrition. Stone Soup Blog. May 22, 2014.
2. Measuring Fitness Results Beyond the Scale. By Jason Machowsky, MS, RD, CSSD, CSCS. 5/22/2014. Food & Nutrition. Stone Soup Blog. May 22, 2014.
3. USDA ChooseMyPlate.gov
4. USDA ChooseMyPlate.gov

Quick Tip:

Always treat raw chicken as if it's contaminated. Why? A single drop of contaminated juice is enough to cause diarrhea, vomiting, and cramping from a Campylobacter infection.

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world." ~Harriet Tubman

Staying on track when dining out

Americans love to eat out, and who doesn't relish the idea of enjoying a good meal without having to do any dishes afterwards. But as we all know, restaurant food can be very unhealthy for our hearts and our waistlines due to the large portions that are provided and because the food tends to be higher in fat and calories than we would normally serve at home. Quizno's Chicken Carbonara Sub, according to the Quizno's website, contains 1280 calories, 27 grams of saturated fat and 2920 milligrams of sodium. Olive Garden's Chicken and Shrimp Carbonara contains 1210 calories, 35 grams of saturated fat and 2270 milligrams of sodium. You may have already come to realize before these two examples were provided that "carbonara" and "heart healthy" are not synonymous.

So what can you do to improve your odds when eating out? First – keep portions small. Ask for a "take home" container at the beginning of the meal rather than at the end. Always avoid buffets or all-you-can-eat specials. Second – make healthy, low-fat selections. Avoid cream and cheese sauces and don't select entrees or side dishes that are swimming in gravy. Croissants, biscuits, quiches and pot pies all provide added fats (empty calories). Always try to order menu items that are grilled, baked, broiled or steamed in place of fried. Special sauces can always be placed on the side and used in very small amounts to provide extra flavor without extra calories and added grams of fat. Don't be afraid to ask that your entrée be stir-fried with beef or chicken stock instead of oil. Lastly, try to always check out the restaurant menu ahead of time before ordering. If it is a national chain look at the restaurant's website for nutritional information or log onto My Fitness Pal to look up and log your selection before you order. You may be unpleasantly surprised to find that many items you thought to be healthy selections actually are not.

Upcoming Support Group Meeting Dates

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

July 15: *YMCA - Strength Training*

August 19: *Dr. Velinova - Psychiatrist with Blue Water Counseling*

September 16: *Cooking demonstration with chef Dave Straney*

Black Bean, Edamame and Wheat Berry Salad

4 cups water	1 cup chopped tomato
1/2 cup dry wheat berries	1/2 cup finely chopped red onion
1 cup cooked black beans (about half of a 15 oz can) rinsed & drained	2 Tablespoons red wine vinegar
1 cup frozen shelled edamame, thawed	3 Tablespoons extra virgin olive oil
	Salt & freshly ground pepper to taste

Instructions:

Combine the water and wheat berries in a medium saucepan and bring to a boil. Reduce the heat to low, cover, and simmer for 55 minutes or until the wheat berries are just tender. Drain well in a fine mesh strainer and combine with remaining ingredients in a medium bowl. Serve immediately or cover with plastic wrap and refrigerate up to 8 hours in advance.

Yield: 6 servings

Nutritional Analysis: Calories – 290, Fat – 8 grams, Sodium – 35 milligrams, Carbohydrate – 45 grams and Protein – 12 grams.

Source: <http://oldwayspt.org/recipes>