OAC NEWS

SPECIAL EDITION

All About Nutrition

- Tips for Everyday Living
- Fun Recipes
- Don't be Fooled by Food Labels
- Diet for Post-surgery Patients
- Advocacy and Nutrition: What's New

The Obesity Action Coalition's Quarterly Magazine for those Affected by Obesity

Welcome to the Nutrition Special Edition of *OAC News*!

A Message from OAC Chairman, Jim Fivecoat

Welcome to the April issue of *OAC News*! As you begin to read this month's magazine, you'll probably notice it looks a bit different. We are excited to offer you for the first time a Special Edition Nutrition Issue!

Eating healthy is an essential part of everyday life. Whether you are beginning your weight-loss today or are maintaining your weight after seeking treatment, nutrition is important. This issue is jam packed with valuable nutrition information and advice to help you do just that!

Have you ever been shopping in the grocery store and picked up an item that you thought looked good but weren't too sure how healthy it was? Don't worry, you're not alone. This issue features an article, titled "Read the Fine Print," which helps you decipher the world of nutrition labels and sheds some light on foods that you thought were good for you, but actually aren't. You will also find the helpful article, "Mindful Eating." This article takes an in-depth look at the behaviors of eating and provides us with excellent tips on how to enjoy food and eat smart!

Take advantage of this pleasant time of year and start something new. Whether you're shopping at your local farmer's market or sifting through the pantry for tonight's dinner, take notice of your food choices and make them smart for you, your family and your health.

Tell yourself that starting today, you will eat healthier, exercise more and stay dedicated to those promises. Your health is your responsibility and **YOU** can make a difference in your life.

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Nutrition Advice for Everyday Living

By Shannon Owens-Malett, MS, RD, LD

Grains Fruits Vegetables Dairy Meats & Beans Oils

The human body is fueled by nutrients such as, protein, carbohydrate, fat, fiber, vitamins, minerals and water. These essential nutrients must be included in the diet to promote healthy body and mind and prevent chronic diseases such as heart disease, diabetes mellitus, high blood pressure, some cancers and premature death.

Having a balanced diet is the first step to getting a healthy lifestyle. Depending on your age and gender, you need a certain amount of each food group to achieve a balanced diet. The United States Department of Agriculture (USDA) food guide is helpful to show how many servings of each food group a person needs in a day.

The Six Essential Food Groups

Grains

Grains are the largest food group containing many different foods. There are whole grains and refined grains to choose from in this category. The best choices come from whole grains. Refined grains have been processed, which removes dietary fiber, iron and other nutrients. Good choices of whole grains include oatmeal, whole wheat pastas, breads, tortillas, crackers and brown rice.

It is recommended for adults to eat 6-8 servings of grains daily. Examples of a serving size:

1 oz grain = 1 slice of bread
4-5 crackers
7" tortilla
½ cup pasta, rice, oatmeal
1 cup dry cereal

Fruits

The fruit food group includes any fruit and 100 percent fruit juice. It is best to avoid drinking too much fruit juice and consuming more of the whole piece of fruit to increase fiber and nutrients in the diet.

Nutrition Advice continued on page 4

Nutrition Advice *continued from page 3*

Adults should have 2 cups of fruit each day. Examples of a serving size:

1 cup of fruit: 1 cup fresh, frozen or canned
1 cup 100 percent fruit juice
½ cup dried fruit

Vegetables

The vegetable food group contains any vegetable or 100 percent vegetable juice. This group is broken down into subgroups according to the USDA food guide:

- Dark green vegetables
- Orange vegetables
- Dried beans and peas
- Starchy vegetables
- Other vegetables

The dark green and orange vegetables and dried beans and peas category contain the most nutrition. Adults should include 3 cups of vegetables in their diet. Examples of vegetables:

- Dark green veg. – broccoli, spinach
- Orange veg. – carrots, sweet potato
- Dried beans and peas – cooked black, kidney, pinto beans
- Starchy veg. – potato, corn
- Other veg. – cauliflower, green beans, mushrooms, onions and tomatoes

Examples of a serving size:

1 cup of vegetables: 1 cup raw or cooked fresh, frozen or canned vegetables
1 cup 100 percent vegetable juice
2 cups leafy green vegetables

Dairy

Another food group is milk foods that are high in calcium and most are made from milk. Foods included in this category are:

- All fluid milk
- Lactose-free milk
- Puddings made with milk
- Hard cheeses (cheddar, mozzarella, swiss, parmesan)
- Soft cheeses (ricotta, cottage cheese)
- Processed cheese (American)
- Yogurt

It is best to choose reduced-fat and fat-free milk products. Men and women should have 3 cups from the milk food group. Examples of a serving size:

1 cup milk or yogurt
1 ½ oz cheese (natural)
2 oz processed cheese

Meats and Beans

Meats and beans are another food group that involves meat, poultry, fish, dried beans/peas, eggs, nuts and seeds. Lean meats should be chosen for a healthy diet. Fish, nuts and seeds contain essential fats and should be included as a balanced diet.

It is recommended that adults should consume 6 servings of meats and beans daily. Examples of a serving size:

1 oz = 1 oz of meat, poultry, pork, fish
¼ cup cooked dried beans
1 egg
1 tbsp peanut butter
½ oz nuts or seeds

Oils

Oils are the final food group and include fats/oils and other foods, such as:

- Nuts
- Olives
- Avocados
- Mayonnaise
- Salad dressing
- Soft margarine

There are healthy types of oil that are good to include in the diet in small amounts. These healthy fats are mono and polyunsaturated oils because they are low in saturated fat. Unhealthy fats are coconut oil, palm oil and solid fats at room temperature such as butter, shortening and lard because they are high in saturated fat.

