

Support Group Dates for 2019

Heritage Valley
Sewickley
6:00 pm

4th floor Conference
room,

Heritage Valley
Sewickley Hospital

July 8 August 12
Sept 9 Oct 14
Nov 11 Dec 9

Check on our Hope
Bariatrics Website for
details on 2019
meetings

Please call the
Sewickley office 412-
741-8862 for any
questions



It's Summertime! Time to enjoy the Cream of the Crop vegetables!

If you regularly load up your grocery cart with a variety of veggies, you could be well on your way to a healthier and longer life. Recent research has shown that dozens of vegetables pack a particularly big nutritional punch and sneaking them into your daily diet couldn't be simpler.

Beet roots- edible leafy tops are brimming with vitamin K, which is linked to a lower chance of getting type 2 diabetes. One cup provides nearly twice your daily requirement. **Cooking tip:** Sauté a bunch of tender beet greens with a small amount of olive oil and garlic for a healthy side dish. Or chop them and add to frittatas, stews, or side dishes.

Beets- Not to be outdone by their tops, ruby red beets are a leading source of nitrates, which are good for your blood pressure. Plus, you get fiber and other nutrients from beets. **Cooking tip:** Roasting beets boosts their natural sweetness. Wrap each beet individually in foil and bake at 350 F until tender or microwave them covered in 2 tsp water about 7 minutes until tender. Can also grate raw beets and add to slaws or salad.

Microgreens- Great things come in small packages. The baby versions of radishes, cabbages, kale, and broccoli can be higher in nutrients like vitamins C and E than the regular, mature plants. They range in flavors from peppery to tangy. **Cooking tip:** Try adding a handful of microgreens to sandwiches and salads.

Watercress- Often overshadowed by arugula, this peppery green can knock any dish into nutritional shape. It's particularly rich in vitamins A, C, and K, and other antioxidants that are good for you. **Cooking tip:** Watercress can instantly make sandwiches and salads more lively and fresh-tasting.

Swiss Chard- Two main varieties of Swiss chard are found on store shelves: one with multicolored stems and veins, often called rainbow chard, and another with white stems and veins. Both are great sources of lutein and zeaxanthin, an antioxidant duo that's good for your eyes. At only 7 calories a cup, the green giant is waistline-friendly, too. **Cooking tip:** To preserve its nutritional might, lightly steam chard and toss with vinaigrette. You can also use the leaves instead of tortillas when making soft tacos.

Asparagus- With an earthy-sweet flavor, asparagus is a good way to load up on folate. Research suggests that this B vitamin is an ally in the battle against high blood pressure. **Cooking tip:** Chop small pieces into salads.

Spinach- This green has healthy amounts of vitamins C, A, and K as well as manganese. Working 1.5 cups of green, leafy vegetables into your day may lower your odds of getting type 2 diabetes. **Cooking tip:** Sneak spinach into your daily routine by adding it to scrambled eggs and casseroles or blending it into smoothies.

Baby kale- Packed with nutrients like beta-carotene, vitamin C, and bone-building vitamin K, kale has been billed as an ultimate super food. Not everyone likes its strong flavor. Enter up-and-coming baby kale. The immature kale leaves are deliciously tender and don't require any chopping. **Cooking tip:** Look for baby kale packed in plastic containers alongside baby spinach in supermarkets. Use in wraps, salads, and side dishes.

Peas- It's always a good idea to stash a bag of green peas in your freezer. Each cup of peas delivers an impressive 6 grams of fiber. Fiber helps you feel full, so you eat less later. It's also good for your digestion and helps lower cholesterol levels. **Cooking tip:** Use frozen peas in stews, salads, and side dishes.

Red/ Orange/ Yellow Bell pepper- You think of it as a veggie, but it's actually a fruit. One medium pepper delivers B vitamins, beta carotene, and more than twice your daily need for vitamin C. **Cooking tip:** For a fanciful main dish, cut the tops off peppers, remove the inner white membranes and seeds, and then roast until tender. Finish by adding to favorite salad, side dish or other roasted vegetables.

