

**Support Group  
Dates for 2016****Heritage Valley  
Sewickley****6:00 pm**4<sup>th</sup> floor Conference  
room, Heritage Valley  
Sewickley Hospital

June 13

July 11 Aug 8

Sept 12 Oct 10

Nov 14-(Office conf.  
room Suite 101)**Washington****6:00 pm**Wilfred R. Cameron  
Wellness Center

June 20

July 18 Aug 15

Sept 19 Oct 17

Nov 21

**Washington /Green  
Hospital Support****7:00 pm**Guseman Room – main  
floor

Aug 1

Oct 3 Nov 7



“Get outside and  
appreciate the summer  
before it is gone”

**New Series: Little Things Make a Big Difference****#1 -prepping meals ahead can be invaluable**

Planning ahead and preparing freezer meals is a popular way to stock up on eating options and it does not have to take a lot of time. Single ingredients, such as lean ground beef or chicken, can be cooked and frozen in portions ready for recipes, entrees can be doubled so half can be frozen, and with a little organization, several meals can be prepared and frozen during one cooking session. Single portions of uncooked fish/seafood can be frozen for quick use.

**How to make your freezer your best friend**By [Pamela Knudson](#) on Mar 29, 2016

If you have a busy schedule, and you don't have a lot of time to prepare nutritious meals every night, your freezer can become your best friend. With a little planning you can pull together tasty, healthy meals that don't demand hours of prep time right before serving.

Certain main-course foods can be frozen for later consumption — ready when you need them — without the slightest loss of taste or nutritional value. It's a great strategy to keep you out of those drive-through lanes at fast-food restaurants, eating healthy and **saving** money.

"Freezer cooking" has become really popular, and there are lots of ways you can tackle it. You don't have to spend a whole day or half-day out of your weekend.

Think in terms of "batch cooking". When you have a few spare minutes, brown up several pounds of lean ground turkey or lean beef and freeze it in containers. You can pull these out and use them in making for example quick taco salads. When cooking chicken on the grill, make extra and freeze them individually in wax paper and then in a large freezer bag. That way, you'll have them ready to use for lunch, salad etc. The night before or in the morning, move the container from freezer to fridge so it's ready when dinner rolls around.

Just having a few things ready to go puts you further ahead when you need to get supper on the table in a hurry.

If you can set aside more time, prepare a few recipes at one time. Be sure to plan that day out and prepare a complete shopping list, so you have all the ingredients and supplies on hand, including tin-foil pans or freezer bags for storage. There's nothing as frustrating as getting halfway through a recipe and realizing you don't have a particular ingredient.

Start simple and small-scale. "(Don't use) recipes that are super-complicated." Do all the same prep work, for all the recipes, all at the same time. "For example, chop all the vegetables for all the recipes at once. Prepare the meat for all the recipes at one time. " It's a different way of thinking, but it's efficient and productive."

The reward is having several ready-to-thaw-and-heat dishes to make meal prep a breeze.

You also can stretch your productivity by doubling a recipe and freezing half.

Add a side salad (chop veggies all at one time for week long) or a bag of "steamer" frozen vegetables, and your meal is quick, healthy and complete. It works well for busy families.

If you're making a slow cooker recipe, make a large amount for your evening meal and freeze the rest to serve later. **See recipe below:** Salsa Crock Pot Chicken

Just be sure to label and date anything you put in the freezer.

Many breakfast foods — muffin size vegetable quiche cups, breakfast burritos and Quinoa and Broccoli Muffins — are good candidates for the freezer. Egg beaters or eggs, egg whites, mixes with lite cheeses, onion, vegetables of your choice. Then wrap, label and freeze. In the morning, just heat it.

If you're not sure if a food will freeze well, take a small sample, freeze it, and see how it tastes. (Chicken Recipe below has already been tested and is a great example of prepping and freezing for future use)

## Vitamins for Gastric Bypass /Sleeve patients:

**2 -ADULT strength Multi-vitamins** -chewable or liquid, (Bariatric Formulated preferred for better absorption) in divided doses daily with food. (Consider Combo MVI- BA-Adv EA product- see **Misc section**

**B-12-** sublingual daily 500 mcg or 1000 mcg three times weekly or a monthly intramuscular injection or 1000 mcg crystalline B-12 /day

**Iron-**45 mg daily- everyone needs iron after surgery, even men. Do not use ferrous sulfate or slow iron as it does not absorb well after surgery. Take iron **2 hrs** separate from calcium.

