

A point in time, marking a key event or accomplishment

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



## Give Thanks for New Beginnings!!!

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

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Three hundred and eighty-six years ago, in 1620, English Pilgrims found their way to the Plymouth Plantation in Massachusetts after a 66-day lethal voyage from England. Although happy to arrive in this 'New World,' the Pilgrims found much hardship through the Winter months. To their extraordinary luck, a Native American tribe, the Wampanoag people, came to the Pilgrims' rescue. These natives were peaceful and willing to teach them how to cultivate native foods. By the Winter of 1621, the Pilgrims had more than enough food to help them survive the long, hard season and they celebrated with a 3 day feast. Two years later, in 1623, the Pilgrims observed a time of Thanksgiving for all they had been blessed with on their journey and arrival to the 'New World.'

Today, Americans still observe the Thanksgiving holiday with feasting and joyful times spent with loved ones. Just as the Pilgrims celebrated the blessings of their journey and new beginnings, we can also reflect on our "new beginnings" and the blessings in our lives that have helped us overcome our past hardships with excess weight and poor health. In today's world, food is plentiful and easily accessible. In fact, our hardships are somewhat opposite of those that the Pilgrims experienced; we have to learn to live healthy lives in a 'land of excess.'

Perhaps our Thanksgiving feasts should be centered around our health, a toast to how far we have come in our daily struggles. Let's fill our plates with modest servings of foods that are beneficial to our health, foods that provide a bounty of nutrients with less calories. Be creative with new Thanksgiving recipes that use less fat and sugar, and contain more nutrients.

Be sure to include these foods on the Thanksgiving menu, they are FULL of wonderful nutritional benefits:

- ◆ Lean, moist turkey
- ◆ Sweet potatoes/Yams, cooked with olive oil, Splenda<sup>®</sup>, and cinnamon\*
- ◆ Cranberry sauce, sugar-free\*
- ◆ Pumpkin pudding\*
- ◆ Steamed vegetables
- ◆ Whole grain breads

\*Recipes on page 2

Sources:

[www.vgs.diabetes.org](http://www.vgs.diabetes.org)

[www.bjc.org](http://www.bjc.org)

[www.bellaonline.com](http://www.bellaonline.com)




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### OWLO News:

- ◆ OWLO is now offering a non-surgical weight management program!! This is a 12-week program that will be routinely offered for patients seeking a non-surgical approach to managing their weight or for those who have undergone surgery and need a kickstart! The next sessions available will begin in January, call 405-360-7100 for more information.
- ◆ Tune in to OETA Stateline for the *Obesity Epidemic* special discussing obesity in Oklahoma and featuring OKLAHOMA WEIGHT LOSS Options. The show times are:  
November 14 @ 9:00 p.m.    November 26 @ 11:00 a.m.  
November 28 @ 9:00 p.m.



American Society for Bariatric Surgery

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.

# Features from the 2006 Reflections Fashion Show

## Shelly Tubbs

**Shelly-before surgery**



Shelly Tubbs was one of our beautiful models at the Reflections Fashion Show. Shelly has lost an amazing 124 pounds and 50 inches in only 15 months. Shelly can't believe that she shops the size 3-4 clothing racks rather than the size 22 racks she shopped before. When she finds clothing in her size, she thinks, "No Way!" Shelly is surprised about the improvement in how she feels about herself, she still does "double takes" when she sees herself in the mirror. Shelly's new favorite food is the New Direction Chocolate Shake with 1 teaspoon of sugar free caramel syrup. Shelly offers some great advice: You CAN eat without drinking anything!

**Shelly-at the 2006 Reflections Fashion Show**



**Note from Editor:** Thanks Shelly for sharing your success! Keep up the great work! If you would like to share your story e-mail [nutrition@owlo.com](mailto:nutrition@owlo.com) or by fax 405-360-7100 ~ Lisa and Heather

### Special Thanksgiving Recipes

#### Sugar Free Cranberry Sauce

*Ingredients:*

- 12 oz. fresh cranberries, rinsed
- 1 c. Splenda
- 1 c. water
- 1 tsp. orange zest
- 1 tsp. cinnamon
- 1 tsp. nutmeg

- Bring water, Splenda, and spices to a boil
- Add cranberries and bring to a boil again
- Reduce heat and simmer for about 30 minutes until the water has reduced somewhat

#### Spicy Pumpkin Pudding

*Ingredients:*

- 1 c. evaporated skim milk
- 1 c. pumpkin puree
- 1/3 c. fat-free egg substitute
- 1/3 c. apple butter
- 1 tsp. vanilla
- 1/2 tsp. ground cinnamon

