



Dietitian's Pick.

Greek Yogurt

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Important Notice:

If you plan on attending the support group at the 7th Street Moline Hy-Vee on March 20th from 6:30-8:00pm please **RSVP** to Jana or Tamara no later than March 15th.

You can call in or email your RSVP.

This will be a really great program and an accurate attendance count is required.

Thank You



+ Fruit of the Month Oranges

Juicy and sweet and renowned for its concentration of vitamin C, oranges make the perfect snack and add a special tang to many recipes; it is no wonder that they are one of the most popular fruits in the world. Oranges are generally available from winter through summer with seasonal variations depending on the variety.

Nutrient and % Daily Value
 vitamin C 116.1%
 dietary fiber 12.5%
 folate 9.8%
 vitamin B1 (thiamin) 7.3%
 potassium 6.7%
 vitamin A 5.8%
 calcium 5.2%
 Calories (61) 3%

Administrators Ad Iibs:

Welcome to our new monthly newsletter! We have been working on **many** improvements over the last few months. I hope you all have enjoyed your holiday season with your friends and family. There are several exciting changes I would like to share with you to start out the New Year. Our goal is to provide comprehensive care and our name should reflect the care that we give. We are adding to our

services this year with a medical weight loss program which will be overseen by our Center dietitian Carmin Green, MS, RD, LDN., as well as our Nurse Practitioner Lynne Coffey ARNP.

Carmin has also increased her days available in the center. Please feel free to call, or email any dietary questions you may have.

more on 2

Support Group Schedule

- March 20th 6:30 -8:00 pm Trip to Hy-Vee
 - Meet in the main entrance of Hy-Vee 7th Street Moline - **No Weigh Ins prior to support Group for March**
- April 17th 6:30-8:00 pm Clothing Swap
 - Tables will be set up in the Education Center for you to operate your own trade post. All items brought in must also leave at the end of the evening.

Weigh Ins available in the Center prior to all on-site support group meetings between 6:00-6:15 pm.

Center Happenings

Nurse Practitioner will start seeing patients 5/7/12

Beginning March 1st we will be closed for lunch from 11-12 daily

Extended Center Hours Beginning in May Watch for Announcements

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Patient Focus - Shining Star

Charlene P. Total Weight Loss 168 Pounds!

Q. What made me want the surgery?

A. I was tired of being tired, I knew having the surgery I would finally be able to live. I knew this surgery was not going to be a walk in the park but at 326 lbs. I was not doing too much walking. I had sleep apnea and sleeping

with the machine is no fun, I knew if I kept going on the path I was on my health would worsen and I was not ready to give up on living.

Q. What prepared me for surgery?

A. The six months prior to surgery when I met my family doctor, psychiatrist, nutritionist,

and meeting with the surgeon. All of these people were part of the program a piece of the puzzle to prepare me on how and what I needed to do to make the "tool" work.

Q. How am I successful?

A. I never saw the surgery as an end all cure all.

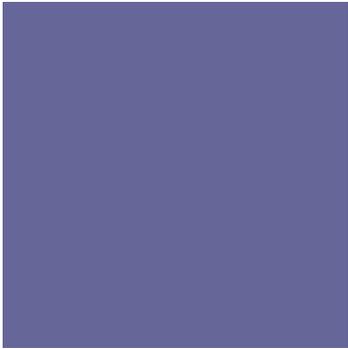
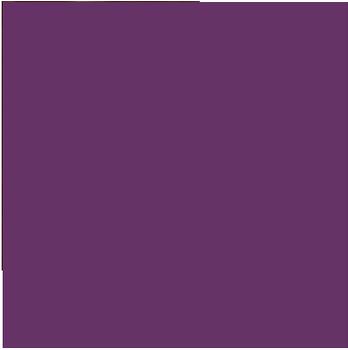
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Admin Continued.

Carmin will also be leading more support groups as well as being more readily available to assist with your dietary questions and concerns. As always we appreciate your feedback and if there is an unmet need, or you

would like to see a change or addition to our program we welcome your comments. You can email your comments to me at neyenssa@ihs.org.



Dietitian's Pick: Greek Yogurt

by Carmin Green



What is it? Greek yogurt is produced by straining off the liquid whey, which concentrates the protein in the yogurt. Compared to regular yogurt, Greek yogurt is thicker and creamier, and contains 2-3 times as much protein. Greek yogurt requires three times the milk that is used to make regular yogurt, resulting in it being more expensive.

What to buy: Choose plain, non-fat Greek yogurt for the most nutrition and protein with the least amount of calories and sugars. Calories usually

range from 80-100 per 6oz container and protein ranges from 14-18 grams, depending on the brand. The sugar listed in plain Greek yogurt is natural (called lactose). Skip the flavored ones because they have added sugars and more calories. Plain yogurt has a tart and tangy taste by itself. Try mixing in one of the natural sweeteners listed below:

(continued)

½ cup mashed berries

½ cup mandarin oranges

½ mashed banana

½ cup baby food pears

½ cup unsweetened applesauce +
cinnamon + Splenda

Crystal light packets

Splenda, Truvia, or Equal with
vanilla or almond extract

Sugar-free Jell-O pudding singles

½ packet of Swiss Miss sugar-free
hot cocoa mix

Tip: Plain Greek yogurt can also
be a substitute for mayo, veggie
dips, sour cream, or sauces when
cooking or baking. It can make a
great base for tuna salad as well,
by adding a little Dijon mustard
and pickle relish.

