

*Helping you to be healthier one pound at a time.*

## The Bariatric Buzz

June, 2008

### Inside this issue:

<b>Breaking the code on food labels</b>	<b>2</b>
<b>Summer grilling</b>	<b>3</b>
<b>Benefits of Exercise</b>	<b>3</b>
<b>Bariatric surgery and Type 2 diabetes</b>	<b>3</b>
<b>Children watching!</b>	<b>4</b>
<b>Did you know?</b>	<b>5</b>
<b>Contact us</b>	<b>5</b>

### Easy Calorie Cutting Substitutions

- Use Mustard instead of Mayonnaise
- Opt for vegetables instead of cheese
- Use lemon on fish instead of tartar sauce
- Drink non-fat milk instead of whole milk
- Use broth to sauté instead of butter
- Use plain non-fat yogurt instead of cream
- Use no-calorie sweetener instead of sugar
- Use cooking spray instead of oil

## Knock-knock...Who's there?

Opportunity! That's who! They are always calling and knocking, it is up to you to answer their call and invite them in! Here is one right now: all this glorious, longed-for sunshine...it is here and it's calling for you to come outside and soak it all in! It is begging for you to get busy with your yard work—pull those weeds and plant your garden, to ride your bike, to play some tennis, golf or volleyball, to jump in that inviting pool and to crank up those beach tunes and show your kids what it means to boogie! Oh, other one! All and vegetables! here comes another one! All those fresh fruits and vegetables! Can you hear them calling for you to take advantage of their beautiful colors, heavy-watering flavors? Is it a graduation party, family reunion, or a wedding reception? Maybe time for the little league baseball game or family trip to the zoo? One thing is for sure, the summer season is pack jammed with opportunities to keep you moving and to surround yourself with people who are important to you! It is a perfect opportunity to keep challenged and to motivate yourself to be the best you—the healthiest you—possible. And surprise! You may not realize it, but all those fun activities are really exercise! All that marvelous fresh produce—yep—it's "diet food" and it is good for you (and your family)! All those family invitations—well, that is your encouragement, your motivation and your support system! So go ahead and let those terrific little moments into your world, you just may be the motivation and example that someone else needs to become healthier and to add years to their life too. No lazy days of summer here! Make every day a Celebration!



## It's important to set goals for yourself!

Let's face it, no matter what you do, losing the amount of weight you want to lose is not going to happen overnight; you have to be conscious of your efforts and work at it but, making a list of goals and keeping them realistic really does help to keep you on track. If you want to lose 30 pounds, break it down to a goal of losing 10 pounds a month; that comes to only 2.5 pounds a week; which is easier to obtain and will give you a feeling of satisfaction every time you reach one of those smaller milestones! Write your goals down and check them off as you accomplish them and keep your list of goals simple so you can complete them. Remember to include 'self encouragement' as a part of your goal setting; things like hanging a picture of yourself when you liked how you looked and a current photo will help to remind you of what you are working for! Hanging a favorite dress or pair of pants that are too small in plain sight could help keep you focused. Or try putting a list of all the medications you take every day on your bathroom mirror with a picture of your family—that might just be the motivation you need to keep on track and meet your goals! When you do reach your goal, don't forget to reward yourself—something as simple as that new book you have been wanting or a well deserved trip to the salon! Nice job!

## What do those food labels found on packaging really mean?

***Sometimes advertising on labels can be deceiving or confusing,  
the terms below will help you break the code!***

**“Calorie free”**=foods that contain less than 5 calories per serving.

**“Cholesterol-free”**=foods must contain less than 2 mg of cholesterol and 2 g or less of saturated fat per serving (a low cholesterol product is not necessarily low in fat).

**“Fat free”**=foods that have less than 0.5 g of fat per serving.

**“Lean”**=foods that contain less than 10 g fat, less than 4.5 g saturated fat and less than 95 mg of cholesterol per serving.

