

OWLO E-Newsletter EXTRA!

www.bigger-people.com

November 2004



Bariatric Eating and Surviving the Holidays



Holidays should be enjoyable! The trick is to be prepared. Don't set yourself up to feel guilty if you do eat or feel deprived if you vow not to eat or taste. Stay in control...here's how.

PLAN AHEAD: Identify your food triggers. Write down before hand what you are going to do to control that food trigger. Practice ahead of time and you will be prepared!

EAT SOMETHING HEALTHY OR DRINK WATER BEFORE YOU GO OUT: Avoid arriving to a party hungry. The social fun and being with others is the focus, not food.

POSITIVE SELF TALK: "I'm not going to eat chips, dips, sweets ...but a bite of that favorite thing that I only get during the holidays". If in a restaurant be the first to order so you are not influenced by others. "I used to ___, but this is the new me, making changes, being honest with myself and doing what I said I would do". Not only will you be proud of yourself, but those around you will smile at your success.

BE THE SLOWEST EATER: Keep your eye on others...be the last to start and the last to finish. You will enjoy the food more (texture, smell, taste and will feel satisfied with less).

KEEP A PROPER PERSPECTIVE: If you make a mistake, keep a positive attitude---bounce back! Your reaction to the eating is more important than the eating itself.

Survival Tips:



- Do not take a holiday from your exercise. Continue normal workouts in addition to extra activities like power walking while shopping!!! Take a walk with your family after a meal (helps with digestion).
- Choose a turkey that is self-basted. This will lower the sodium and cost. To ensure a moist bird, remove it from the oven when the internal temperature of the breast reaches 165°F.
- Volunteer to bring a low fat/low sugar holiday dish!
- Limit alcohol intake. Avoid empty calories from alcohol and eat something at least 30 minutes beforehand.
 - Remember: 1 drink after surgery=3 drinks before surgery
- Most of all, DON'T FEEL GUILTY. Long-term weight loss and maintenance is a long-term effort and one day will not "make or break" your weight loss goal. If you "fall off the wagon", there is nothing stopping you from climbing back on!

Modifying recipes without compromising taste doesn't require extra time, just quick, easy kitchen know-how. Subtle modifications may even improve your recipe's nutrition content.



- Use skim (or skim extra, skim delight) milk instead of whole or 2% milk
- Use a light mist of olive oil or butter spray on vegetables instead of the free pour method of olive oil, using melted butter, or fat back and shortening for flavor.
- Omit butter or margarine from stuffing recipes
- Flavor mashed potatoes with skim milk, garlic, and low sodium chicken broth: add dry milk powder to add protein, and parmesan cheese instead of butter or $\frac{1}{2}$ & $\frac{1}{2}$.
- Omit the bottom crust of fruit pies and just use the top crust: pre-made graham cracker and ready made pie crusts are lower in calories than standard crusts: crushed gingersnaps are still lower fat.
- Use a fat-skimmer cup or a shallow container placed in the freezer to remove fat from the juices before gravy is made. The fat rises to the top. Or use store bought fat-free gravies. You will save about 56 grams of fat.
- Use 3 tablespoons of cocoa powder and 1 tablespoon of oil in place of baking chocolate.
- Try substituting an equal amount of applesauce for at least half the oil, margarine or butter in muffins. Ex. Use 2 cups unsweetened applesauce in stead of oil and egg in cake mixes. For dips, sauces, and pie toppings, use non-fat yogurt or fat-free sour cream. Non-fat yogurt works best in dishes that don't require heating.
- Top casseroles with slivered almonds instead of fried onions
- Choose reduced fat or fat-free cheeses for salads and casseroles.
- Substitute apple or orange juice with cinnamon for butter or margarine in candied yams.
- Use low fat cream soup in green bean casserole.
- When making dessert, cut sugar by one third to one half by increasing the cinnamon, nutmeg, vanilla and other sweet tasting spices and flavorings.

Holiday Recipes

Homestyle Green Bean Casserole

Ingredients

- ½ c. lowfat buttermilk
- ¼ c. whole wheat breadcrumbs (or ¼ c. crushed Cheerios®!)
- ¼ c. ground walnuts
- 1 onion, cut into 1/4" thick rings
- ½ pound sliced mushrooms
- 1 onion, chopped
- ½ tsp. dried thyme
- ¼ tsp. salt
- ¼ c. whole wheat flour
- 3 c. 1% milk
- 1 bag frozen french cut green beans, thawed and drained

Yield: 8 servings.

