

# Tabula Rasa Nutrition Program™

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## Life After Bariatric Surgery

Bariatric surgery refers to the type of surgery used to achieve weight loss. There are currently two different types of bariatric surgery available. The first is the Roux-en-Y, or gastric “bypass” surgery. The second is the laparoscopic adjustable gastric band, known as the LAP-BAND. While these procedures are very different the common goal is to achieve weight loss through surgical intervention.

Recently both procedures have become very popular due to increased availability, insurance coverage, and the high success rate. While there are medical issues necessary to qualify for each of the surgeries, the risk-benefit ratio must be considered on an individual basis. Only well informed, motivated patients who are able to accept the operative risks, modified dietary habits and commitment to long-term follow-up care should consider the surgery option. Long-term treatment is essential to monitor for vitamin and mineral deficiencies as well as successful weight maintenance.

For many, co-morbidities (i.e. type 2 diabetes, hypertension, elevated cholesterol) can be “cured” almost immediately following surgery. Weight loss surgery is considered by many to the best option for long-term control of obesity. Therefore, behavior changes

are necessary for the best outcome. Tragically, there are more and more cases of patients that have lost and then regained weight after surgery, as well as some that never lose the desired weight at all.

The weight loss seen post-operatively can be maintained throughout a long period of time. However, it is important that patients keep in mind that obesity is a chronic disease that is not cured by surgery. Surgery provides a powerful tool for significant weight loss, but without proper care the tool can lose its effectiveness, leading to weight regain.

There are several causes of weight regain after weight loss surgery. However, if addressed properly, techniques to combat these issues can result in a loss of the gained weight and ultimately weight maintenance. The key to prevention of weight regain is education and follow-up. Both before and after weight loss surgery patients need to be taught how to use their surgery to optimize their success. Counseling is required in dietary, behavioral and exercise issues to maintain overall health while losing weight.

To accommodate these needs we will be starting a Bariatric Surgery Support Group at our center. Early intervention can help avoid confusion and anxiety in the

new post-operative lifestyle. **Life After Bariatric Surgery, Confronting The Challenges** is designed to promote healthy weight loss and optimum nutrition in a supportive environment where patients can feel comfortable sharing their successes as well as their struggles. Our groups are designed to cover a wide variety of issues facing the bariatric patient and are both educational and practical. If you had bariatric surgery last week or ten years ago we invite you to take the next positive step toward your overall health.

*Barbara Pieroni, RD, CLC*

## Class Schedule

### Shaping Habits™ I

(bi-weekly)

Tuesday 1:00 pm

Tuesday 6:00 pm

### Shaping Habits™ II

(bi-weekly)

Tuesday 6:00 pm

### Loss & Maintenance Program (LAMP)™

(monthly)

Tuesday 5:45 pm

### HMR® Program

(weekly)

Wednesday 6:00 pm

Thursday 11:00 am

### Stepping Up™

(twice monthly)

Monday 6:00 pm

Tuesday 1:00 pm

### Life After Bariatric Surgery™

(monthly)

Thursday 6:00 pm



**Storch Medical Nutrition Center**

*A Fresh Start Towards Health*

# The Challenge Of Portion Control & Calorie Counting

Portion sizes have been increasing steadily over the past thirty years and are now 2 to 5 times larger than they were in the past. Even the average sized dinner plate has increased. A Penn State University study concluded that we eat more when there is more food put in front of us – about 30-50 percent more.

The challenge for losing and maintaining a healthy weight is knowing how to manage portions and calories. This becomes particularly difficult when faced in a situation you cannot completely control.

Consider this scenario. You are in a relative's wedding and you even brought your record book as incentive to keep in control. It is tucked in your pocket or purse. The cocktail hour is easy. You simply eat some vegetables and fruit and drink seltzer. Feeling really good about how the evening has started, you sit down for dinner. A salad is served. It looks like something that can be easily recorded, however, determining the amount of blue cheese, oil, and dried cranberries might get tricky. Still, whatever it may be, it's mostly vegetables and it works with the meal plan. You sip on champagne during the toast and decide that a small glass of wine should be okay. After all, you haven't had a glass since New Year's. Suddenly you realize you are faced with a bowl of penne vodka. At this point, you're very hungry from just eating vegetables and need some food to soak up the alcohol. You realize

that you have eaten the entire plate without even determining how many cups it would equal. Getting anxious, you make the decision to not eat anymore starches the rest of the evening. Dinner is served—a plate of filet mignon with a mushroom sauce, steamed vegetables, and a twice baked potato with a cream sauce. You finish the filet and the steamed vegetables and eat  $\frac{3}{4}$  of the potato. Your record 6 ounces protein for the filet, 5 servings of vegetables for the salad and steamed vegetables, 1 fruit, 4 starches for the potato and pasta, and 5 fats. You skip the cake and just have some plain vanilla ice cream. So you add another starch and another fat. You know that you are over your fats and starches but the numbers sound reasonable, right?