Look for some of the following
brands: Yoplait 0% Plain, Dannon
Non-fat Plain, Oikos 0% Plain,
Fage Total 0%, and Chobani Non-
fat Plain.

Enjoy ☺

Tracking Tip

It's important to act quickly when the numbers on the scale have plateaued for a few weeks or start moving up. Have an action plan when weight rises by 2-4 pounds, perhaps returning to more intensive monitoring of food intake. Use a free online diet journal to record your meals (www.myfitnesspal.com, sparkpeople.com) or download an app for your phone (loseit.com). Write down every single thing you put in your mouth during the day. Did you taste or nibble while you were cooking dinner? Did you grab a Hershey Kiss from the candy jar on your co-worker's table? Did you finish your child's sandwich at lunch? Every bite counts, so write it down or track it online. This is one way to be a mindful eater!

The following apps are available for iPhone, and Android phones. My Fitness Pal, and lose it. My fitness pal automatically

uploads to the website. It also integrates with the Fitbit Ultra Tracker device (\$99) that tracks your every movement. It counts



Monthly Weigh In

Remember to stay in program compliance you must weigh in monthly.

You may also call in weights, or email to Tamara at

ParbooTL@ihs.org

It is recommended to call ahead so that we do not miss you when you stop in.

steps, elevation to record stairs climbed, calories burned, sleep cycle, and more. It is proven that people who track their food intake and exercise are more successful in losing weight and staying health long term.

Start Tracking Today!

Vegetable of the Month

Eggplant

Long prized for its deeply purple, glossy beauty as well as its unique taste and texture, eggplants are now available in markets throughout the year, but they are at their very best from August through October when they are in season. Eggplants belong to the nightshade family of vegetables, which also includes tomatoes, sweet peppers and potatoes. While the different varieties do range slightly in taste and texture, one can generally describe the eggplant as having a pleasantly bitter taste and spongy texture.

Nutrient % Daily Value
 dietary fiber 11%
 manganese 10%
 molybdenum 5.4%
 potassium 5.3%
 folate 4.5%
 vitamin K 3.5%
 copper 3.5%
 vitamin B6 (pyridoxine) 3.5%
 tryptophan 3.1%
 vitamin C 3%
 magnesium 2.8%
 vitamin B3 (niacin) 2.6%
 Calories (19) 1%

Patient Focus Continued...

I have always considered the surgery as a "tool" this was a second chance at life for me and going backwards is not an option I am willing to give myself. I stick to the program that was designed for surgical patients; I maintain my exercise and stay away from things that are not meant for me to have anymore. My support, my family and friends are a **HUGE** part of my success, they have been with me since day one and I truly appreciate them for that (Thank you!). I cannot forget the group meetings, I enjoy those monthly meetings! It is so nice to talk to other people who know what you're talking about.

Charlene's Exercise goals:

I will be walking the Burry Scurry in February and my goal is to jog/run the Race for the Cure this year.

I want to give a big thanks to Charlene! She is a great contributor to the Bariatric Center, and the success of the patients she speaks to. She has just passed her 1 year surgery anniversary and has lost an amazing 168 pounds.

As Charlene will share the road has been bumpy from time to time, yet she has stayed the course

and kept control over her weight loss journey.

I also want to give a shout out to Leroy - Charlene's husband.

Leroy is at every support meeting, and as many center appointments as he can get to. He is a great example of the solid support system that will help to ensure success.

Congrats again

Charlene on being this issues **Shining Star!!**

Welcome

Lynne Coffey ARNP!!

Lynne will be in clinic the end of March. She will be available to start seeing patients on May 7th. Her appointment times will vary on Mondays, Tuesdays, Thursdays, & Fridays.

Reminder: All LapBand patients need to be seen at least once a year. Ideally we would like to see everyone yearly!

Recipe of the Month.

Beefy Vegetable Soup

Serves 9

In a large kettle, brown beef over medium heat in oil. Add the broth, water, and soy sauce. Bring to a boil. Reduce heat; cover and simmer for 1 hour. Add the potatoes, carrots, Worcestershire sauce, steak sauce, and seasonings. Bring to a boil, Reduce heat; cover and simmer for 30-40 minutes or until all vegetables are just tender. Add the corn and beans. Bring to a boil. Reduce heat; cover and simmer for 5-10 minutes.

Nutrition Facts

Per serving (1 ½ cups), calories 227, carbohydrates 24g, fat 7g, fiber 4g, protein 19g

Ingredients

1 ½ pounds lean beef stew meat
1 tbsp canola oil
2 cans (14 ½ oz each) reduced sodium beef broth
1½ cups water
2 tbsp. reduced sodium soy sauce
3 medium potatoes, cubed
3 medium carrots, cubed
2 tbsp Worcestershire sauce



Ingredients

2 tbsp steak sauce
1 tbsp garlic powder
½ tsp salt
¼ tsp dried oregano
⅛ tsp ground nutmeg
⅛ tsp pepper
2 cups fresh or frozen corn
1 ¾ cups frozen cut green beans



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