1 serving=

- 110 calories
- 3 g fat
- 6 g protein
- 15 g carbohydrates
- 2 g fiber

Recipe by Mary Lou Collins, RD

Directions:

1. Preheat oven to 500°F.
2. Coat baking sheet with cooking spray
3. Combine bread crumbs & walnuts in bowl
4. Dip onion rings in buttermilk, then crumb-walnut mixture and place on baking sheet
5. Spray lightly with cooking spray and bake 20 min. until tender and golden brown
6. Spray medium saucepan with cooking spray. Heat mushrooms, chopped onion, and spices while stirring, until mushrooms release their liquids
7. Sprinkle in flour while stirring
8. Add milk, cook, & stir until thickened
9. Turn oven down to 400°F. Pour mixture into baking dish
10. Top with onion rings
11. Bake 25 minutes



Holiday Pumpkin Protein Pudding

Ingredients

- 1 package (1 oz) Butterscotch Jell-O Sugar Free Instant Pudding
- 1 cup skim milk
- 2 scoops Beneprotein® powder
- ½ c. canned pumpkin
- ½ tsp. pumpkin pie spice
- ¼ tsp. cinnamon
- 1/8 tsp. nutmeg
- 1/8 teaspoon ginger

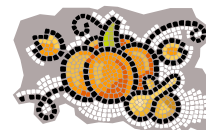
Yield: 4 servings

Per ½ cup serving=

- 114 calories
- 2.5 g fat
- 9 g protein
- 16 g carbohydrates
- <1 g fiber

Directions

1. Measure 1 c. cold skim milk
2. Add 2 scoops Beneprotein® to the one cup of cold milk and mix thoroughly by shaking or stirring
3. Using a fork, blend the dry pudding mix and spices in a bowl
4. Pour in the Beneprotein®/milk mixture
5. Add ½ cup canned pumpkin
6. Stir/beat until thoroughly mixed (a wire whisk or mixer works best)
7. Pour into small container and chill in the fridge.
8. Garnish with a graham cracker and fat free Cool Whip®
9. ENJOY!



Sugar free Eggnog

From www.allrecipes.com: An eggnog recipe that tastes great. Pudding may sound strange, but believe me the final product is awesome. Prep Time: approx. 15 Minutes. Ready in: approx. 12 Hours 15 Minutes.

Ingredients:

- 4 cups skim milk, divided
- 1 (1 ounce) package instant sugar-free vanilla pudding mix
- 1 cup egg substitute
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/4 teaspoon ground nutmeg

Yield: 10 servings

1/2 c. serving=

- 88 calories
- 5 g fat
- 8 g protein
- 9 g carbohydrates
- 0 g fiber

Directions:

1. In a medium bowl combine 2 cups milk and pudding mixture; stir well until thickened.
2. To the pudding add remaining 2 cups milk and egg substitute; mix well.
3. Stir in vanilla extract, salt and nutmeg until well blended and coats a spoon.
4. Refrigerate overnight.



-
- If anybody would like to share their personal story with weight loss surgery, please email or fax it to dietitian@bigger-people.com, fax #: 405-691-1332. We could all learn from your experience!
 - If you have a recipe that you are proud of and wouldn't mind sharing it, please submit it to be published in the next newsletter.
 - In case you missed it, the October newsletter is posted on www.bigger-people.com.

Support Group Calendar:

Nov. 18: Oklahoma Bandsters @ Surgical Hospital of Oklahoma (SHO) from 7pm-8pm

Nov. 20: Living Our Dream Face-to-Face Meeting AND clothing exchange @ Norman Regional Hospital (NRH) from 11am-2pm

Nov. 23: VITAMIST presentation (free vitamin samples!) @ NRH from 6pm-7:30pm

Dec. 2: Oklahoma Bandsters @ SHO from 7pm-8pm

Dec. 7: Support group at NRH from 6pm-7:30pm

Dec. 16: Oklahoma Bandsters @ SHO from 7pm-8pm

Dec. 21: No group due to holiday vacation

Dr. Keith and the staff of OKlahoma WEIGHT LOSS OPTions wish you a happy holiday season!

Please contact me with any questions, comments or requests for information. Have a great day!

A handwritten signature in black ink that reads 'Kasey Koster RD/LD'.

Kasey Koster RD/LD
Editor