**WRONG.** While you did a lot of things correct—keeping the food record, being aware of your choices, successfully navigating the cocktail hour—your estimate totals approximately 1,200 calories. However, your analysis didn't include the alcohol and underestimated calories from starch and fat. The more accurate total is closer to 2,200 calories.

So, how do you really know how many servings or calories you consumed? Without a food label, scale, or calorie counting book you may feel it's nearly impossible to know exactly what you have eaten. Here's some tips for more accurate calorie counting:

- Keep a food record—even if you don't have it with you,

make the best effort to write everything down as soon as you get home.

- Measure and weigh your food at home. This will help improve your ability to “eyeball” portion sizes.
- Review your choices and records with your dietitian.
- Learn to visualize your portions (see below box).

Research has shown that people tend to underestimate the amount of food consumed when eating out. This causes great confusion especially when you get on the scale and see a gain when you thought you were careful when making your selections at the buffet table.

We understand this is an obstacle that our patients face everyday. Therefore, SMNC will be offering portion control and calorie counting workshops so you can become an expert at determining servings and/or calories when eating out. We will look at calories per grams, ounces of food, and visuals to accurately determine calories and serving sizes for any kind of food when a scale, calorie counting book, or label is not available. You will have a whole new outlook on dining out. Stay tuned for more details.

*Karen Goldberg, RD*

Visualize Your Portions		
Food Item	Portion Size	Visual Object
Meat, Poultry, Fish (tuna / salmon)	3 Ounces	Deck of Cards
Flesh White Fish (flounder / sole)	3 Ounces	Checkbook
Salad Dressing	2 Tablespoons	1 Shot Glass
Olive Oil	1 Tablespoon	Water Bottle Cap
Peanut Butter	2 Tablespoons	Walnut Shell
Butter / Margarine	1 Teaspoon	Postage stamp
Berries / Melon	1 Cup	1 Baseball
Pasta, cooked	1/2 Cup	1/2 Baseball
Popcorn	3 Cups	3 Baseballs
Ice Cream	1/2 Cup	1/2 Baseball
Pretzels	1 Ounce / 1/4 Cup	1 Tennis Ball
Bread	1 Ounce	CD Case
Hard Cheese	1 Ounce	4 Dice

## Patient Profile. . . Accountability Key To Maintenance

Accountability is essential for long-term weight maintenance. At SMNC we offer various treatment options to ensure long-term success.

Unfortunately, patients don't always follow through. Various reasons contribute to this problem—some examples include lack of motivation or “diet fatigue,” cost, and time commitment.

However, the overall reward—weight loss and ultimately weight



maintenance—is what every person who walks through our door strives for when they start on a food plan.

In each newsletter we profile a patient that has been successful with weight loss. The person we would like to profile today is Luz Arango. Luz came to SMNC in November 2005 for weight loss, as do the majority of our patients. After our initial consultation it was determined Luz needed to focus on eating more consistently throughout the day while focusing on whole grains and lean protein. She chose to join our Shaping

Habits class so she could get more educated and learn about new food options. Luz worked hard to change her eating habits, kept food records and attended all her visits. After completing the Shaping Habits classes, Luz met her goal of an 8% weight loss. We determined our Loss and Maintenance Program (LAMP) was the next appropriate step for her. She immediately started coming to LAMP, which is held once per month. This was in April of 2006. Since that time Luz has attended LAMP every month. I am proud to say, she has

successfully maintained her weight loss. In addition, her body fat is down to 22.8%. By completing a year of the LAMP program and maintaining her weight she earned the status “LAMP For Life” - meaning classes are now free for her.

Accountability is essential for long-term weight control. Luz has proven this fact herself. We congratulate her and encourage others to follow in her footsteps and reach their weight loss goals.

*Erin Spitzberg, MS, RD*

### *Trans Fat Forestalls Fertility*

If you want to get pregnant, cut out the trans fats, report Harvard Medical School researchers.

Doctors found that participants in the Nurses' Health Study who got a mere 2 percent of their daily calories from trans fats had a 70 to 100 percent chance of infertility, due to lack of ovulation.

For women on a 2,000-calories-per-day diet, this equals about 4 grams of trans fats, or one doughnut. The amount of trans fats that affected fertility were relatively low, says the study's lead author, Jorge E. Chavarro, MD, ScD., “But there is really no good reason to have any trans fat in the diet, due to its effects on heart health alone.”

Source: *Vegetarian Times*, May/June 2007.