**Calcium CITRATE-** 1500 mg daily of calcium split into 500-600 mg doses throughout the day- **READ DOSAGE**

**carefully on labels** to ensure proper amount. Do NOT use calcium carbonate products such as Caltrate, Tums or Viactiv chews- **DO NOT** use these products!

**Vitamin D-3** 5000 IU daily or the equivalent spread throughout the week.

## Adjustable Band patients:

**1-Adult strength-**daily chewable Multi-vitamin

**1500 mg Calcium** daily split into 500-600 mg doses throughout the day- **READ DOSAGE** **carefully on labels** to ensure proper amounts.

**Vitamin D-3** 3000 IU

## Recipe: Salsa Crock Pot Chicken

6-8 pieces boneless chicken breasts, 16 ounces of homemade or low sodium salsa, optional additions : ½ package Mild low sodium taco seasoning, 2 limes juiced, Cilantro chopped as desired (3Tbsp)

Place salsa and top with chicken in crock pot on high heat, add all ingredients, mix together. Cook for 4-5 hours. Remove chicken and shred, place back in crock pot and mix. Remove half of the mixture in a freezer bag for up to 6 months. Serve over brown rice or black beans with Multi-grain tortillas and top with slice of Avacado, vegetables, salsa, lite cheese or squirt of lime juice.

## Top 12 Rewards of Exercise

**Better Mood :** Cranky? Get moving. Exercise makes you feel happier. When you work out, your body makes endorphins -- "feel-good" chemicals in the brain. You can actually start to feel better within a few minutes of moving. But the effects of regular exercise can last for a long time.

**More Energy:** You might not expect it, but using energy to exercise gives you more get-up-and-go. Sometimes when you're tired, the last thing you want to do is move. But when you exercise regularly, that fatigue goes away and you find yourself with a lot more pep.

**Good Night's Sleep:** Get regular exercise to help you fall asleep faster and sleep more soundly. The harder you exercise, the more likely you are to have a good night's sleep. It doesn't matter when you exercise, as long as you don't have trouble sleeping. If you do have problems, though, work out earlier in the day.

**More Confidence :** You just walked a mile or ran your first 5K. Success like that can boost your self-esteem and make you ready to conquer anything. Exercise makes you feel good about yourself.

**Less Stress** Exercise calms your body and your brain. After your body works hard, the levels of stress hormones -- like adrenaline and cortisol -- drop. Stress and anxiety fade away, especially after aerobic exercise.

**More Productive:** Want to be more efficient at work? Take a break and get some exercise. In one study, people who got moving in the middle of the day were much more productive when they went back to work. They also were happier and got along better with their co-workers.

**Weight Control:** Exercise and diet work together to keep your weight healthy. Whether you want to lose some inches around the waist or just avoid putting on extra pounds, exercise is the key. Try to work out 30 minutes most days of the week.

**Long Life:** Regular exercise can add years to your life. And that counts even if you're not a hard-core fitness buff. Just get moving. Even a little exercise can help you live longer than not exercising at all. The American Heart Association says each hour of exercise adds 2 hours to your life.

**Strong Bones and Muscles:** Your bones and muscles get stronger when you work out. It's especially important to do weight-bearing exercise, such as weight-lifting, tennis, walking, and dancing. This can help build bones as you get older. And it can help ward off osteoporosis and protect your balance and coordination.

**Healthy Heart:** It's no secret that exercise is great for your heart. Regular workouts lower your risk of heart disease, improve your blood cholesterol levels, and help control and even prevent high blood pressure.

**Lower Risk of Cancer:** Regular exercise can cut your risk of some cancers, including colon, breast, and lung. And people who have cancer have better quality of life when they exercise.

**Less Arthritis Pain:** If you have arthritis, regular exercise can help ease your pain. And it can make your daily activities easier. Try non-impact exercises like swimming. They can be easier on sore joints. Source: Web MD, Reviewed by [Melinda Ratini, DO, MS](#) on June 10, 2015

**Misc:**

Consider the convenience of the combination Multi-vitamin products: chewable- 2/day Advanced EA or 3/ day capsules (large) Ultra MVI with iron. Call for specifics! New coconut calcium chews are delicious, vanilla mild coconut flavor. Try the High Protein Shake Mix protein- \$20/ 14servings

**Order Bariatric Advantage Products ONLINE:** Avoid the hassle of having to stop in the office for your Bariatric Advantage vitamins and supplements. Bariatric Advantage offers free shipping right to your doorstep with their auto refill program. Please check out the details on our Estore which is located on our website or call them at 1-800-898-6888.