

## Can Dining Out Be Divine?

Dining out is a social experience that many weight loss surgery patients wonder if they can partake in following surgery.

With a little planning and thoughtful ordering you *can* eat out while still continuing your new healthy way of eating. Just don't forget everything you have been working on at home and apply it to your meals at restaurants as well.

After surgery it is important to make sure that you are tolerating solid foods well before heading out to your favorite restaurant. Use the following tips to make sure you do not fall into the many temptations associated with dining out:

1. Plan ahead of time. Most restaurants now have menus online, so when choosing where to go, make sure there are a few healthier options to choose from. Some restaurants are

starting to have healthy meal sections as well as listing nutritional information right on their menus.

2. Do NOT skip meals or snacks before going to a restaurant as you do not want to be excessively hungry, this tends to lead to over eating and poor food choices.

3. Skip the bread; ask your waiter not to bring the bread basket to your table ahead of time.

4. Do not order a beverage. If water is brought to your table, put it aside to avoid reaching for a sip out of old habit.

5. Order a balanced meal; make sure it includes a lean protein, vegetables, and a starch. Remember protein is still your priority.

6. Look for the following cooking descriptions for lower fat options: *baked, broiled, grilled, poached, roasted and steamed.*

6. Avoid foods with the following cooking descriptions: *batter-fried, pan-fried, buttered, creamed, crispy/breaded.*

7. Remember: it's okay to make special requests.

8. If you are unsure about how your meal is prepared, ask! It's your server's job to know this information.

9. For sandwiches choose lean roast beef, ham, turkey or chicken on whole grain bread. Ask for mustard, ketchup, or salsa on the side.

10. Monitor your portion sizes—either split an entrée with a friend or portion off your appropriate serving size before you eat and put the rest in a “doggy bag”.

11. Eat slowly, take small bites, and chew well.

Most importantly, savor your meal *and* the social interaction that comes with dining out! If you follow these tips, you'll find dining out after weight loss surgery doesn't mean getting off track!

Summer 2014  
Volume 3, Issue 1

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## Focus on Fitness by Danielle Campbell, Community Wellness Manager

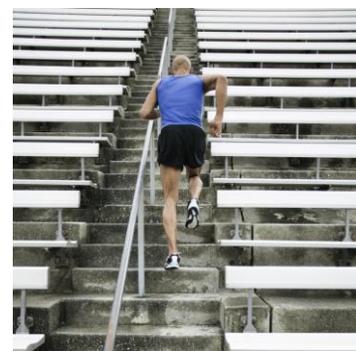


**Setting Goals:** It is important to stay physically active after surgery! Though maintaining a regular fitness routine can be difficult. Goal-setting can be helpful to those

individuals who are not sure where to begin. Once you determine which activities you enjoy and are safe for you, set a reasonable goal for yourself.

Want to walk a 5k with your spouse? Enjoy playing basketball? Start slow and gradually increase your time and level of difficulty. Remember that it is perfectly

normal to re-evaluate your goals and to make changes. Whatever you do, just don't give up. Your body will thank you!



Fiber is an important part of a healthy diet as it can help improve heart health as well as promote regular bowel movements.

According to the Academy of Nutrition and Dietetics, we should aim to get 25-40 grams of fiber daily. Yet, most Americans only get 11 grams per day. Studies show that dietary fiber can reduce cholesterol, help fight weight gain, and even reduce one's risk for certain forms of cancer.

Fiber is the portion of complex carbohydrates that our bodies cannot digest or absorb. The two types of dietary fiber are *soluble* and *insoluble*. Soluble fiber dissolves in water and insoluble fiber does not. These qualities



benefit our bodies in different ways.

**Insoluble fiber** is bulky and absorbs water, helping move waste through the intestinal tract. This can help prevent constipation, manage certain intestinal disorders, and prevent certain types of cancer.

Some good sources of insoluble fiber include: whole-grain products, wheat bran, oats, many vegetables, and the skins of fruits and potatoes.

**Soluble fiber** dissolves in water, forming a thick, gel-like substance as it passes through the intestinal tract. This can help you feel more satisfied after a meal, lower cholesterol levels, and even help regular blood sugar levels.

Good sources of soluble fiber include: dried beans and peas, oats, barley, apples, and oranges.



For more information on the fiber content of common foods, click here:

[http://huhs.harvard.edu/assets/File/OurServices/Service\\_Nutrition\\_Fiber.pdf](http://huhs.harvard.edu/assets/File/OurServices/Service_Nutrition_Fiber.pdf)

## Spotlight on Success



**John Hagens, Jr.  
After Lap-Band Surgery**

As I reflect upon all of the decisions that I have made thus far in my life, I have come to confidently know that getting Lap-Band surgery was one of the best decisions I could have ever made. My surgery took place on July 22, 2013. I am approaching that one year mark and I have lost over 50 pounds.

