



The Milestone

A point in time, marking a key event or accomplishment

June
2009

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

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

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Inside this issue:

Quality Protein Supplements	1
OWLO News	1
Patient Spotlight	2
Recipe Corner	2
Volumetrics	3
Calendar	4

Quality Protein Supplements

By now I'm sure everybody is familiar with checking the label on their protein supplement, making sure there's adequate protein and checking for the necessary vitamins and minerals (if it's a meal replacement), all while making sure there aren't too many carbohydrates and sugars. Occasionally we find a great deal on a supplement or meal replacement that has plenty of protein at only a fraction of the price of other companies, GREAT, right? Actually, some proteins, even the more expensive ones, don't have enough indispensable amino acids meaning there is actually less protein in the supplement available for tissue growth than advertised. So, if a protein claims to have 25g protein, but is low in a particular amino acid, your supplement could supply you with far fewer grams of protein than you think. Also pay attention to the protein source. Whey and Casein are going to be more digestible, meaning you'll get more protein, than egg white, soy, milk, collagen and gelatin. If you do have any questions about how much protein your supplement or meal replacement really has, contact someone at the office and we can determine how much protein your supplement actually contains.

OWLO NEWS

The Walk From Obesity Sept. 26, 2009

Fashion Show Feb 19, 2010
(Be sure to let us know if you're interested)

Keep Sending us your favorite bariatric friendly recipes for the cookbook!



Center of
Excellence
BARIATRIC SURGERY

OWLO along with Norman Regional Hospital is recognized by ASMBS as a *Center of Excellence* in bariatric surgery. The program is also accredited by the Joint Commission for bariatric care. These distinctions require the highest level of patient care. This unique honor sets OWLO apart from other programs.



Norman Regional
BARIATRIC PROGRAM



Patient Spotlight

This month we would like to feature **Susan**. Sidney had RNY surgery in December of 2007.

- How much weight have you lost since surgery?
124 pounds.
- Do you meet your protein goal daily?
I reach my goal close to every day.
- What are your favorite Meal Replacements or Protein Supplements?
Fuzzy Navel mixed n Crystal Light Peach Tea.
- Do you have any health conditions that have improved?
Yes I've improved my blood pressure, sleep apnea, and joint pain. I also have more energy.
- What is one piece of advice you have for other Bariatric patients?
Exercise!



Recipe Corner

Gourmet Tuna Salad

Ingredients

- Two 6-ounce cans solid white tuna in water, drained and flaked in big chunks
- 2 hard-boiled eggs, finely minced
- 1/4 cup finely grated carrot
- 1 tablespoon green onion, finely chopped
- 1/4 cup light mayonnaise
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 1 tablespoon finely chopped dill pickle OR sweet pickle relish
- 1 tablespoon dill pickle juice

NUTRITION FACTS:

Per Serving:
Calories 211
Protein 23 g
Fat 7 g
Carbs 1g
Sugar 1 g
Sodium 520 mg

This is a quick and easy recipe that will be excellent for the summer months when you need a quick light lunch. Combine all of the ingredients in a bowl and mix until everything is well combined. Serve in a lettuce leaf. Makes 4 servings.



Gourmet Tuna Salad



VOLUMETRICS

Get the Biggest Bang for Your Calorie!!!



A healthy lifestyle involves getting adequate vitamins, minerals, and phytochemicals, moderation, and routine exercise. Following bariatric surgery, it is VERY important to get as many nutrients from foods as possible AND control your calorie intake. How is this done? . . . using VOLUMETRICS!

The concept of Volumetrics is to eat foods that are **HIGH** in nutrients, fiber, and water and **low** in sugar, fat, and calories. The goal is to fill your diet with **MORE** volume, and **less** calories so that you feel full and satisfied and manage or lose weight while you do it.

Weigh your options and make the best choice!!!

THINK. . .

- Which option has more nutrients?
- Which option has more fiber?
- Which option has more volume due to water?

Think twice before you choose options that. . .

- Are small in volume and high in calories.
- Have few beneficial nutrients.
- Are high in fat, sodium, cholesterol, or sugar.



WONDERFUL volumetric choices:

- Fresh fruit
- Fresh vegetables
- Vegetables cooked without added calories
- Light, whole grain bread
- Lean meat
- Lean poultry
- Fresh seafood
- Calorie-free beverages
- Low fat milk
- Low fat, low sugar yogurt
- Low fat cheese
- Low fat cottage cheese
- **Cook or prepare foods using artificial sweetener, non-stick cooking spray, and sodium-free spices to make them more Volumetric-friendly**

POOR volumetric choices:

- Fruit in heavy syrup
- Vegetables cooked in fat
- White bread
- High fat meat
- Poultry with skin or fat
- Seafood cooked with fat
- High calorie beverages
- Whole milk
- Regular yogurt
- Regular cheese
- Regular cottage cheese
- **Food cooked with fat, sugar, and lots of sodium are less Volumetric-friendly**



JULY



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1	2 AGB Support Group 6-7	3	4
5	6	7	8	9 NWOKC Support Group 6-7	10	11
12	13 Ada Support Group 5:30-6:30 Wichita Support Group 6-7	14 RNY Support Group 6-7 McAlester Support Group 5:30-6:30	15	16 AGB Support Group 6-7 Ft. Smith Support Group 7-8	17	18 Saturday Group 11:00am
19	20	21 Enid Support Group 7-8	22	23	24	25
26	27	28 RNY Support Group 6-7 Madill Support Group 5:30-6:30	29	30		