**“Lite foods”**=A lite claim indicates only that the product has no more than 1/2 the fat, 2/3 the calories or 1/2 the sodium of the “regular” version of the same food.

**“Low calorie”**=foods that have 40 calories or less per serving.

**“Low cholesterol”**=foods that have 20 mg or less of cholesterol and 2 g or less of saturated fat per serving.

**“Low fat”**=foods that have 3 g or less of fat per serving.

**“Low in saturated fat”**=foods that contain 1 g or less of saturated fat per serving and no more than 15% of the calories comes from saturated fats.

**“Low sodium”**=foods that contain 140 mg or less sodium per serving.

**“Saturated fat-free”**=foods that have less than 0.5 g of saturated fat and less than 0.5 g of trans fat.

**“Sodium free”**=foods that contain less than 5 mg sodium per serving.

**“Sugar free”**=foods that contain less than 0.5 g of sugar per serving.

**“Trans fat free or No trans fat”**=Foods that have fewer than 0.5 g trans fat per serving.

**“Very low sodium”**=foods that contain 35 mg or less of sodium per serving.



**YOU are becoming an  
educated shopper!**

***Some food labels also make claims for healthy benefits,  
this is what those labels really mean:***

**“May reduce the risk of heart disease” or “helps to lower cholesterol”.** The FDA backs the claim that this food may help prevent heart disease and/or lower LDL cholesterol when eaten regularly and as part of an overall healthy diet. This label is often found on produce and foods rich in soluble fiber, whole grains, soy protein and/or plant sterols or stanols.

**A red heart with a white check mark.** The American Heart Association certifies that this product is low in cholesterol, total fat, saturated fat and trans fat; has less than 480 mg of sodium per serving; and naturally contains at least 10% of the daily value for vitamins A and C, calcium, iron, protein or fiber.

**A yellow and black “whole grain” icon that looks like a postage stamp.** The Whole Grains Council verifies that this product contains at least 8 g of whole grains ( a 1/2 serving of whole grains). If the stamp specifies “100% whole grain,” then the product has at least 16 g of whole grains (1 full serving of whole grains). Three (3) daily servings of whole grains are recommended.

## Summertime means it's time to fire up the Grill! Grilled Balsamic Chicken Salad

Prep time: 15 minutes + marinating

Cooking time: 10 minutes

Serves 4



1 LB boneless, skinless chicken breasts

1/2 cup light balsamic vinaigrette dressing, divided

1 yellow bell pepper, cut into 4 large pieces

1 TBS olive oil

1 7 oz bag of pre-washed mixed salad greens

1/4 cup crumbled blue cheese

1/4 c chopped walnuts

1 medium to large ripe tomato, diced

1. Place chicken breasts in a single layer in a glass bottom dish with sides and cover them with 1/4 cup of dressing, cover and marinate in refrigerator for 15 minutes to 24 hours (turning several times). Reserve remaining dressing for the salad.
2. When finished marinating and ready to grill, brush both sides of pepper pieces with oil. Grill chicken and peppers for 4-5 minutes per side, flipping them once and brushing the chicken with remaining marinade, grill until the peppers are lightly browned on the outside and the chicken is no longer pink in the center. Watch peppers carefully and removed them before they char.
3. Put salad greens, cheese, walnuts and tomato into a large bowl. Slice the chicken and peppers into thin 1" strips and add to salad. Toss with reserved dressing and enjoy!

351 Calories, 31 g protein, 8 g carbohydrate, 22 g fat, 4 g saturated fat, 72 mg cholesterol, 2 g fiber, 241 mg sodium

## The powerful benefits of Exercise!

You know (because we keep telling you) that changing your eating habits alone is not all you need to do to obtain your weight loss goal. Exercise is the other important half to your success! Exercise not only burns calories, but regular exercise also promotes muscle fitness, joint flexibility and increases the efficiency of your heart and lungs. Not only that! But exercise suppresses your appetite, reduces stress, helps you sleep better and improves your mood!

