

# Bariatric



NORTH MISSISSIPPI  
MEDICAL CENTER

BARIATRIC CENTER

# bytes

Summer 2020



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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[www.nmhs.net/weight-loss-surgery](http://www.nmhs.net/weight-loss-surgery)

## Good Nutrition for a Strong Immune System

Mary Virginia Mark, R.D., L.D., CDE  
NMMC Bariatric Center

Good nutrition is vitally important for keeping our immune systems strong. During these uncertain times where we may feel we lack control and there is no hope, one thing we can control is what we feed our bodies. We need a regular supply of vitamins, minerals and proteins from our foods for strong, healthy bodies.

### Proteins

- Key building blocks for our immune system
- Play a big role in healing and recovery
- As bariatric patients, it is vital that you eat your proteins first and take in 60-70 grams of protein every day
- Good sources: fish, seafood, lean beef, lean pork, lean poultry, eggs, cheeses, Fairlife milk, nuts and seeds

### Vitamin A (Beta Carotene)

- Fat soluble vitamin
- Through antibodies, aids in regulation and protection of our immune system
- Good sources: eggs, Fairlife milk, spinach, kale

### Vitamin C

- Water soluble vitamin
- Supports our immune system by determining what kind of protection is needed
- Good sources: non-starchy vegetables such as broccoli, red and green peppers, Brussels sprouts, cauliflower

### Vitamin D

- Fat soluble vitamin
- Regulates the production of a protein that kills bacteria and viruses
- Good sources: fatty fish such as salmon, eggs, cheeses, Fairlife milk, tofu

### Zinc

- A mineral that helps our immune system work better
- Aids in wound healing
- Better absorbed from animal sources
- Good sources: seafood, lean beef, lean pork, lean poultry, nuts and seeds, beans

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# Cilantro Lime Chicken Lettuce Wrap Tacos

These chicken tacos are so tasty and simple - funny that there isn't a bit of cheese or sour cream in sight! There is plenty of flavor. Either use a store-bought rotisserie chicken or better yet poach boneless breasts for this meal. Just be sure to use freshly cooked chicken so your bowl of filling is lovely and tender and moist.

This is not a dry leftover chicken dish; the filling should be almost dripping with the flavors of chicken and lime.

## Ingredients

3/4 pound or 2 poached chicken breasts (or you can use the meat from a rotisserie chicken)  
1/2 cup chicken broth or stock  
1 tablespoon olive oil  
3 fresh limes - for about 1/4 cup lime juice  
Salt and pepper  
1/2 cup chopped cilantro  
Fresh or favorite salsa from a jar - fresh salsa takes just a minute and is worth it (combine diced tomatoes, onion, cilantro and lime juice)  
Very thinly sliced jalapeños  
Butter lettuce leaves

## Instructions

Shred the breast meat from the cooked chicken and add to a large skillet.  
Add the chicken broth, olive oil, lime juice, cilantro - toss to combine and warm over medium heat.  
Make a taco by spooning chicken into a lettuce leaf, adding a slice or two of jalapeño, and a big spoonful of salsa.

Written by Susan Leach  
[www.bariatriceating.com](http://www.bariatriceating.com)

*“Hope must be there in the beginning for us to start. It is a well from which we must continuously drink to refresh and sustain ourselves.”*

*There's no place like HOPE*  
– Vicki Girard

Along with nutrition, it is also imperative to stay hydrated. Dehydration can be a physical stressor on our bodies, which can weaken our immune system. Make sure to drink 64 ounces of non-carbonated, sugar-free fluids throughout the day.

Lastly, always take your multivitamin with iron to ensure you are getting the Recommended Daily Allowances (RDAs) of all vitamins and minerals.