### **Website Watch**

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

Don't wait until the restaurant to make your decision—when the nutrition information won't be available and hunger may be getting the best of you.

Before going out to eat, check this site for healthy choices.

The website allows you to search for restaurants based on location and price range.



## Recipe Corner . . . . . Savory Greens Gratin

**This recipe calls for Swiss chard, but you can use any greens.  
Try experimenting with kale, collard greens and cabbage.**

### Ingredients

Yellow Onion. . . . .	1	Non-Stick Cooking Spray	Swiss Chard. . . . .	1 head
Salt. . . . .	1 tsp.	Black Pepper. . . . .	Flour. . . . .	1 Tbsp.
Skim Milk. . . . .	1 cup	Parmesan Cheese. . . . .	Breadcrumbs. . . . .	3 Tbsp.

### Directions

1. Slice onion as thin as possible.
2. Heat skillet over medium-high heat. Cover bottom with non-stick cooking spray. Add the onions, reduce heat to low and cover the pan. Stir occasionally, about 10—15 minutes.
3. Cut the Swiss chard into thin slices and add to the onion. Cover and cook until the cabbage has wilted, about 10—15 minutes. Remove the cover and continue to cook, stirring, until the cabbage is soft and translucent, another 10—15 minutes.
4. Preheat oven to 400 degrees F. Cover bottom of baking pan with non-stick spray.
5. Sprinkle the salt, pepper, and flour over the greens and stir. Increase the heat to high, stirring still then add the milk, a little at a time, continue to stir, creating a sauce for the vegetables.
6. When it has thickened, in about 5 minutes, spread the mixture evenly into the baking dish. Mix the cheeses and breadcrumbs together and scatter over the surface.
7. Bake until the top is crusty and golden and the edges are bubbling, about 20 minutes.

### Nutrition Information, Per Serving

Servings: 4 Calories: 110 Carbohydrates: 23 g Fat: 0.5 g Protein: 2 g

## **Congratulations to SMNC's Biggest Losers!**

**Our patients lost a total of 4381.5 pounds in 2007.  
That's almost 2 tons of weight!**

### **Totals Pounds Per Month:**

<b>January</b>	<b>458.8</b>	<b>July</b>	<b>401</b>
<b>February</b>	<b>331.2</b>	<b>August</b>	<b>493.5</b>
<b>March</b>	<b>417.4</b>	<b>September</b>	<b>354.4</b>
<b>April</b>	<b>332.9</b>	<b>October</b>	<b>295.4</b>
<b>May</b>	<b>501.8</b>	<b>November</b>	<b>203.6</b>
<b>June</b>	<b>390.5</b>	<b>December</b>	<b>201</b>

**2008 is off to a fantastic start.**

**Our January weight lost total is 338.6 pounds.  
Great Job!**

## Life After Bariatric Surgery—Confronting The Challenges

- ▶ Come join a supportive and educational environment to help you adjust to a new lifestyle and promote optimum nutrition.
- ▶ Everyone is welcome—no matter if your surgery was 2 days ago or 10 years ago.
- ▶ Our groups are designed to cover a variety of issues, including:
  - ▶ Avoid Food Intolerances & Dumping Syndrome
  - ▶ Ensure Adequate Nutrient Intakes
  - ▶ Maximize Weight Loss
  - ▶ Fight Weight Plateaus & Weight Regain
  - ▶ Review of Supplements
  - ▶ New Food Preparation Methods

**First Class Is Free!**

Space is limited, so contact our front desk to pre-register.  
973-765-9355

Date: Thursday, March 20th  
Time: 6:00 pm

## Calorie Counting Workshops

An interactive workshop to focus on advancing calorie knowledge.

- ▶ Learn to accurately estimate calorie content
- ▶ How to determine portion sizes
- ▶ Become an expert at food choices when eating out

Recommended for patients that have already completed a nutrition education program.

Stay Tuned For Details.





**Storch Medical Nutrition Center**

*A Fresh Start Towards Health*

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*Call...*  
973-765-9355

## Tracking Your Class Schedule

### **Shaping Habits I—Tuesdays, 6:00**

January 29  
February 12  
February 26  
March 11  
March 25

### **Shaping Habits I—Tuesdays, 12:30**

January 29  
February 12  
February 26  
March 11  
March 25

### **Stepping Up—Mondays, 6:00**

February 11  
February 25  
March 10  
March 24

### **Stepping Up—Tuesdays, 1:00**

February 12  
February 26  
March 11  
March 25

### **LAMP—Tuesdays, 5:45**

February 19  
March 18

### **HMR—Wednesdays, 6:00 & Thursdays, 11:00 Every Week**

### **Life After Bariatric Surgery—Thursdays, 6:00**

March 20  
April 17