

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

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## The Food Journal: Writing It Down Works



Keeping a food journal is a recommended tool to help those seeking weight loss evaluate their food choices and eating behavior. This beneficial awareness tool can provoke resistance at first. A food journal takes effort, plus self-awareness can be initially uncomfortable and scary for many.

Writing things down serves as a focusing device. It helps you pay close attention to detail

The food journal provides you with a tool to show you are on track and to feel a sense of accomplishment

It reveals hidden sabotages such as high sugar beverages and highlights trigger situations like social, stress, and schedule

It's portable and free!

Keeping a food journal is the first step toward mindful eating and better food choices. Get your food journal started today!

**OWLO News:**

◆ New BALANCE session begins this month!

BALANCE is OWLO's 12 week non-surgical weight loss program that emphasizes three major areas: Nutrition Education, Behavior Modification, and Physical Activity. An introductory one-on-one consultation with a dietitian will address your individual needs and concerns. After the initial assessment, weekly group meetings will be held to cover a variety of topics. Groups are limited to 10 participants, so if you are interested, call a Registered Dietitian at 405-360-7100 to reserve your spot!



OKlahoma WEIGHT LOSS Options is recognized by the ASMBS 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.




## PATIENT SPOTLIGHT



Our featured patient this month is Shara. Shara had Gastric Bypass on October 9, 2007.

How much weight have you lost since surgery?  
Approximately 120 pounds

Do you meet your protein goal daily?  
It is a struggle but now I can say that I do

What are your favorite meal replacements or protein supplements?  
Premier Meal Replacements and Nectars

Do you have any health conditions that have improved?  
Diabetes II, osteoarthritis

What is your exercise routine?  
Walk 30 minutes - 4 times/week, ablounge 3 times/week, other cardio and stretching twice/week

What is one piece of advice you have for other Bariatric patients?  
Do it! Energy has jumped 200%

If you would like to be featured in our newsletter, please send an email to [nutrition@owlo.com](mailto:nutrition@owlo.com)

### White Chicken Chili

1 medium onion, chopped  
2 garlic cloves, minced  
2 tablespoon olive oil  
Two 15-ounce cans Cannellini or white beans, drained  
2 tablespoons flour  
4 cups diced, cooked chicken or turkey  
One 4.5-ounce can diced green chilies  
Two 14.5-ounce cans low sodium chicken broth  
1 teaspoon cumin  
1 teaspoon chili powder  
1/2 teaspoon oregano  
Kosher salt and freshly ground black pepper



Sauté onion and garlic in olive oil in a large pot over medium high heat until onion is tender. Puree one can of drained beans and set aside. Stir the flour into the onion mixture and cook for one minute. Add chicken, chilies, broth, cumin, chili powder, oregano, beans, reserved bean puree, and one cup water. Season with salt and pepper. Reduce heat and simmer for 30 minutes. Makes about twelve 1-cup servings

Per Serving: Calories 169; Protein 16 g; Fat 7 g; Carbs 10 g; Sugar 1 g; Sodium 309 mg  
Recipe from [bariatriceating.com](http://bariatriceating.com)



## Exercise may speed weight loss after gastric bypass



People who've undergone surgery to manage their obesity may lose more weight if they start exercising, a new study suggests.

More and more severely obese adults are turning to gastric bypass surgery in an effort to lose weight. The procedure, which restricts the amount of food a person can eat, can spur substantial weight loss and help control obesity-related conditions like diabetes.

However, while regular exercise is a well-known way to keep body weight in check, it has not been clear whether people who start exercising after gastric bypass fare any better than those who remain sedentary. The new study suggests that they do.

Researchers found that of 199 patients who underwent gastric bypass, those who became more active after surgery lost more weight over one year than those who remained relatively inactive.

In fact, the former group did as well as patients who were regularly active both before and after their gastric bypass surgery, the researchers report in the journal *Obesity*.

All of the study patients had undergone Roux-en-Y gastric bypass, in which a surgeon staples off the upper portion of the stomach to create a small pouch that restricts the amount of food a person can eat at one time. The surgeon also creates a bypass around the rest of the stomach and a portion of the small intestine, which limits the body's absorption of food.

The weight-loss effects of the procedure itself are so "powerful," it is notable that a lifestyle change may still make an important difference, noted lead researcher Dr. Dale S. Bond, of the Brown Alpert Medical School and Miriam Hospital in Providence, Rhode Island.

The findings also shed light on how much exercise may be necessary, he told Reuters Health.

The study defined "active" as getting at least 200 minutes of exercise per week. Patients who, based on survey responses, started getting that much exercise after surgery lost an average of 15 pounds more than their counterparts who remained less active.

For the most part, patients walked for exercise, Bond said, noting that walking is considered the "safest and most practical" way to get active after gastric bypass.

He suggested that patients talk to their doctors about starting an exercise regimen after weight-loss surgery. Getting active, Bond noted, may not only aid in cutting pounds, but may also help manage the medical conditions so often seen in severely obese adults -- including diabetes, high blood pressure and high cholesterol.

[www.nlm.nih.gov/medlineplus/news/fullstory\\_72341.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_72341.html)



# January 2009



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 	2	3
4	5	6	7	8 <b>Bethany SG</b> Lake Overholser Church of Nazarene 6-7 pm	9	10
11	12 <b>Ada Support Group</b> Church of Christ 5:30-6:30 pm	13 <b>Bypass Group</b> North Atrium Moore Medical Ctr 6-7 pm	14	15 <b>Ft Smith SG:</b> Public Library 7:00-8:00 pm <b>Band Group</b> North Atrium MMC 6-7 pm	16	17 <b>Norman Group</b> Norman Regional Hospital Education Center 11am-12pm
18	19	20 <b>Enid Support Group:</b> Wesleyan Church 7-8 pm	21	22	23	24
25	26	27 <b>Madill SG:</b> Madill Hospital 5:30-6:30pm <b>Bypass Group</b> North Atrium MMC 6-7pm	28	29	30	31
31						

New Years Resolutions:  
 Attend a Support Group every month  
 Get to protein goal  
 Exercise Daily