Another aspect of fat is trans fats, which are produced in foods that contain fats that were once liquid at room temperature and made solid or more saturated through food processing. It is important to choose foods that have no trans fats. The healthiest types of oil/fat include canola, olive, safflower, cottonseed, corn and sunflower oils, as well as nuts, olives and avocados. Reduced-fat margarine, salad dressing or mayonnaise with no trans fat can be a healthier choice.

This food group should be used in small amounts and limited to 6 servings daily. Examples of a serving size:

1 tsp oil
1 tsp margarine, mayonnaise
1 tbsp reduced-fat margarine or mayonnaise with no trans fat
1 tbsp salad dressing, cream cheese
2 tbsp reduced-fat salad dressing, cream cheese
1/8 avocado
1-2 tsp (1/2 oz) most nuts
2 tsp peanut butter

Conclusion

A healthy diet should include at least three to four meals or six small meals each day. A day should begin with a healthy breakfast in order to practice good habits for a balanced diet. Including a good lunch is essential to have energy to stay alert. A healthy dinner is necessary to establish as a routine for your lifestyle and for your family. Snacks can be helpful to satisfy hunger and increase the nutrients consumed each day.

With busy schedules, it may seem like there's no time to eat healthy. Meal planning is very important and can prevent you from skipping meals, which causes fatigue and overeating at the next meal or snack.

About the Author:

Shannon Owens-Malett, MS, RD, LD, has been a dietitian since 2001 and works at Texas Tech University Student Wellness Center and Advanced Bariatric Surgery Center. She has authored several books and is also active in developing weight-loss surgery dietary curriculum for Texas Tech University.

Tips for Healthy Eating

- Ignore fad diets that recommend cutting out an entire food group.
- Stop eating when feelings of fullness occur.
- Eat slowly.
- Drink plenty of calorie-free beverages.
- Get plenty of fiber from fresh fruits, vegetables and high fiber starches.
- Keep healthy food choices around and get rid of unhealthy food choices.
- Limit simple sugars, high fat foods and alcoholic beverages.
- Eat only ½ of the portion served at restaurants.
- Make a shopping list of healthy foods before traveling to the grocery store and stick with the list.

A healthy diet should incorporate variety and be thought of as a lifestyle rather than a temporary change. Make foods interesting by trying different spices, salsas or modifying a favorite recipe to make it healthier. Changing to a healthy lifestyle does not have to happen quickly. It is okay to take small steps and gradually change as long as the changes happen.

Food Group	Foods Recommended	Foods to Avoid
Meats and Beans	Skinless poultry, fish, pork loin, extra lean ground beef, beef sirloin, beef jerky, eggs, dried beans and peas, natural peanut butter and nuts	Fried, breaded, high-fat meats; skins of meat; dried beans/peas cooked with lard or other fatty meat
Grains	Whole wheat tortilla, whole wheat bread, brown rice, whole wheat pasta, oats and other high fiber starches	All refined starches (made with white flour) or carbohydrates with added sugar and/or high fat
Fruits	Fresh, unsweetened frozen or canned fruits in juice or water; 100% fruit juices; dried fruits	Fruits canned in syrup
Vegetables	Fresh, frozen or low-sodium canned vegetables; 100% vegetable juices	Regular canned vegetables
Dairy	Low-fat cottage cheese, reduced-fat cheese, low-fat and no added sugar yogurt, sugar-free pudding, skim or 1% milk	Whole milk dairy products and dairy products with added sugar
Oils/Fats	Small amount of canola/olive oil, avocado, olives, low-fat salad dressings, low-fat sour cream, low-fat mayonnaise, light cream cheese, light margarine	Lard, shortening, butter, regular mayonnaise, sour cream, salad dressings, cream cheese, butter
Beverages	Sugar-free beverages, sugar-free popsicles, sugar-free gelatin, and small amount of coffee or tea	Alcohol, sugar sweetened drinks and large amounts of caffeine

Love What You Eat:

How Mindful Eating Helps Break Your Eat-Repent-Repeat Cycle

By Michelle May, MD

Most of us have attempted weight-loss numerous times. We counted calories, exchanges and points. We ate pre-packaged food or meal replacements. We followed rigid meal plans that restricted fat or carbohydrates – or solid food altogether.

From an energy balance perspective, any of these tactics should work, and some do – *short-term*. From my perspective, the reason they do not work long-term is that they change *what* and *how much* we eat, without changing *why* and *how* we eat. Those two issues are critical because people who struggle with their weight are often disconnected from their signals of hunger and satiety.

Overeating occurs in response to hundreds of environmental and emotional triggers such as free food, stress or boredom. Overeating also occurs unconsciously. For example, eating quickly or while distracted watching television or driving.

Changing *Why* and *How* You Eat

Mindful eating was one of the keys to breaking my eat-repent-repeat cycle. One definition of mindfulness is paying attention, on purpose and without judgment, to the internal and external world in the present moment. I describe it as eating with intention and attention.

Benefits of Mindful Eating

Eating is a natural, healthy and pleasurable activity when you are eating to satisfy hunger and meet your needs for nourishment and enjoyment. Mindfulness helps you identify the difference between physical hunger and head hunger. Further, learning to savor food makes eating more pleasurable, leading to a paradoxical decrease in the quantity of food you need to feel satisfied.

Mindfulness also makes it possible for you to notice the difference between physical satisfaction and the discomfort of fullness, allowing you to self-regulate the quantity of food you eat.

The Practice of Mindful Eating

Admittedly, if you are used to eating on autopilot, learning to eat mindfully may feel awkward at first; however, like any new skill, it becomes natural with practice. During our *Am I Hungry?* workshops, we have a Mindful Eating potluck or go out to dinner together; you too can practice the following steps by yourself or with a friend.