- Microwave milk for 1 minute
  - In medium bowl, whisk pumpkin puree, eggs, apple butter, vanilla, and cinnamon
  - Slowly add milk and mix well
  - Microwave for 8 minutes. Rotate during cooking
  - Serve warm or refrigerate
- Makes 6 servings: 92 calories, 0.4 g fat, 0.4 g dietary fiber, 71 mg sodium

#### Candied Yams

*Ingredients:*

- 4 medium yams
- 1/4 c. firmly packed Splenda® brown sugar
- 1 tsp. cinnamon
- 1/2 tsp. ground cloves
- 1 Granny Smith apple, peeled and thinly sliced
- 3/4 c. sugar-free apple cider
- 2 Tbs. soft margarine

- Preheat oven to 350 degrees F
- Spray 8x8 inch baking dish with non-stick cooking spray
- Place yams on a baking sheet and bake until the skin feels soft to the touch, 60 minutes
- Cool, peel, and slice into 1/8 to 1/4 inch rounds
- Whisk the sugar, cinnamon, and cloves in med. bowl
- In the baking dish, place half of the yams, then the apple slices, then half of the sugar mixture
- Top with the remaining yams and sugar mixture
- Pour the cider around the edges of the baking dish
- Evenly scatter pieces of margarine on top
- Bake covered, until bubbly and the yams are tender, about 40



## WELCOME to OWLO !



OWLO welcomes Julie, our newest receptionist.

Julie says, “My name is Julie. I’ve been at Oklahoma WEIGHT LOSS Options since the beginning of October. I’m a navy wife with three wonderful boys. I love to spend time with children, family, and friends. I am currently attending Oklahoma City Community College for a degree in Accounting. Working at OWLO has been an eye opening experience for me—I love meeting the patients and seeing their results.”

### RECIPE: Zucchini Squash Relish

From: Mary Pittman

#### Ingredients:

- 12 Cups** Zucchini Squash
- 4 Cups** Onion
- 1 Large** Bell Pepper
- 2 Large Jars** Pimentos
- 5 tsp.** Salt
- 1 1/2 Cups** Apple Vinegar Cider
- 2 tsp.** Pickling Spice
- 1 tsp.** Tumeric
- 2 tsp.** Celery Seed
- 5 Cups** Splenda®

#### DIRECTIONS:

1. Grind squash, onion, bell pepper, and pimentos
2. Sprinkle with 5 tsp. salt
3. Let stand in refrigerator overnight.
4. Rinse well, squeeze, and drain in colander.
5. Boil vinegar, pickling spice, tumeric, and celery seed together for a few minutes, strain.
6. Add Splenda® to vinegar mixture and cook until dissolved.
7. Add squash mixture and bring to a good boil, don't overcook.
8. Put in a jar and seal.

#### Nutrition Facts:

Servings: 64  
Serving Size: 2 Tbs.  
Calories: 23 Kcals  
Carbohydrate: 5g  
Protein: **1 g**  
Fat: 0 g  
Fiber: 1g



**The Dietitians say:** Try this tasty relish on whole wheat crackers or with a meat dish. In addition to the benefits of the zucchini squash vegetable, this wonderful treat has almost no sugar, fat, or cholesterol and is sure to spice up your meal. If you have a favorite bariatric recipe to share, send it to me by e-mail at [nutrition@owlo.com](mailto:nutrition@owlo.com) or by fax to : 405-364-9112



# November 2006



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Seminar: Health Plex 6:00—7:30 pm	2 BAND Support Group: 3rd floor Health Plex (Tecumseh Cam- pus) 6:00—7:00 pm NW OKC Support Group: Bethany Library 7:00—8:00 p.m.	3	4
5	6	7	8	9 Seminar: Health Plex 2:00—3:30 pm (Tecumseh Campus) NW OKC	10	11
12	13 Support Group: Ada, OK Central Church of Christ	14 RNY Support Group: 3rd floor Health Plex (Tecumseh Campus) 6:00—7:00 pm	15 Seminar: Health Plex 6:30—7:30 pm	16 Seminar: Health Plex 2:00—3:30 pm BAND Support Group: 3rd floor	17	18 Clothing Ex- change!!! LOD Group Norman Re- gional Education Center (Porter Campus) 11:00 am
19	20	21	22	23  Thanksgiving	24	25
26	27 Ardmore Support Group (Red Cross Of- fice) 6:00 – 7:00 pm	28 RNY Support Group: 3rd floor Health Plex (Tecumseh Campus) 6:00—7:00 pm	29	30 Seminar: Health Plex 2:00—3:00 pm		

**DATES TO REMEMBER:**



11/18 The Clothing Exchange will be at the November meeting in the Education Center in Norman Regional Hospital Bring your "slightly used" or "nearly new" undergrown clothes in exchange for smaller sizes!  
The Northwest OKC Satellite Support Group has moved from the second Monday of each month to the first Thursday of each month at the Bethany Library from 7:00 to 8:00 p.m.