Broccoli- Broccoli is one of nature's rock stars. It's a top source of natural plant chemicals shown to help lower the risk of some cancers (though many other things also affect your cancer risk). Each cup of the florets also gives you plenty of vitamins C and K. **Cooking tip:** Steam the florets for a simple side dish. Or add them into stir-fries, frittatas, and even smoothies that also have naturally sweet things, like fruit, to mask the broccoli taste.

Cauliflower- High in fiber and B- vitamins. It provides antioxidants and phytonutrients that protect against cancer and choline that is important for memory. It is probably the most versatile vegetables from raw, steamed roasted with garlic, olive oil and thyme or can be mashed, riced and even substituted for pizza crust. Source: WebMD

Vitamins for Gastric Bypass

/Sleeve patients:

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

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 4500-5000 IU daily or the equivalent spread throughout the week.

Adjustable Band patients:

1-Adult strength-daily chewable Multi-vitamin with iron
1500 mg Calcium daily split into 500 mg doses throughout the day-
READ DOSAGE carefully
Vitamin D-3 1000 IU daily

Food Safety Tips

You might think that saving leftovers is a great way to minimize food waste and save time on food prep during hectic nights, but "leftovers present the biggest concern from a food safety perspective. This is because they are usually in the 'danger zone' for bacteria growth for such a long period of time."

Once food hits 70 degrees, you only have four hours to consume it, get it back down to 40 degrees, or above 140 degrees to make it safe again.

And taking home those large restaurant portions is actually even riskier. There is nothing more dangerous regarding leftovers from a restaurant vs. leftovers from food made at home. The problem is the amount of time it spends in the 40-140 degree range. Consider the amount of time food is left out, between enjoying conversation at the table, to running errands or elsewhere, to the drive home ... by the time your leftovers make it to your fridge, they've more than likely entered the "food danger zone," upping your risk for bacteria growth and foodborne illness. Follow good food safety practices to avoid illness and bacteria growth especially in the heat of summer.

*****If you experience diarrhea or vomiting for more than 24 hours, please call our office, you may need to consider taking B-complex or 100 mg of Thiamine daily as you can become depleted quickly as a bariatric patient resulting in very serious permanent consequences.**

Importance of Hydration in the Summer Heat

With the increase in the thermometer outside, so increases our body's fluid needs. The human body works best when it is well hydrated. By the time we experience thirst, we are already on the road to dehydration. Keep water bottles in the freezer to grab and go so you are never without fluids. Remember to avoid caffeine as it is a diuretic and dehydrates you, making things worse on your body. Avoid carbonation after bariatric surgery to avoid extra gas and possible stretching and pain. Stay away from sugary and fatty beverages like lemonade or sweet tea, punch or cream. There is a plethora of artificially sweetened choices out there if plain water doesn't cut it for you. Avoid Vitamin Water as it may contain sugar and only 10% of five vitamins, quite costly flavored water. Remember that fresh fruit such as lemons, oranges or limes make any cool glass of water super refreshing and adds that bit of extra vitamin C as well. Watch for signs of dehydration which can be dark colored urine, fatigue, dry mouth, lack of elasticity in your skin, headache, and constipation. When you exercise, always keep extra fluids available- 64 ounces is a minimum recommendation. Increase accordingly.

Summer Grilling ideas- There is nothing like the good flavors and ease of grilling in the nice weather. Try something different and healthy- Pork Tenderloin! Typically, pork cuts can be tough to tolerate after bariatric surgery however this is not true of pork tenderloin. It is typically lean and very tender and easily digested. Buy it plain, not marinated, avoiding all the oil, additives and sodium added to pre-marinated meats. Marinate it whole or cut into 1" size pieces. Place the tenderloin in your favorite healthy marinade for up to 24 hours such as small amount of olive oil, garlic, ginger, scallions, lemon juice / low sodium soy sauce or simple homemade Italian dressing . Grill whole tenderloin or place pieces on skewers with chunks of onion and or fresh Pineapple. Grill for 15 min or until meat is cooked through. Enjoy!

****Ultra Solo with Iron Capsule** (size is that of a Good n Plenty) is now available in office and through our rep for \$20.00/ month supply- one capsule/ day, contains everything you need 6 months post op bariatric surgery except calcium - use our code for free shipping- BA71346, call: 949-369-3403