Step 1

Before a single bite of food passes your lips, it is important to recognize *why* you are eating since the reason(s) impacts every other decision downstream. Whenever you feel like eating, first ask yourself, "Am I hungry?" This simple, but powerful, question helps you recognize whether the desire to eat was caused by your body's need for fuel or some other trigger.

It may be helpful to close your eyes and do a mind-body scan, looking for signals of hunger. These may include hunger pangs, growling stomach, low energy, shakiness, headache or other symptoms that indicate that your stomach is empty and your blood glucose is low. Recognize that these are all physical symptoms, not cravings or thoughts, such as "That looks good," or "I better eat now while I have the chance."

Step 2

Decide what to eat, honoring your preferences by asking yourself, "What do I want?" and honoring your health by asking, "What do I need?" If you are preparing your own food, view it not as a chore, but an opportunity to become an integral part of the process. Connect with all of your senses as you touch, smell and combine the ingredients.

Step 3

Create a pleasant ambiance. Even when you are preparing food for yourself, make it attractive by setting the table, turning on music and perhaps even lighting candles. Minimize distractions so you can give the food and your body's signals full attention. If you eat while you are distracted by watching television, driving, working or talking on the telephone, you may end up feeling full, but not satisfied.

Do not eat while standing over the sink, peering into the refrigerator or sitting in bed. Instead, choose one or two places at home and at work for eating.

Step 4

Before serving yourself or ordering, set your intention for how full you want to be at the end of eating. This intention guides you in deciding how much food to purchase, prepare or serve. Once you have the amount of food you think you will need, physically divide it in half on your plate to remind yourself to stop halfway and check in again. This little "speed bump" slows you down and serves as a reminder to reconnect if you lost your focus.

Step 5

Take a few deep breaths to calm and center yourself before you begin eating. Reflect on all that went in to bringing this food to your plate. Express gratitude for the nourishment, the people with whom you are sharing the meal, or simply the fact that you are giving yourself time to sit down and enjoy eating.

Mindful Eating continued on page 14

Mindful eating is eating with *intention* and *attention*.

Eating with Intention

Be purposeful when you eat:

- Eat when you are truly hungry.
- Eat to meet your body's needs for fuel and nourishment.
- Eat with the goal of feeling *better* when you finish.

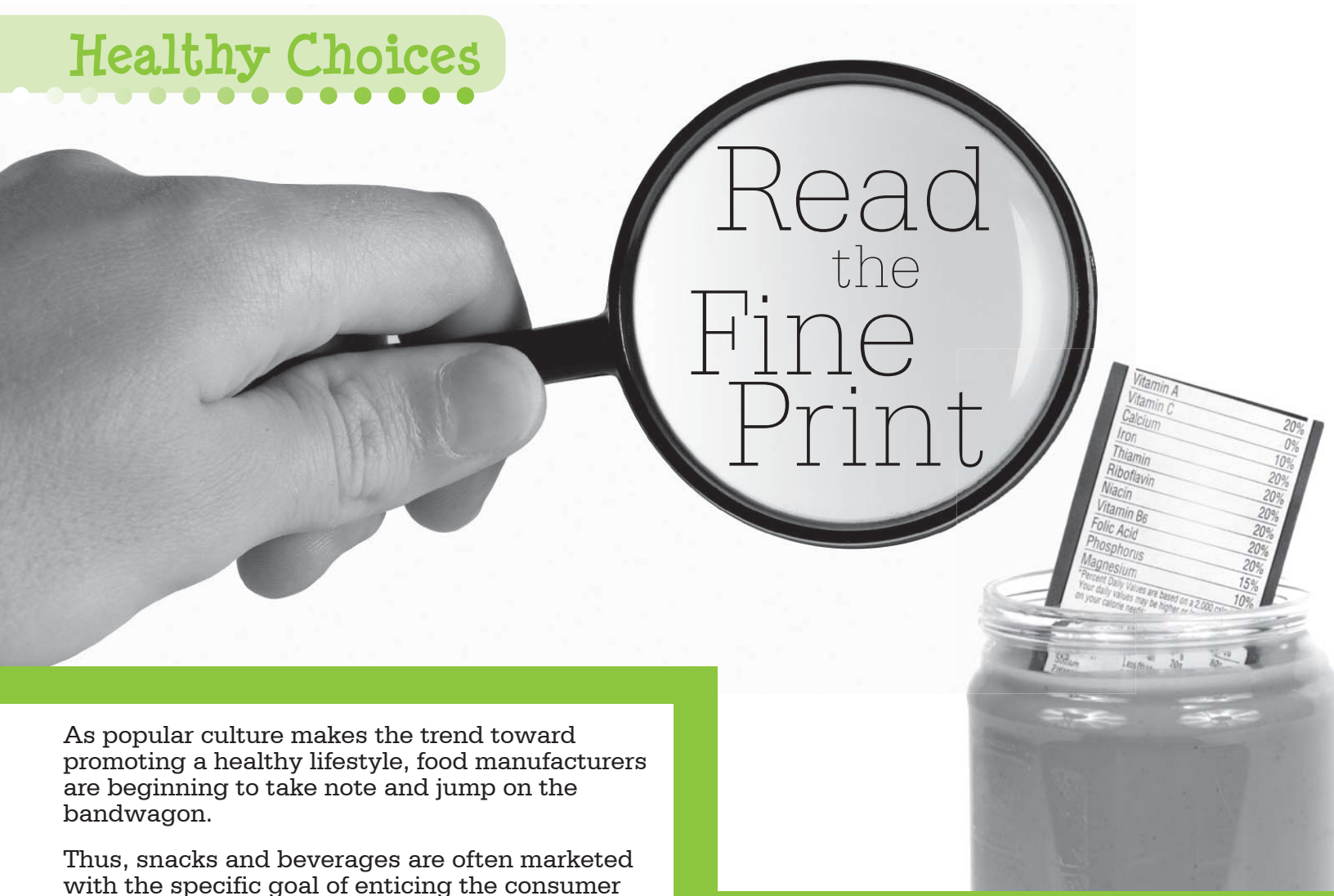
Eat with Attention

Devote your full attention to eating:

- Eliminate or minimize distractions.
- Tune into the ambiance, flavors, smells, temperature and texture of the food.
- Listen to your body's cues of hunger and fullness.