The key to making time for exercise and sticking with it is to pick activities you enjoy ... and no you do not have to join an expensive gym in order to exercise, but you do

need to make a plan in order to fit this into your day.

Exercising at least three days a week is a great start and if you can't devote a 30 minute chunk of your time all at once, break it down into 3 ten minute sessions through out the day. You may need to start slow, but you should eventually increase your intensity level to 50-75% of your maximum heart rate.

Remember that everything you do burns calories—so make your activities count!

Using light to moderate weights (strength

training) helps build lean muscle mass and burns more fat & calories. Mix up your routine so you don't get bored; walk one day, dance the next or try exercising with a DVD at home (you can borrow them from the local library).

Exercise doesn't have to be boring or a chore! Grab a friend and make it a part of your daily routine, pretty soon you will look forward to your exercise time...especially when you start to feel better, breathe easier and see the pounds melting away!

To determine your target heart rate, subtract your age from 220 and then multiply the difference by 0.7. This equals the number of times per minute your heart should beat during exercise for optimum benefit.

## Recent headlines: Bariatric surgery to treat Type 2 Diabetes

There have been many news stories in the recent months regarding studies that supports weight loss surgery is successful in the treatment of Type 2 Diabetes.

According to the January issue of *JAMA*, obese Type 2 diabetes patients who had gastric banding (Lap-Band) procedure were five times more likely to experience disease remission than those

treated with conventional diabetes therapies.

One of the key findings of the *JAMA* study was that the non-surgical patients, even those with medical & behavioral help following a diet and exercise program, lost only 1.7% of their body weight, compared with almost 21% in the surgical group. The study involved 60 obese patients with Type 2

diabetes, it found that 73% of those who had gastric banding experienced remission of their diabetes while only 13% who went through a conventional weight loss method experienced remission.

This study involved patients in Australia who had diabetes for less than two years and lost an average of 20% of their body weight two years later.



**Type 2 diabetes is only one of the many co-morbidities weight loss surgery can help improve or completely eliminate**

## Your children are watching!

There is no arguing the fact that obesity is an epidemic in this country, so it should be no surprise that it is not just the adult population that suffers from obesity, but it reaches our children too. According to the *Obesity Action Coalition* more than 9 million of our children ages 6 to 19 years old are considered overweight and those who are considered to be obese are 70% more likely to continue to be obese in adulthood. That's 70%! In a short time they can suffer from co-morbidities such as high blood pressure, high cholesterol, sleep apnea and depression and will be much more likely to develop Type 2 diabetes. This is not what we want for our children!



It has been shown that genetics does play an important role in the development of our children, but more importantly, our children are learning lifelong eating behaviors, nutrition choices and their love of or lack of physical activities from you. If for no other reason than our children's sake, we need to start making lifestyle changes that will benefit the entire family and reduce their risk to become obese.

It is very important to understand what the needs are of a child and how it relates to healthy serving portions. Children up to age three need about 1,000 calories a day and you can then add 100 calories a year up to age 18 for a moderate to active child.

The American Diabetes Association offers the following guidelines for children:



- ♥ A 1/2 cup serving of canned fruit, vegetables or potatoes looks like 1/2 a tennis ball on your plate.
- ♥ 3 oz. of meat, fish or chicken is about the size of a deck of playing cards or the palm of your hand.
- ♥ A 1 oz serving of cheese is about the size of your thumb.
- ♥ A 1 cup serving of milk, yogurt or fresh greens is about the size of your fist.
- ♥ 1 tsp of oil is about the size of the tip of your thumb.
- ♥ A child size portion of grains, beans or pasta is between 1/3 to 1/2 cup.
- ♥ A serving of bread is 1 slice.
- ♥ A serving of dry cereal is 3/4 cup.

Once you start to visualize what these servings should look like you will be able to tell if your child is eating too much or too little food every day.