## References:

[www.cnn.com/2020/03/25/health/immunity-diet-food-coronavirus-drayer-wellness/index.html](http://www.cnn.com/2020/03/25/health/immunity-diet-food-coronavirus-drayer-wellness/index.html)  
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[www.eatright.org/health/wellness/preventing-illness/how-to-keep-your-immune-system-healthy](http://www.eatright.org/health/wellness/preventing-illness/how-to-keep-your-immune-system-healthy)

## Grocery List for Bariatric Patients During Coronavirus

Ginger Mark, R.D., L.D., CDE  
NMMC Bariatric Center

Our day-to-day life has changed drastically over the last few months. While it may be tempting to fall back into bad habits, it is just as easy to continue eating healthfully and exercising during stressful times. Even though grocery stores remain open, we must wear masks and continue to “social distance.”

So that you can make fewer grocery runs, here are some food options that are high in protein and will keep for longer periods of time.

### PROTEINS

#### Canned Proteins

- Canned tuna (packed in water)
- Canned chicken (packed in water)
- Canned fish, packed in water (salmon, shrimp, crab meat, sardines)

#### Fresh Proteins That Can be Frozen:

- Chicken breasts, tenderloins, thighs or wings
- Ground turkey, chicken, beef or pork
- Center cut pork tenderloin
- Roast
- Beef tips
- Steamed shrimp
- Fish fillets
- Nuts
- Shredded cheeses

#### Freezer Section Proteins

- Quest pizzas
- Frozen grilled chicken strips
- Frozen shrimp
- Frozen angus meatballs
- Frozen beef burgers
- Frozen sirloin Philly steak
- Frozen non-breaded fish fillets
- Atkins frozen breakfasts
- Atkins Low Carb Living frozen meals
- Edamame
- There are also many options for non-starchy vegetables and good carbs to add once you have gotten your protein.

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## VEGETABLES

### Non-starchy Vegetables

- Canned, low sodium non-starchy vegetables (carrots, asparagus, spinach, artichokes, hearts of palm, green beans)
- Frozen non-starchy vegetables (onions, peppers, spinach, broccoli, cauliflower, carrots, green beans, riced cauliflower, mashed cauliflower)

## GOOD CARBOHYDRATES

### Canned Foods

- Canned, low sodium beans or legumes
- Canned fruits, in its own juice
- Canned corn
- Canned English peas
- Canned potatoes
- Canned lima beans

### Freezer Section

- Berries (no syrup)
- Corn (kernels or on the cob)
- Peas (English, sweet, black-eyed, purple hull)
- Beans (lima)

And last but not least, always have on hand sugar-free, non-carbonated fluids and protein supplements in case you are sick. Hydration and protein are the most important to your health.

### Clear Liquids

- Broth (beef, chicken or vegetable)
- Sugar-free gelatin (such as Jell-O)
- Drink mixes (such as Crystal Light)
- Decaffeinated tea or coffee
- Water
- Sugar-free ice pops (such as Popsicles®)
- Electrolyte replacement drinks (such as Propel, Powerade Zero, Gatorade Zero)
- Sugar-free drinks (such as Vitamin Water Zero, Diet Ocean Spray, Diet Snapple)

### Protein Supplements

- Premier Protein (chocolate, vanilla, strawberry, banana, peach, cookies and cream)
- Pure Protein (chocolate, vanilla, banana, cookies and cream, strawberry)
- Core Protein Elite 42 (chocolate, vanilla)
- Equate High Performance Protein Shake (chocolate, vanilla)
- Atkins Plus Protein (chocolate, vanilla)
- Ensure Max Protein (café mocha, chocolate, vanilla, berries and cream)
- Muscle Milk 40 or Muscle Milk 32 (chocolate, vanilla)
- Zone Perfect Carbwise or High Protein (chocolate marshmallow, vanilla, orange cream, fruit cereal)
- Wheyabolic (chocolate, vanilla)
- Genepro Powder (unflavored)
- Premier Protein Powder (chocolate, vanilla)

### Along with healthy eating, continue to exercise.

- Take a 30-minute walk outside (Vitamin D does your body good)
- Do an exercise video on YouTube
- Ride your bike
- Get outside and play ball with your pets, children or grandchildren

# Upcoming Support Groups

August 6

*Personal Testimonies & Living Ads*

Vivian Rogers, DNP, NP-C

September 3

*Your Body after Weight Loss*

Dr. Alan Pritchard

October 1

*Emotion, Behavior & Weight Management*

John Young, Ph.D.