Excerpt from Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle by Michelle May, MD (Greenleaf Book Group, October, 2009).

Read the Fine Print



As popular culture makes the trend toward promoting a healthy lifestyle, food manufacturers are beginning to take note and jump on the bandwagon.

Thus, snacks and beverages are often marketed with the specific goal of enticing the consumer by touting a product's benefits – conveniently dismissing the negative aspects.

By Holly F. Lofton, MD

Five of the most notorious health foods that really aren't are revealed below. **Prepare to be shocked!**

Parkay Spray Butter

This "miracle food" seems to defy the laws of nutrition. A spray form of butter, free of calories and fat, just seems too good to be true. And it is.

While the label states that one serving (5 sprays) has zero calories and zero grams of fat, pumping 10 sprays (the equivalent of one teaspoonful of the product, and what is used by many consumers on just a couple of bites of food) has 1g of fat and 10 calories. By the time you finished the bottle, you consumed a grand total of 900 calories and 90 grams of fat. In other words, if you use a bottle per week, expect to gain about 13 pounds in a year.*

**Provided no other dietary changes are made and your activity level remains the same.*

Vitamin Water

Simply put: vitamins and water. Do not judge this bottled drink by its label. One bottle of the popular "Dragonfruit" flavor has 32 grams of sugar. The label should read "vitamin water, 8 teaspoons of sugar." To its credit, Dragonfruit vitamin water does have almost 250 mg of calcium (about a quarter of the U.S. recommended daily allowance). So, feel free to drink it for its nutritional value as long as you are prepared to burn off the calories by doing one of the following:

- 34 minutes of walking
- 14 minutes of jogging
- 10 minutes of swimming
- 19 minutes of cycling

(Estimates based on energy expenditure of a 35-year-old woman, 5.74 ft tall, weighing 144 pounds.)

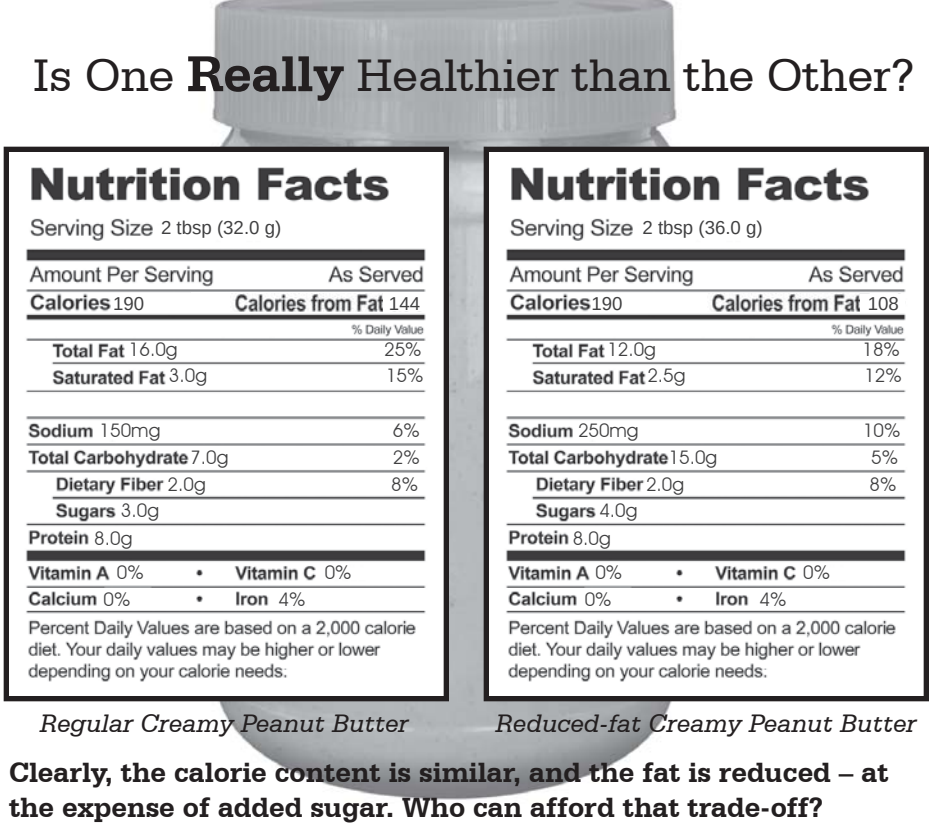
Smoothies

You can find these upscale juice stands in just about every neighborhood. The menus abound with fresh ingredients and your choice of additives such as protein powder and "immunity boosters." The most popular smoothies are better utilized as a meal replacement than as a snack.

While they are prepared with a few ounces of fresh fruit, the smoothie base, which affords the smoothie its fruity flavor (and lots of calories), is often laden with high fructose corn syrup or other forms of simple sugar.

Jamba Juice's "Banana Berry" in original size has 450 calories – a decent amount for a meal. But, you may want to rethink your liquid lunch when you consider that its major fuel source is 93 grams of sugar. Thus, even the "natural" smoothie is packed with processed, calorie-dense components. For a real treat, mix your own fruit smoothie at home with skim milk and a scoop of whey protein powder.