The same rules of eating slowly, chewing food thoroughly and choosing nutritious foods applies to our children too. IF your child asks for a second helping try to wait 20 to 30 minutes before serving a second helping—remember, it takes the brain about 20 minutes to know that the stomach is full. It is not only important to serve healthy portions, but to also ensure they get the proper foods in their diets and you are in control of that!

- ♥ **You** have the power to limit TV and time spent playing video games and encourage your children to increase their activity levels. Summertime is the perfect time to be playing outdoors!
- ♥ **You** have the power to control their intake of fried foods, ice cream, chips and breaded foods. Choose meals that are grilled, broiled, baked or steamed instead. Be sure to provide sugar free foods and drinks whenever possible and offer plenty of water and low fat or fat free milk. Keep stocked up on plenty of fresh fruit, vegetables, raisins and nuts for snacks. Sugar free popsicles are sure to be a favorite summertime treat!
- ♥ **You** have the power to lead by example and give your children the tools they need to develop a healthy lifestyle. Your reward is giving them a greater chance to live longer lives without the complications of obesity..... they will thank you for that later! ♥



## UH Geauga Medical Center

Bariatric Department, 1 South  
13207 Ravenna Road  
Chardon, Ohio 44024

**It's easy to reach us!**

**Bariatric office at (440) 285-6476 option 1**

**Direct lines: Roxanne (440) 285-6469  
Ada (440) 285-6475**

**By fax: (440) 285-6566**

**By e-mail:  
roxanne.erdman@uhhospitals.org  
ada.haines@uhhospitals.org**



*Are you considering Gastric bypass or gastric banding? Whether you are new to our program or are already a familiar face, we hope you will think of us as your partner; this is the place to come for the help you need in losing weight and reaching your goals. You won't find a more dedicated or knowledgeable team of healthcare workers in the Bariatric field of medicine. We are here to offer our expertise, our encouragement and our support to help you on your journey to becoming a thinner, more healthier you. Our bariatric patients are losing their excess weight and making astounding progress in our comprehensive program....and you can too! Our surgical weight loss program is a complete program that includes Nutrition counseling, pre-operative classes and post-operative care and support groups. We look forward to empowering you to achieve your goals and add years to your life and we are just a phone call away!*

**Upcoming Seminar dates:** June 19, 2008 at 5:30 pm  
July 10, 2008 at 10 am and July 24, 2008 at 5:30 pm  
August 7, 2008 at 10 am and August 21, 2008 at 5:30 pm

**YOU hold the key to your Success!**

## Did you know that.....



1 pound of body fat is equal to 3,500 calories?

To lose 1 pound in 1 week, you need to cut 250 calories from your diet *and* burn 250 extra calories per day ?

That 10 extra calories a day of unexpended energy (2 hard candies ) puts on an extra pound a year?

Consuming an extra 100 calories a day for a year, without burning them off, can lead to a weight gain of 10 pounds?

Protein & carbohydrates both contain about 4 calories per gram, but fat has 9 calories per gram?

Protein helps you build lean muscle and you should get in 50 to 60 grams per day?

It takes 20 minutes for your brain to know that your stomach is full?

Fiber makes you feel fuller longer (because it stabilizes

your blood sugar levels) with fewer calories and that foods rich in fiber also help you lower cholesterol and may reduce the risk of heart disease?

The recommended amount of dietary fiber is 25 g/day for women 19-50 and 21 g/day for women over 50?

The recommended amount of dietary fiber is 38 g/day for men 19-50 and 30 g/day for men over 50?

That keeping a food diary actually helps you eat less? (Keep an on-line diary at [fitday.com](http://fitday.com) or [my-caloriecounter.com](http://my-caloriecounter.com))

That 2,000 steps is equal to about 1 mile?

More than half of all American adults are obese (more than 90 *million*)?

That more than 9 *million* of our children are overweight?

The number of overweight people in the world is about 1.1 *billion*?