



# The Milestone

A point in time, marking a key event or accomplishment

September 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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## Thanks To All That Attended!

The Walk From Obesity was once again a tremendous success. Thank You so very much to all those that attended.



Total attendance for the walk fell somewhere between 130-150 participants. Well Done! I hope everybody in attendance had as much fun as we did!

Also, remember the **FASHION SHOW** will be here before you know it (Feb 19, 2010) so start making plans for that evening and make sure to let us know if you want to attend and/or participate. Hope to see you there!

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## Chike!

OWLO is now offering single serving packets of Chike! Meal replacements for \$2.00. so, if you have some flavors of Chike! that you haven't tried yet this is a great opportunity to experiment with some new flavors.



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 **Raquel**. Raquel had RNY surgery in August 2008.

- How much weight have you lost since surgery?  
**102 pounds**
- Do you meet your protein goal daily?  
**Yes.**
- What are your favorite Meal Replacements or Protein Supplements?  
**Chike!**
- Do you have any health conditions that have improved?  
**Yes, my blood pressure has decreased.**
- What is one piece of advice you have for other Bariatric patients?  
**Follow the plan. Protein, Protein, Protein**



## Recipe Corner

### Snickerdoodle Protein Shake

#### Ingredients

- 1 1/2 cups vanilla protein shake (made from powder)
- 2-3 tablespoon sf vanilla syrup
- 1 tablespoon sf cinnamon syrup
- 2 oz decaf coffee (optional)
- Cinnamon-Splenda

Mix well. Serve in a pretty glass with the Cinnamon-Splenda sprinkled on top. Can be either hot or iced.

Since protein shakes become more and more of a chore to drink on a daily basis it seems like a good idea to throw out some ideas for livening up our ordinary protein powders and creating some truly enjoyable drinks. So, if you have some protein drink recipes that you are willing to share, email them to me at [etroutt@owlo.com](mailto:etroutt@owlo.com) and I will put together a recipe book with different protein drinks to try.



*Snickerdoodle Protein Shake*



## EATING OUT THE HEALTHY WAY

Healthy dining not only means making good food choices, but consuming appropriate portions as well. You can overeat on “low fat” foods as easily as you can on high fat foods. Just because it comes on the plate, does not mean it’s an appropriate serving size. Most servings at restaurants would equal 3-4 meals!

One benefit is most fast food establishments and restaurants are now offering “light” or healthy options to choose from. If there is not a healthier option, you should probably not be eating there in the first place!

### Tips:

- **Key words to look for when ordering:** grilled, roasted, broiled, or baked meat, poultry and fish dishes
- **Words to avoid:** fried, creamy, jumbo, extra large, breaded
- Ask for dressings, sauces, and gravies on the side.
- Limit condiments (Ranch, mayonnaise, Alfredo, etc.) which are high in calories and fat!
- Choose skim milk in your decaf coffee instead of cream.
- Go easy on stuffed entrees—they’re sometimes filled with fat.
- Choose steamed, baked, broiled, or raw vegetables rather than fried.
- Ask for sandwiches without mayonnaise or other creamy dressings.
- Have your eggs with Canadian bacon (a leaner alternative to bacon or sausage).
- Choose child’s size or child’s meal instead of the adult meal (these are more appropriate serving sizes).
- Avoid cream based soups.
- Ask for half of the cheese on you order.
- Split a meal with a friend.
- Skip the appetizer or choose it as your meal.
- Substitute fruit or extra veggies instead of high fat sides (fries,
- Ask for a to-go box when your food arrives. Put half of your meal in it for lunch the next day.
- Order Egg Beaters ® or egg substitute instead of scrambled eggs. Lower in fat!
- Many restaurants are happy to accommodate you so be assertive about what you want.



### *Breakfast:*

**Choose:** Scrambled or poached eggs/egg whites, yogurt parfait, veggie or ham & cheese omelet, quiche, oatmeal, whole grain cereal, grilled ham, wheat toast, grits, fruit bowl.

**Avoid:** biscuits, croissants, bacon, sausage, fried eggs, doughnuts, gravy, pancakes, waffles

### *Lunch/Dinner:*

**Choose:** Roast beef, chef salad, thin crust veggie pizza or Canadian bacon, turkey & cheese wrap, grilled chicken or roast beef wraps, salads with grilled meat, small hamburger with cheese (no bun), peel and eat shrimp, filet mignon, salmon, tuna salad with low fat mayo, rotisserie chicken, chili, fajitas (avoid tortillas)

**Avoid:** fried foods (chicken, fish, french fries, fried cheese or vegetables, etc.) pot pies, rib eye or prime rib steak, deep dish pizza, pasta or rice dishes



# OCTOBER



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 OWLO AGB Group 6-7	2	3
4	5	6	7 Woodward Group 6-7	8 NWOKC Group 6-7	9	10
11	12 ADA Group 5:30-6:30  Wichita Group 6-7	13 OWLO RNY Group 6-7  McAlester Group 5:30-6:30	14	15 OWLO AGB Group 6-7  Ft Smith Group 7-8	16	17 Saturday Group 11am
18	19	20	21	22	23	24
25	26	27 OWLO RNY Group 6-7  Madill Group 5:30-6:30	28	29	30	31 HAPPY HALLOWEEN!!!