Is One **Really** Healthier than the Other?



Nutrition Facts

Serving Size 2 tbsp (32.0 g)

Amount Per Serving	As Served
Calories 190	**Calories from Fat** 144
	% Daily Value
Total Fat 16.0g	25%
Saturated Fat 3.0g	15%
Sodium 150mg	6%
Total Carbohydrate 7.0g	2%
Dietary Fiber 2.0g	8%
Sugars 3.0g	
Protein 8.0g	
Vitamin A 0% • **Vitamin C** 0%	
Calcium 0% • **Iron** 4%	

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Regular Creamy Peanut Butter

Nutrition Facts

Serving Size 2 tbsp (36.0 g)

Amount Per Serving	As Served
Calories 190	**Calories from Fat** 108
	% Daily Value
Total Fat 12.0g	18%
Saturated Fat 2.5g	12%
Sodium 250mg	10%
Total Carbohydrate 15.0g	5%
Dietary Fiber 2.0g	8%
Sugars 4.0g	
Protein 8.0g	
Vitamin A 0% • **Vitamin C** 0%	
Calcium 0% • **Iron** 4%	

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Reduced-fat Creamy Peanut Butter

Clearly, the calorie content is similar, and the fat is reduced – at the expense of added sugar. Who can afford that trade-off?

If you are on the go, steer clear of Jamba Juice's Peanut Butter Moo'ed (original size - 840 calories, 29 grams of fat, 139 grams of carbs, 122 grams of sugar). Instead, stop by Smoothie King and try the low carb strawberry, which has 225 calories, 64 percent of which are from protein (6 grams carbs, 6 grams fat). If you are fortunate enough to encounter a Tropical Smoothie Café, opt for one of the smoothies prepared with Splenda® and enjoy the fruity taste without the guilt!

Reduced Fat Peanut Butter

You may reminisce about this childhood favorite (usually accompanied by bread and jelly), but have been hesitant to add good ol' PB&J back to your diet repertoire as an adult for fear of its hefty fat content? Not surprisingly, the major peanut butter producers introduced reduced-fat brands to alleviate your fear. But, beware! The nutrient breakdown of reduced-fat peanut butter is only slightly different than the usual high fat version. Take a close look at the labels side-to-side (*please see box located on the top right*).

For those who still crave that nostalgic sandwich, opt for a lower fat AND low sugar substitute to avoid ruining your calorie budget.

Fast Food Salads

Waist watchers and calorie counters across the nation were thrilled to see the emergence of healthier meal options at fast food and dine-in restaurants. However, we *must not* use this as an excuse to abandon the calorie calculations and food diaries that have kept us stable during the hard times.

McDonalds' popular Caesar salad with grilled chicken is a great option when hunger strikes away from home. It has an astounding 30 grams of protein, only 6 grams of fat, and just 12 grams of carbs – totaling a lowly 220 calories! You can easily jog this meal off in 25 minutes. However, if you add a package (20 oz.) of creamy caesar salad dressing (190 calories and 18 grams of fat), be prepared to double your time on the treadmill.

Just say, "NO!" to this fatty meal wrecker and politely request low-fat Balsamic Vinaigrette (40 calories, 3 grams of fat), which you can burn off with just a 5 minute jog.

(Estimates based on energy expenditure of a 35 year old woman, 5.74 ft tall, weighing 144 lbs.)

Conclusion

Succinctly, we must all remember the importance of investigating carefully before we ingest anything. Do not be fooled by bold print and flashy labels. Reading the nutrition label on the back of the package is one of the simplest things we can all do to make wise decisions.

About the Author:

Holly Lofton, MD, is currently a fellow in the Bariatric Medicine/ Nutrition program at Geisinger Medical Center under the direction of OAC Board of Director member Christopher Still, DO. Her primary interests are improving nutrition and activity profiles for overweight and obese patients.

The Post-surgery Diet for Bariatric Patients: What to Expect

By Denise Addorisio, RD, CDN

Have you decided to have bariatric surgery, or are you post-op and on your way to losing weight? That's great, but first you need to understand the basic principles of the post-op diet, for either laparoscopic adjustable gastric banding (LAGB) or Roux-en-Y gastric bypass, so you can properly use the tool the surgeon has created for you.

First and foremost, remember that your overall dietary goal is to optimize the nutritional value of the small portions of foods you eat so you get the nutrients your body needs to be healthy. Portion sizes for meals should be no more than six to eight ounces total, and this should make you feel full or at least "satisfied."

If you had LAGB and you can eat more than that amount comfortably, you may be due for a fill. But, whether you had LAGB or gastric bypass, you must develop an awareness of your body's signals of satisfaction, and be in tune with your body's early feelings of fullness.

Nutrients - It's all about Protein

Protein is the most important nutrient in the bariatric diet. Foods high in protein should be eaten first, in case you feel full and cannot finish your meal. While the best sources of proteins are eggs, poultry, meats, fish, cheese and milk, other protein sources to consider include beans, lentils and soy products such as soy burgers.

Red meats such as beef, pork, lamb or veal can be particularly difficult for a bariatric patient to digest. Be sure to choose tender cuts, but watch out for the potential for higher fat content (that means higher calories). Some bariatric programs encourage regular use of protein supplements, but your best choice is always traditional foods unless you have a particular situation that requires you to add protein supplements to your diet. Suggested long-term post-op protein intake may range from 55-80 grams per day.

Because starches such as bread products, rice and pasta can be trigger foods for many formerly obese patients, many bariatric programs limit their intake. Although carbohydrates are your body's primary fuel source, carbohydrates are also found in fruits and vegetables. Unfortunately, many patients have had limited intakes of fruits and vegetables in their pre-op diet and never consciously thought about their importance to a balanced diet, which is even more important now. Each meal should contain at least one fruit or vegetable, or perhaps one serving of each.

