

The Milestone

A point in time, marking a key event or accomplishment



THE MONTHLY E-NEWSLETTER OF OKLAHOMA WEIGHT LOSS OPTIONS • NORMAN, OK

Send in your questions,
recipes, comments, or
topics of interest!

Website: www.owlo.com

Email: nutrition@owlo.com

Fax: 405-364-9112

Address:

3400 W Tecumseh
Suite 205 Norman, OK
73072

The Truth about *Trans* Fat

The fat in our diet has always had its share of media attention. Recently, *trans* fat has been the center of the discussion because of the new legislation to include *trans* fat on the Nutrition Facts Label (effective January 2006).

Trans fat are known to increase cholesterol levels, which increases your risk for heart disease. Prior to labeling *trans* fat on foods, the only way to know if a food contained these fats was to read the ingredients. The ingredients used to make *trans* fat are hydrogenated vegetable oils or partially hydrogenated vegetable oils.

Hydrogenated vegetable oil is made by adding hydrogen to vegetable oil to change the chemical make-up providing improvements in texture, flavor, and shelf-life of products. Manufacturers started using *trans* fats to replace saturated fat in products because of the demand for foods with less saturated fat foods.

Products that contain these oils include chips, crackers, cookies, and margarine. Margarine is often used as an alternative to butter, however it is made from hydrogenated vegetable oil (*trans* fat). This gives margarine sticks the solid consistency of butter and makes it easy to bake with. So that must mean butter is the best option? **NO!**

Butter is made from an animal source, so not only is it loaded with saturated fat it contains cholesterol (both increase risk of heart disease). The best choice is to avoid these in your diet, but if you have to use "butter" choose a margarine that is soft, liquid, or spray and is free of *trans* fat!



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OKlahoma WEIGHT LOSS OPTions is recognized by the ASBS as a **Center of Excellence** and is a JCAHO accredited disease specific program in conjunction with Norman Regional Hospital. These two distinctions set OWLO apart from other programs, and require a comprehensive approach to weight loss in addition to the highest level of care to patients.



OWLO News:

- ◆ OWLO welcomes Heather to the dietary department! She is a dietitian and a recent graduate from the University of Oklahoma. She will join Lisa, and together they will work as a team to provide you with dietary care. Introduce yourself next time you are in the office!

WELCOME to OWLO !

If you have been in the office lately, you may have noticed some different faces. We have increased our staffing to help with our continued growth and improve patient care! We have added Rachel and Sommer to our administrative staff. Here is a brief introduction and photo:



“Hello! My name is Sommer. I am one of two front receptionists here in the office. I answer phones and help direct the traffic through the office. I enjoy spending time with my two children, swimming, and most of all just kicking back and relaxing. I have been here for about five months and enjoy all of my co-workers and meeting you, the patients. It makes my day to see the daily changes in your lives...for the better, and be able to participate in your success.” - Sommer

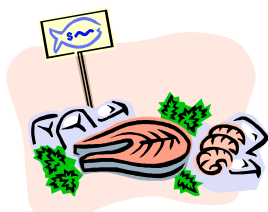
“Hi, my name is Rachel Blevins. I have been at OWLO for about 3 months. I work as a receptionist and love my job. I enjoy meeting new people through the patients I check in and speak with on the phone. I also work as a realtor and love that as well. I have three beautiful girls Jacey, Shelby, and Haley. In my time away from work I love to play with my children and just enjoy being at home.” - Rachel



RECIPE: “Grilled Salmon Fillets with Mango-Cucumber Salsa” Submitted by: Renee Mack

1 large mango, diced
 1 large cucumber, finely diced
 1 small garlic clove, minced
 1 lime, juiced
 1/8 tsp. ground cumin
 1 c chopped green onions
 1/2 c diced red bell pepper
 1/4 tsp. cayenne pepper
 1 Tbs. chopped fresh cilantro
 2 Tbs. extra-virgin olive oil
 Salt & black pepper, to taste
 4-6 oz salmon fillets

1. In a large bowl, mix mango, cucumber, garlic, lime juice, cumin, green onions, bell pepper, cayenne, cilantro, olive oil, and salt & pepper. (allow to sit for 1-2 hours)
2. Prepare grill with a hot fire.
3. Season the fillets with additional salt & pepper and brush both sides with olive oil.
4. Place fillet skin side down, cook until the skin is crisp and lightly browned, 3 to 4 minutes.
5. Using tongs, carefully turn the salmon over and continue cooking until it is opaque throughout and lightly browned, 3 to 5 minutes.
6. Transfer the salmon to a warmed platter. Serve immediately and top with salsa. Serves 4.



The Dietitian says: This recipe is loaded with protein and nutrients! Salmon is an excellent protein source and has a wonderful soft texture. The salsa in this recipe is full of fruit and vegetables that provide a wide variety of nutrients. If you have a favorite bariatric recipe that you would like to share, send it to me by fax (405) 364-9112 or e-mail at nutrition@owlo.com. THANKS, Renee!



August 2006



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Seminar: HealthPlex 3rd floor Tecumseh Campus 2:00 – 4:00 pm BAND Support Group: Health Plex 3rd floor (Tecumseh campus) 6:00 – 7:00 pm	4	5 Seminar: HealthPlex 3rd floor Tecumseh Campus 10:00 -12:00 pm
6	7	8 RNY Support Group: 3rd floor Health Plex (Tecumseh Campus) 6:00 – 7:00 pm	9 Seminar: Norman Regional Education Center (Porter Campus) 6:30 – 8:00 pm	10 Seminar: HealthPlex 3rd floor (Tecumseh Campus) 2:00 – 4:00 pm	11	12
13	14 Support Groups: Bethany Library 5:30-6:30 pm Ada - Central Church of Christ 5:30-6:30 pm	15	16	17 Seminar: HealthPlex 3rd floor Tecumseh Campus 2:00 – 4:00 pm BAND Support Group: Health Plex 3rd floor (Tecumseh campus) 6:00 – 7:00 pm	18	19 LOD Group Norman Regional Education Center (Porter Campus) 11:00 - 2:00 pm <i>Clothing Xchange</i>
20	21	22 RNY Support Group: 3rd floor Health Plex (Tecumseh Campus) 6:00 – 7:00 pm	23 Seminar: Norman Regional Education Center (Porter Campus) 6:30 – 8:00 pm	24 Seminar: HealthPlex 3rd floor (Tecumseh Campus) 2:00 – 4:00 pm	25	26
27	28 Support Group Ardmore, OK Red Cross Office 6:00 – 7:00 pm	29	30	31 Seminar: HealthPlex 3rd floor (Tecumseh Campus) 2:00 – 4:00 pm		