

“The Holiday party is cancelled for 2016”

Support Group Dates for 2016

Heritage Valley Sewickley 6:00 pm

4th floor Conference room, Heritage Valley Sewickley Hospital

Oct 10

Nov 14-(Office conf. room Suite 101)

Washington 6:00 pm

Wilfred R. Cameron Wellness Center

Sept 19 Oct 17
Nov 21

“Get outside and find some colorful leaves, take in the beauty of fall”



New Series: Little Things Make a Big Difference

#2 –Label reading

None of us like taking the time to read the details of foods we purchase however it is essential in choosing the healthy foods that our bodies need. We cannot rely on the information on the front of the food item packaging to tell the whole story as it is often distorted and misleading. So train yourself to check the back of the label for the real facts. First, identify the serving size or portion and see if that is reasonable. If it isn't, avoid that food. However if it is reasonable then take a closer look at the carbohydrate section. Check out how many grams of dietary fiber and sugar are in that serving size. If it is bread, one slice should be a serving size and contain at least 2 grains of fiber. For other carbohydrates such as rice, pasta, quinoa, barley etc. it should contain at least 3 grams of fiber per ½ cup serving and be low sugar. If it is cereal, cooked ½ serving, cold cereal-1-1.5 cup servings should contain 3 grams of fiber and no more than 7-8 grams of sugar total per meal, including the milk. Choose foods that are low sugar alcohol, low fat especially avoid trans and saturated fats, and of course choose lower sodium foods, (1500 mg/ day with hypertension or over age of 50), 2300 mg / day otherwise. Emphasize good lean protein sources.

As of May 2016, the FDA announced the New Nutrition Facts label for packed food to reflect new scientific information. It is to make it easier for consumers to make better informed food choices. All changes must be in compliance by July 2018. Major changes include bolder larger lettering, serving size updates to be more realistic, updated daily values, adding in specifics on **added** sugar, not just total sugar and changes in nutrients. Also new are specific amounts declared on vitamin D, potassium, calcium and iron nutrients and new footnote at the bottom. Watch for the label changes. Details matter, read carefully, select carefully, your body is depending on you to choose wisely!

Miscellaneous Nutrition Tips

To keep track of what you eat, keep a food journal to pay attention to what you eat and how you feel when you eat. You may be surprised by your habits. You can write down your meals or download an app for your smart phone or tablet. To derive the most benefit, track for a week or two to notice any patterns. If time doesn't allow, track it for a few days to get an idea of what and how you eat.

If you don't want to overeat, think small. Trade your large plates and silverware for small ones. Brian Wansink, author of "Mindless Eating," says we eat 22% less on a 10-inch than a 12-inch plate. Use a tablespoon, not a serving spoon, to dish out portions. Think about what you put on your plate to make sure you really want it. Serve from the stove instead of the table, so second helpings aren't right in front of you. Eat slowly so your body has time to tell your brain you're full. To snack less at work get unhealthy snacks out of your office -- or at least out of plain sight. You'll eat less if you don't have food within easy reach. If you tend to graze mindlessly at work, don't keep food at your desk at all. Keep it at least 6 feet away from where you sit. The distance makes you think each time you grab a bite. Take time for a real lunch break, away from your desk and computer.

Eat smarter at restaurants. Just like eating at home, planning can help you make smarter choices in restaurants. Find one that serves a children's menu or smaller portion sizes. Don't let yourself get so hungry that you overeat. Choose broiled entrees and request no added sauces, salt, oils or butters. Ask for Lite dressing on the side for salads. Cut your meal in half and take half home. Or split an entrée with a friend. Ask the waiter not to bring any bread or tortilla chips to your table. To avoid mindless eating, be aware of what you are doing in the moment. Pay attention to your food, savor each bite, eat slowly and chew well. Stop eating at the first sign of fullness. Don't sit in front of the TV or computer when you eat. Multitasking leads to overeating. Avoid mindless eating out of boredom or stress. Find solutions for those situations that actually meant to help, food will only make it a vicious cycle.

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

“A dream doesn’t become reality through MAGIC, it takes sweat, determination and hard work!”

Holidays are coming... be prepared

The holidays are just around the corner, along with them comes the parties and emotions of the season. Stress, lack of sleep and bubbling emotions come to the surface and tempting foods are beckoning you at every turn. It is a dangerous combination for those who have problems controlling what they eat. We tend to eat in response to feelings, both good and bad. Research demonstrates that the emotional role play a bigger part than environmental cues. Smells, sound and being around family/ friends can evoke an emotional response that ultimately send you to food without you not even knowing why. Thinking about what role holiday foods play in your memory bank might help you overcome the temptation to over eat. It’s ok to have emotions, but try not to bring back the memories with the foods you associate with those feelings. Although understanding why you eat can offer some measure of control, experts suggest it’s important to head in to the Holidays with a plan of how to handle temptations. Have a coping plan that includes tested strategies such as positive self- talk or have a list on your phone to keep with you, of every good reason why you want to stay on track and read it to yourself every morning. When you are tempted to eat something you hadn’t planned, just read it again so you’re constantly reminding/ reinforcing yourself of why it’s worth it and to turn down those temptations as they arise. You have to condition yourself and change your mind set about what food means to you. This works well for controlled thinkers, but for those who are more of the spur of the moment see it and eat it, mindful eating techniques may work better. So often, mindless eating is connected to a primitive, emotional place deep inside us and we just mindlessly start eating. The strategy of bringing yourself back to the here and now, notice what you are doing in the moment, what you choose to put on your plate. Remember that every moment is your choice to do the best for yourself and only you have control of that. At parties, choose wisely and only the foods you truly love. Pick up vegetables to help fill you. The key is to put parameters around how much you will consume and stick to your plan. Avoid staying long in the food area. Watch out for the food pushers. Just learn to say no, over and over and it is a technique that works as long as you are firm. You are entitled to say “no” to something because you are protecting your good health. It’s appropriate to just say “ No thank you, your food smell amazing but I am really quite full”-don’t feel you need to offer more of an explanation than simply just that. If the person insists, another option is to just simply accept the food item and walk into another room and dispose of it. Just because it’s on your plate or in your hand, doesn’t mean you have to eat it. Ultimately, you are the only person in control of your own actions, mind, body and health. Be sure to think ahead and be prepped to handle the Holiday temptations and be ever so mindful of all your choices. Your choices make you, who you are!

Please keep up with your post –op appointments, lab work and annual checkups.

Changes coming to Hope Bariatrics

We have changed the way Bariatric Advantage products are being sold at our offices. We wanted to find a simplified way to continue to provide the excellent quality products of Bariatric Advantage to our patients without maintaining a large inventory. We will be not selling individual products any longer, instead we will offer a few alternatives- in the office, all requiring purchase through a credit card only. We will have two different choices of kits for products that will be available in the offices in addition to order forms for other popular items. The 2 kits will include one for pre-op consisting of a 30 day supply of BA advance EA combo chewable MVI and caramel chewy bites, plus a 14 serving container of Chocolate High Protein Shake Mix for \$85.00 and the other kit will include a 30 day supply of just the chewable Advanced EA MVI and caramel chewy bites for \$65. We also have a form to order other products from BA and they will be shipped to you for FREE in a few business days. You can also simply order products from our “estore” which is on our website at www.hopebariatrics.com and remember if you do auto refill the shipping is free as well. You may also directly contact our own Bariatric Advantage - Hope Bariatrics dedicated customer service assistant, Jonathan Colman at 949-226-5889. He is there for our patients for orders or any specific issues pertaining to Bariatric Advantage supplements.