Starches such as bread products, rice and pasta are also carbohydrates. Because these types of carbohydrates can be trigger foods for many obese patients, some bariatric programs limit their intake. Tolerance of these foods may also be an issue, though tolerance may improve with time. Choose whole grain breads and choose brown rice and whole grain/high protein pasta if you do decide to include them in your diet.

Dumping with Gastric Bypass vs. LAGB

Some types of bariatric surgeries, such as gastric bypass, create a situation where dumping occurs if the post-op patient eats sweets such as cake, cookies or ice cream. The aspect of

the gastric bypass surgery that creates malabsorption through bypassing part of the intestine is the reason for dumping. These symptoms may include abdominal pain, nausea, diarrhea, dizziness and hot flashes or cold sweats.

For most patients, knowing they will become sick after eating sweets will be a strong deterrent, preventing them from wanting to eat those foods. However, if you eat "just a bite" of sweets over time, you can build up a tolerance for them. This means that you will eventually be able to eat more sweets without experiencing dumping, and then only willpower will help you avoid these high fat, high sugar, high calorie foods. Of course, that can ultimately lead to regaining of weight or perhaps not even reaching your expected weight-loss.

While dumping can be a strong deterrent to sweets for gastric bypass patients, LAGB patients will find they can tolerate sweets since their gastrointestinal tract remains intact. For the LAGB patient with a sweet tooth, calories will add up quickly if they are not careful to limit the portions and frequency of sweets. Remember, sweets usually provide little nutritional value in terms of protein, vitamins and minerals, so reading labels for calorie content and controlling portions is key.

Fluids

Fluids are an important part of any diet, but particularly for the bariatric patient. All liquids should be consumed between meals, never with a meal. Again, this can be a hard habit to break, but it is very important to your success.

Drinking with meals can lead to "pushing" the solid food through your pouch more quickly, which leads to faster emptying of your pouch. When your pouch is empty, you feel hungry. The sooner your pouch is empty, the hungrier you will feel and you will be tempted to eat between meals.

Choose fluids that are non-carbonated. Yes, that means no soda - diet or regular. Besides making you feel uncomfortable, the gas produced by the carbonated beverage can stretch the pouch or its outlet. Stretching means that you will soon be able to fit larger portions of foods in your pouch before you feel full. Remember, more food equals more calories.

Your best choices for fluids are water (try squeezing lemon in there); artificially sweetened, non carbonated beverages such as Crystal Lite® and Diet Snapple®; flavored waters; decaf coffee or tea; herbal teas; broth; and diluted 100 percent fruit juices. Read labels carefully to be sure your healthy "vitamin water" is not loaded with calories. And, do not forget that alcoholic beverages are full of calories with no nutritional value.

Vitamins and Minerals

All bariatric patients need to take vitamin and mineral supplements as recommended. While the amounts and types of supplements may vary by their bariatric program and specific type of surgery, professionals agree that these supplements are necessary to prevent vitamin and/or mineral deficiencies.

Both LAGB and gastric bypass patients need to take multiple vitamin and mineral supplements daily for the rest of their lives. Bypass patients require additional supplements of iron, calcium and Vitamin B-12 due to malabsorption created by the bypass portion of their surgery.

But no matter which surgery you had, regular, periodic lab tests should be monitored annually or semi-annually to ensure that you are meeting your nutritional needs. Of course, proper dietary choices are important in this respect as well.

Your goal should be to get as much of the needed vitamins and minerals from foods first by making wise food choices that maximize nutritional value while keeping calories low. That means your diet should include lots of whole grains, low-fat dairy products, fruits and vegetables, as well as adequate protein.

Conclusion

Having a good understanding of proper nutrition is critical for the success of bariatric surgery. Consult your dietitian regularly to learn all you need to properly use the tool that the surgeon has given to you.

About the Author:

Denise Addorisio, RD, CDN, is a registered dietitian specializing in bariatric surgery and weight management. She provides pre and post-op nutritional consultations for New York Bariatrics and is also an adjunct professor of nutrition at Westchester Community College in New York.

Helpful Tips and Guidelines

Check your portion sizes.

Use measuring tools and a food scale to check your portion sizes. Serving meals on smaller plates, such as salad or luncheon plates, will help make these small portions look more appealing.

Eat three meals each day.

Eating three meals each day helps to prevent snacking or "grazing," which can add many calories between meals. Most long-term post-op bariatric patients find they need to limit their total caloric intake to less than 1,000 calories per day to maintain their weight-loss.

Eat slowly.

Foods should be eaten slowly. Since most bariatric patients were fast eaters in their previous life, this can be a difficult behavior to change. Use tools such as small baby spoons and forks to help slow you down. An egg timer is a handy way of making sure that you wait two minutes between bites, which helps you stretch the meal period to the suggested 20 to 30 minutes.

Chew your food carefully.

Chewing your food carefully, perhaps up to 15-20 chews per bite, until the foods feels pureed before swallowing, will help slow you down. It is also important to chew foods well to ensure that nothing gets stuck passing through the narrowed outlet from the pouch. Failure to eat small portions, eat slowly and chew carefully can lead to vomiting, which is never considered normal.

Advocacy News
Advocacy Action

Legislative Activity Centered around Nutrition

YOU can make a difference today!

One common trend the OAC has begun to see at both the state and federal levels is legislation attempting to influence food choices. In general, we support these efforts and encourage our membership to get involved and support initiatives to help individuals make more nutritional food choices.

