

Bariatric



NORTH MISSISSIPPI
MEDICAL CENTER

BARIATRIC CENTER

bytes

Spring 2016

Tips for Dining Out

Eating healthy can be challenging when you are dining at a restaurant. It's always best to prepare your foods at home so you can control the ingredients that are used and how it is prepared. However, we all know that sometimes eating out is inevitable in the busy society we live in today. Here are some tips for eating on the go:

- **Plan ahead:** If you know where you are going ahead of time, look the menu up online beforehand. Most restaurants will also have the nutrition facts for their menu items available on their site, or you can try nutrition information sites such as www.calorieking.com to access the information. If you can view the menu and nutrition information ahead of time, you will be able to decide what the best/healthiest option will be. Bring a snack with you in case you feel that you can't find something you like or will be able to tolerate.
- **Sauce on the side:** Have you ever received a salad with more dressing than you really wanted on it? Ask for all sauces on the side including salad dressing. Dip just the corner of your salad or other foods in the sauce. This will save many calories.
- **Split the meal and the bill:** After bariatric surgery you may easily be able to have a few bites of someone else's meal and be satisfied. Ask if they mind first, because this may cause them to choose a "healthier option" which you will tolerate easier. Also, remember to ask this question every three months or so because as your stomach expands (it's supposed to a little), your portion needs will increase. Eventually, you may be able to eat a kid's or lunch portion.
- **Pre-meal doggie bag:** order the doggie bag before your meal gets to the table for two reasons: (1) You are not tempted to overeat (ever put the fork down and think... "I am not eating anymore" but realized, after a drink of water, that you have finished what you were going to put in the doggie bag?); and (2) You won't be overwhelmed by the large restaurant portions. Eat off of a bread or salad plate.
- **Know how your food is prepared:** Being assertive isn't rude. After bariatric surgery, it's necessary that food is prepared properly so that you will tolerate it and not get sick. Part of what you pay for in a restaurant is service. Don't be afraid to ask for it!

MBSAQIP

METABOLIC AND BARIATRIC SURGERY
ACCREDITATION AND QUALITY IMPROVEMENT PROGRAM
ACCREDITED CENTER

NMMC is designated as an Accredited Center by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program. The designation helps ensure patients that the health care facility and surgeon meet stringent criteria and provide high quality care. Because of the designation, more health plans now cover weight loss surgery at NMMC.

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The Support of Not Going Solo

The process of having surgery of any kind may be somewhat unsettling, especially if the process is new.

This feeling is intensified with bariatric surgery by believing you are all alone through the appointments, diet changes, supplement and vitamin regimens, and the procedure itself. Wouldn't it be a blessing to realize you have people "in your court," experiencing the same feelings and undergoing similar treatments and surgeries with you? This is possible with family, but even more so with a support group who can truly empathize. Even if your initial answer is no, please take a look at just a few of the life-altering, enjoyment-providing effects that a strong surgery support system can have on you!

- Searching for validation for even having bariatric surgery in the first place may be an issue. The process of talking this through with those who have or plan to experience the surgery will help chase the fear and replace it with confidence.
- Educational resources are also available through a support group, including presentations by guest speakers including fitness specialists, dietitians, psychologists and more. Of course learning about the rules of the pre- and post-surgery lifestyle is important, but keep in mind the topics of creative recipes, fitness ideas, and even dating will be discussed with presenters and many fun-loving, interested members just like you!
- Motivation is key. Motivation is a focal point. Without motivation, how will we perpetuate the good habits we will form? When we are surrounded by people who have not experienced weight gain or loss and bariatric surgery, we may tend to feel isolated, making it difficult to muster up the gumption to continue our journey. Instead, we can choose to envelop ourselves with those who can understand, encourage and empathize.
- Not only are support groups for support – they also exist to provide members opportunities to share their pasts and relationships with food, the reasons behind their willingness or hesitance to have surgery, and their celebrations of success. When every individual shares common problems and goals, the achievement of a goal for one person will excite, and in turn, motivate others to strive for that same outcome for themselves.
- After surgery, there still remains the necessity of strength and willpower to maintain the habits learned. If a plateau is hit and weight loss starts slowing or even if a few pounds are gained, discouragement can set in, and this can lead to depression and falling back into past eating and lifestyle behaviors. The power of regular weigh-ins and concerned, supportive friends at meetings can promote accountability and control.

Above are just five reasons why these groups can be helpful and initiate long-term goal achievement. As with groups of any kind, a bariatric support group can be a God-given oasis of compassion where we can learn, motivate and celebrate together. Investigate and find more reasons of your own!

– <http://www.obesityaction.org>

Recipes to Try

Chicken Chili

(serves 8)

20 oz. can tomatoes, diced
1¾ lbs. boneless, skinless chicken breasts
1/3 cup chicken broth
½ large onion, chopped
1¼ T. garlic, coarsely chopped
1 medium zucchini, cut into 1-inch cubes
1 red bell pepper, cut into 1-inch cubes
1¼ T. chili powder
1¼ tsp. cumin
5/8 tsp. oregano
5/8 tsp. allspice
10 oz. can dark kidney beans, drained
1¾ tsp. lemon juice
Black pepper to taste

Preheat oven to 350 degrees. Bake chicken with half of liquid from canned tomatoes in shallow baking pan for 40 minutes. Cut into 1-inch cubes, discard liquid. Place broth in large, heavy pot. Add onion and garlic. Cook for three minutes on low heat. Add zucchini and red pepper. Cook covered eight minutes. Add tomatoes and remaining liquid and spices. Simmer uncovered three minutes. Add beans, chicken and lemon juice. Simmer 10-12 minutes.

Nutrition info per serving: 230 calories, 31.5 grams protein, 4 grams fat, 16 grams carbohydrate

Apple Pie Protein Beverage

(serve 1)

1 scoop vanilla protein powder
1 cup skim milk
1 small baking apple, cut in slices
¼ tsp. cinnamon
Splenda or other no calorie sweetener, as desired
Ice as desired

Blend all ingredients in blender until smooth