Prior to my surgery I was kindly referred to as "Big John" or the "Big Guy". No matter how you slice it when you are 6'4 you are going to stand out. Because of my height, I thought I carried my weight pretty well as I was convinced my height camouflaged those extra pounds

that I knew were there. My wife realized a few years before my surgery that she too wanted to improve her quality of life. She set out to do so by losing over 70 pounds and keeping it off. Though her journey was different from mine, we both were on a mission. She has been an inspiration, coach, and cheerleader for me along my own personal journey.

This "before" picture is from the annual Daddy Daughter Dance 2013 and the "after" photo is from Daddy Daughter Dance 2014 held at my daughters' school. It was not until I saw these photographs side-by-side that I realized the transformation I have made.

Much of the motivation for making this change came from the two little girls in these pictures. I want to be there to dance with them through the ups and downs of life that I know they will experience. Living a healthier life will hopefully allow me to be physically and mentally present in their lives as they continue to develop and grow.

**"...GETTING LAP-BAND SURGERY WAS ONE OF THE BEST DECISIONS I COULD HAVE EVER MADE."**

Since losing weight, I feel so much better. My blood pressure is normal and my diagnosis of being "pre-diabetic" no longer exists. I look forward to continuing healthy eating choices and regular exercise. I must be honest in stating that eating right and daily exercise is a continuous struggle and that having a Lap-Band does not mean immediate weight loss. I still have some of my favorite treats from time to time, however just in moderation and smaller portions. I try to work out 3 to 4 times a week by riding my bike, taking long walks, or playing the WiiFit. I am happy to have come so far and can't wait to see where this path will take me next.



**John Hagens, Jr.  
Before Lap-Band Surgery**

# Hip Happenings

## Daytime Seminars!

In addition to our monthly evening seminar, we now have free seminars available on Tuesday afternoons for those individuals who have not had, but wish to learn more about, bariatric surgery.

If you know anyone who may be interested in surgical weight loss options, they can register for one of our free seminars online at

[www.bariatrics.hurleymc.com](http://www.bariatrics.hurleymc.com) OR  
by calling 1-888-611-4HMC.



## Support Group:

Hurley Bariatric Center offers a medically-supervised support group on the first Monday\* of every month from 5:30-7:00PM at the Bariatric Center (2700 Robert T. Longway Blvd., Flint, MI 48503).

There is no cost to attend and no need to pre-register.

There is also a peer-run Support Group held the 3<sup>rd</sup> Monday of the month at the Central Church of the Nazarene in Flint. Please contact Charles Nelson 810-715-1202 OR [scopernelson@sbcglobal.net](mailto:scopernelson@sbcglobal.net) for details.

\*Support group schedule subject to change in the event of a holiday.

# Recipe Round-up

## Fat-free Hummus

Yield: 16, 2-Tbsp servings



### Ingredients:

- 1 (15 oz) can of chickpeas, drained
- Juice of 1 lemon
- 1 garlic clove, peeled
- 1/8 teaspoon red pepper flakes, crushed
- Salt and pepper to taste

### Directions:

1. Put all ingredients into a food processor and blend until smooth.
2. Chill in a covered container.
3. Garnish with parsley.

4. Optional ingredient: add a small clove of garlic when using food processor.

Nutrition information per serving:  
21 cal, 0 g total fat, 4g carb, 2 g prot



## Kale Chips

Yield: 6, 1-cup servings

### Ingredients:

1 bunch(es) (10-oz) kale, rinsed and dried well  
Non-stick cooking spray  
½ teaspoon kosher salt

### Directions:

1. Preheat oven to 350 degrees F.
2. From kale, remove and discard thick stems, and leaves into large pieces. Spread leaves in a single layer on 2 large cookie sheets.
3. Spray leaves with nonstick cooking spray to coat lightly; sprinkle with salt.
4. Bake kale 12-15 minutes or just until kale chips are crisp but not browned.
5. Cool on cookie sheets on wire racks.

Nutrition information per serving:  
15 cal, 0g carb, 0g fat, 1g prot

We're on the Web!

[www.bariatrics.hurleymc.com](http://www.bariatrics.hurleymc.com)



2700 Robert T. Longway Blvd. Suite H  
Flint, MI 48503  
Phone: 810-262-2330  
Fax: 810-235-2721  
E-mail: [bariatrics@hurleymc.com](mailto:bariatrics@hurleymc.com)