State Legislation

Two main areas of focus seem to dominate legislation around nutrition at the state level. The first is the banning of trans fats. Trans fats, according to the Centers for Disease Control (CDC), are known to increase the levels of "bad" cholesterol, while decreasing "good" cholesterol. A number of cities have led the way in encouraging trans fat bans, but now we are also seeing a trend toward this type of legislation at the state level.

California has already passed their trans fat ban, requiring the removal of trans fats from restaurant food by 2010 and removal from baked goods by 2011. Many other states are considering similar legislation, including: Hawaii, Illinois, Massachusetts, Maryland, New York, Tennessee, Texas, Washington as well as the District of Columbia.

The second area of focus is menu labeling. Again following the trend of a number of cities, most notably New York City, state legislatures are considering requiring chain restaurants to post calorie counts of their foods on menu boards and in menus so that individuals can make informed decisions about the nutritional content of their foods.

The OAC strongly supports menu labeling initiatives, as we believe they help people make informed decisions about their food choices in restaurants. As with the trans fat issue, California has already passed such legislation and many other states are proposing various degrees of menu labeling legislation, including: Connecticut, Hawaii, Illinois, Indiana, Kentucky, Maryland, Missouri, New York, Oklahoma, Oregon, Rhode Island, Texas, Utah, Vermont and West Virginia.

If you are interested in advocating on behalf of menu labeling legislation, the Rudd Center for Food Policy and Obesity at Yale University has prepared an excellent policy brief on the subject. You can access this brief by visiting the "Policy Reports and Briefs" section on their Web site at **www.yaleruddcenter.org**.

Federal Legislation

Federal legislators are actively working on nutrition issues as well. The first effort, which is actively being supported by the OAC and many other health-focused charities, is a bill (HR 1324) introduced by Rep. Lynn Woolsey of California and co-sponsored by more than 100 of her colleagues known as the Child Nutrition Promotion and School Lunch Act.

The OAC believes that efforts should be made to improve the quality of foods served and available to children throughout the school day and believes this bill is a good first step. Current laws only regulate foods served during school meal times, and the proposed bill closes the loophole that allows foods with no nutritional value or of poor quality to be sold outside of meal times in vending machines, etc. If you are interested in helping support this legislation, visit the OAC's Legislative Action Center at **www.capwiz.com/obesityaction/home** to send an e-mail to your legislators.

Another effort currently being considered by federal legislators is menu labeling legislation similar to the efforts mentioned above at the state level; however, most advocates are concerned that one of the proposed menu labeling bills at the Federal level may actually weaken tougher requirements already implemented at the city and state levels. The OAC continues to monitor this federal legislation closely and is working to make sure any federal legislation does not weaken city and state requirements.

Whether it is nutrition or any other obesity-related issue, always remember that your voice is important. Your elected officials want to hear from their constituents, especially those who are personally affected by an issue. If you feel a connection to any of the issues above, we encourage you to become an advocate and "raise your voice."

You Can Make Cooking Fun!

Fun Recipes

Here are easy-to-prepare and delicious recipes that are most importantly, **HEALTHY!**

Beef Ratatouille

Serving Size: 4

- 1 teaspoon olive oil
- 1 medium onion, cut into wedges
- ¾ pound beef tenderloin, cut into thin strips
- 1 clove garlic, minced
- 1 cup eggplant, peeled and cut into 1 inch cubes
- 1 cup zucchini, cut into 1 inch cubes
- 1 cup green bell peppers cut into 1 inch pieces
- 1 cup tomatoes, canned, diced
- ¼ teaspoon black pepper
- ½ teaspoon dried basil
- ½ teaspoon dried oregano

Directions:

1. Heat oil in tilting fry pan. Add onion, beef tenderloin and garlic. Sauté for 5 minutes.
2. Add eggplant. Sauté for 2 minutes.
3. Add squash and peppers. Sauté for 5 minutes or until vegetables are still crisp and brightly colored.
4. Add to vegetable mixture. Simmer for 5 minutes. Do not cover.
5. Serve.

Per serving: 310 calories, 24 grams protein, 19 grams fat (7 grams saturated), 75mg cholesterol, 10 grams carbohydrate, 4 gram fiber, 135mg sodium

Recipes provided by Chef Dave Fouts.

Cool Salmon Ranch Salad

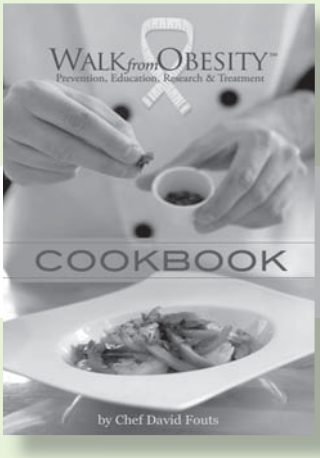
Serving Size: 2

- 8 ounces canned salmon, low sodium, drained
- 1 cup romaine lettuce, chopped
- ½ cup onion, chopped
- ½ cup tomato, chopped
- ½ cup cucumber, peeled and chopped
- ½ cup red bell pepper, chopped
- 1 cup tart apple, peeled and chopped
- 1 teaspoon fresh cilantro, chopped
- 4 tablespoons low-fat ranch salad dressing
- Salt and pepper, to taste

Directions:

1. Mix chopped vegetables and apple together in mixing bowl.
2. Combine remaining ingredients.
3. Pour over vegetables and apple.
4. Toss.
5. Serve.

Per serving: 290 calories, 25 grams protein, 12 grams fat (2 grams saturated), 65mg cholesterol, 23 grams carbohydrate, 4 gram fiber, 320mg sodium



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Mindful Eating continued from page 7

It is Time to Eat Mindfully

Make eating a multi-sensory experience. Look at your food and appreciate the colors, textures and arrangement. Decide which food looks the most appetizing and start by eating one or two bites of it while your taste buds are the most sensitive. If you save the best until last, you may want to eat it even if you're full.