The Weight Loss Support Group meets at 6 p.m. the first Thursday of every month. During the pandemic, all meetings are online only. Watch live at [www.nmhs.net/weight-loss-support-group](http://www.nmhs.net/weight-loss-support-group).

\*Please note that ALL patients are required to attend at least one support group prior to surgery.

## Cucumber Mojito

This is so refreshing. Cool, smooth summer drink. Delicious and super easy. The cucumber lends this drink a beautiful fresh scent and taste.

prep: 10 mins

total: 10 mins

Servings: 8

Yield: 8 servings

Ingredients

1 individual packet Mojito-flavored dry beverage mix (such as Crystal Light®)

8 cups cold water

1 cucumber, peeled and sliced

3 cups ice cubes

Directions: Dissolve beverage mix into cold water in a pitcher; add cucumber slices and ice cubes.

Nutrition Facts Per Serving: 6 calories; 0.1 g protein; 0.6 g carbohydrates; 0 mg cholesterol; 7.6 mg sodium

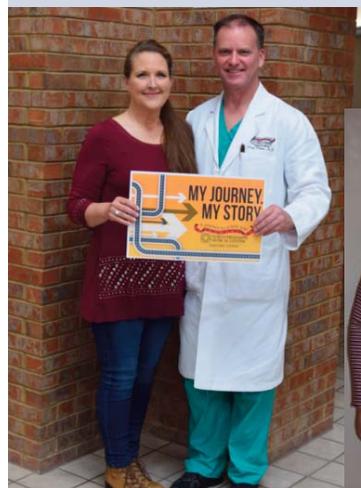
[www.allrecipes.com](http://www.allrecipes.com)

# Weight Loss Success Stories

**Brandy Williams** of Baldwin has lost 84 pounds since having weight loss surgery in February 2019. When she weighed 226 pounds, she had heart surgery and was being treated for high blood pressure, high cholesterol and joint pain. When she lost the weight, she also lost her health issues. “Life is great,” she says. “I can play all day outside with my kids and not be so out of breath that I have to sit down. I’m grateful to have my healthy life back.” Brandy thought long and hard before deciding on surgery. “It’s a big commitment. I tried everything I could before considering surgery,” she says. “The doctors and team were right there for me, answering all my questions and meeting my needs.” Now she has no regrets. “I’m so glad I chose bariatric surgery,” she says. “It was a much-needed tool for my success.”



**Terri King** of Booneville has lost 103 pounds since having weight loss surgery in March 2019. When she weighed 263 pounds, Terri struggled with pain in her back, feet and shoulders. She was depressed and never wanted to do anything. Since losing weight, she is pain-free and has a new outlook on life. “I have so much energy now. I feel like a new person,” Terri says. “I enjoy life and what it has to offer.” Terri tells everyone contemplating weight loss surgery that it was the best decision she ever made. “It will save your life,” she says. “The staff are wonderful and always there if you need them.”



**Christopher Agnew** of Guntown has lost 107 pounds since having weight loss surgery in May 2019. At 292 pounds, Christopher struggled with high blood pressure, high cholesterol, atrial fibrillation, asthma and sleep apnea. Since losing weight, he was able to come off all prescription medication he was taking before surgery. “My life has changed drastically,” Christopher says. “While exercising I can finally run, and I’ve never been able to run since a child due to asthma.” He urges anyone considering weight loss surgery to “go for it!” Christopher says, “The only regret you will have doing it, is not doing it sooner.”



To see if weight loss surgery might be right for you, visit [www.nmhs.net/weight-loss-surgery](http://www.nmhs.net/weight-loss-surgery).

\*Please note that these photos were taken before mask and social distancing guidelines were in place.