Take small bites since large bites are wasted on the roof of your mouth, teeth and cheeks where you have very few taste buds. In addition, much of what you perceive as taste actually comes from smell. When you slowly chew a small bite of food, the aromas are carried from the back of your throat to your nose, enhancing the flavors.

Put your fork down after each bite. When you are loading your next forkful, you cannot pay attention to the one in your mouth. When you are always paying attention to the next bite you will keep eating until there are no more bites left.

Recognize Fullness

Pause in the middle of eating. When you get to your speed bump, stop eating for a couple of minutes. Estimate how much more food it will take to fill you to comfortable satiety, keeping in mind that there is a delay in the fullness signal reaching the brain.

Notice when your taste buds become less sensitive to the taste of food; that is a sign that your body has had enough. Push your plate forward or get up from the table. The desire to continue eating will pass quickly, so distract yourself for a few minutes if necessary. Keep in mind that your intention was to feel better when you were done and that you will eat again when you are hungry.

Complete the Mindful Eating Process

When you're finished eating, notice how you feel. If you overate, do not judge or punish yourself. Instead, be aware of the physical and/or emotional discomfort caused by being overly full and create a plan to decrease the likelihood that you will overeat next time.

Once you experience the pleasure of eating mindfully, you may be motivated to become more mindful during other activities too. Use *intention* and *attention* in your personal relationships and during routine activities like showering or exercising. Living fully in each moment increases your enjoyment and effectiveness in everything you do.

About the Author:

Michelle May, MD, is a recovered yo-yo dieter and the founder of the "Am I Hungry? Mindful Eating and Weight Management Program." Download the first chapter of her new book, Eat What You Love, Love What You Eat: How to Break the Eat-Repent-Repeat Cycle from ***www.amihungry.com.***

OAC Chairman's Council

The OAC is grateful for the generous support of its Chairman's Council Members:

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To join this distinguished group or for more information on the OAC Chairman's Council, please visit **www.obesityaction.org** or contact us at (800) 717-3117.

OAC Membership

Building a Coalition of those Affected

About OAC Membership

The OAC is a grassroots organization and was created to bring together individuals impacted by the disease of obesity. One of the first steps to getting involved and making a difference is to become a member of the OAC.

Membership allows the OAC to build a Coalition of individuals impacted, bringing a unified voice in obesity. These are the individuals that make up OAC's membership:

- Those who are currently struggling with their weight, whether obese or morbidly obese
- Those who are seeking treatment for their obesity
- Individuals who have successfully and/or unsuccessfully treated their obesity
- Friends, coworkers and family members of patients
- Professionals whose work is dedicated to those affected
- Organizations that support efforts in obesity

You probably find yourself fitting into one of the categories above. This is because obesity affects just about every person in the U.S. and directly impacts more than 93 million Americans. With this number continuing to grow, so must our voice. And that is where **YOU** become an important part in what the OAC strives to do.

Membership Categories and Benefits

The OAC wants **YOU** to be a part of what we do. No matter how you're impacted, having individuals join our efforts who believe in making a difference is essential. That's why the OAC offers various member categories, so you can get involved at your desired level.

Several valuable benefits also accompany your OAC membership, including an annual subscription to *OAC News*. Each membership category offers something different. To learn more about membership benefits, please visit the OAC Web site at **www.obesityaction.org**.

Not ready to join the OAC as a paid member?

You can become a "Friend of the OAC" and still have your voice be heard. When joining the OAC in this category, you can get involved in our efforts while receiving electronic benefits. There is no charge to become a "Friend of the OAC." To sign-up, check the box below and complete the application.

❑ Sign me up as a "Friend of the OAC"

Membership Application

Yes! I would like to join the OAC's efforts.
I would like to join as a/an:

- ❑ Patient/Family Member: $20
- ❑ Professional Member: $50
- ❑ Physician Member: $100
- ❑ Surgeon Member: $150
- ❑ Institutional Member: $500 *(Doctors' offices, surgery centers, weight-loss clinics, etc.)*
- ❑ OAC Chairman's Council: $1,000 and up

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About the OAC

The Obesity Action Coalition (OAC) is a non profit patient organization dedicated to educating and advocating on behalf of those affected by obesity, morbid obesity and childhood obesity. The OAC distributes balanced and comprehensive patient educational materials and advocacy tools.

The OAC believes that patients should first be educated about obesity and its treatments and also encourages proactive patient advocacy. The OAC focuses its advocacy efforts on helping patients gain access to the treatments for obesity. As a membership organization, the OAC was formed to bring patients together to have a voice with issues affecting their lives and health. To learn more about the OAC, visit **www.obesityaction.org** or contact us at (800) 717-3117.

OAC Resources

The OAC provides numerous beneficial resources for patients, as well as professionals. OAC materials are complimentary and members of the OAC can request materials in bulk. To request materials, please contact the OAC National Office at (800) 717-3117 or send an email to **info@obesityaction.org**.

Magazine

- *OAC News* - OAC's quarterly education and advocacy publication for patients

E-newsletter

- *Obesity Action Alert* - the OAC's free monthly electronic newsletter

Brochures/Guides

- BMI Chart
- OAC Insurance Guide
- State-specific Advocacy Guides
- OAC Web site: **www.obesityaction.org**
- More than 100 obesity-related topics located on the OAC Web site
- *Understanding Obesity* Series
  - *Understanding Obesity* Brochure
  - *Understanding Obesity* Poster
  - *Understanding Morbid Obesity* Brochure
  - *Understanding Childhood Obesity* Brochure
  - *Understanding Childhood Obesity* Poster
  - *Understanding Obesity Stigma* Brochure
  - *Understanding Your Weight-loss Options* Brochure