

The Lowdown

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COMPREHENSIVE WEIGHT LOSS CENTER

HURLEY

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With fall comes the cooler weather, changing leaves, and shorter days. This time of year lends itself to many wanting delicious comfort foods that warm our bodies and make our souls happy. However, for most, fall days also make us want to curl up on the couch with a good book or sit back and relax while watching the Sunday football games and we don't want to spend hours laboring over a meal in the kitchen. If this is the case for you, “fall cooking” may be the way to go!

After bariatric surgery, some meats can be harder to digest, especially if they are not tender or if they are overly dry. This is due to the stomach's decreased ability to break down and tolerate certain foods after surgery. If you have had bariatric surgery, you have been likely educated that meats should be as moist as possible and you need to chew thoroughly to support digestion. The key to easy digestion is to keep lean meats moist, which many “fall cooking” recipes can help you achieve.

Typical fall cooking recipes tend to involve slow cooking methods, such as stewing on the stove top or using a crock pot. These cooking methods make meats increasingly tender and therefore bariatric-friendly. An added benefit is that you don't have to spend hours of your day in the kitchen! Not only are these types of “fall meals” easier to digest, they also will provide you with the warmth and comfort you are looking for this time of year!

Meals such as chili, stews, or many crock pot dishes are not only delicious but they are easily customizable to meet your personal nutritional needs. As mentioned above, these slow cooking methods are going to promote easier digestion by allowing the meat to be further broken down during the cooking process. Check out the “Recipe Round-up” section for some “fall cooking” recipes!



Focus on Fitness

Blood Sugar and Exercise

Regular exercise is a great tool to help lower blood glucose levels and improve your Hemoglobin A1C. Exercise regulates blood sugar in two main ways: by increasing glucose (sugar) uptake during the actual physical activity and by improving insulin sensitivity for hours thereafter.

Muscles are a large storage vessel for glucose in the body. While exercising, muscles contract and pull sugar directly from the bloodstream to use as fuel and this action lowers

blood sugar levels during that time.

If incorporating exercise on a regular basis, the body's sensitivity to insulin will improve. Therefore, the body can more efficiently use insulin to uptake glucose out of the bloodstream to help lower elevated blood glucose levels.

In other words, when consistently exercising, your cells will be able to more easily absorb sugar out of the blood stream. This will ultimately help to improve/lower your A1c as more time is spent with a lower blood glucose level. Improved blood glucose control is just one of the many reasons exercise is so beneficial!

by Hannah Welter, RDN

The Importance of Taking a Bariatric Approved Multivitamin

Here at the clinic, we hear time and time again that a patient is no longer taking a bariatric approved multivitamin after having bariatric surgery. Patients will often say, "well I had surgery so long ago I didn't think it mattered anymore", "my friend is taking this one from Walmart so I just bought that one", or even that their primary care physician told them a generic multivitamin would meet their needs post-surgery. Unfortunately, none of these reasons are correct. If you have undergone bariatric surgery you should always be taking a bariatric-approved multivitamin, no matter how far out from surgery you are.

After bariatric surgery, you are at an increased risk for vitamin and mineral deficiencies compared to before surgery. This is because your smaller stomach holds much less food and altered digestion/absorption limits your body's ability to get enough vital nutrients. Due to eating much less food, you will not get enough nutrients from meals, to prevent deficiencies. Procedures like the gastric bypass and SADI-S change how your small intestine absorbs vitamins and minerals, further increasing your need for specific supplementation. Due to this, standard store-bought vitamins (such as Flintstones, Nature Made, Centrum,

Equate, etc) lack the high potency formulation needed to prevent severe, lifelong deficiencies.

Many patients do not realize the serious complications that can arise (very quickly in some cases) from not consistently taking a bariatric-approved multivitamin after surgery. Bariatric-specific multivitamins contain formulas that have much higher doses of key vitamins such as B12, iron, fat-soluble vitamins (ADEK), and more compared to a generic multivitamin. If you are not taking a bariatric-approved multivitamin after surgery you are putting yourself at high-risk for very serious issues such as bone loss (due to poor calcium and Vitamin D absorption), neurological and cognitive issues (due to inadequate B vitamins), severe fatigue (due to low iron, B12, etc), and even hair loss (due to poor general nutrition and micronutrient deficits).

If you are post-surgery and are now realizing you are not taking a bariatric-approved multivitamin, please reach out to the Hurley Comprehensive Weight Loss Center! It is important to note that not all bariatric vitamins are created equal and therefore we want to help you ensure you are taking the correct bariatric multivitamin for your specific post-op needs!

Spotlight on Success



Marcia **Before & After**
Sleeve Gastrectomy

On September 16, 2019, I made one of the best decisions of my life and I had the gastric sleeve at the Hurley Comprehensive Weight Loss Center. Seven years later, I have lost 107 pounds. I am healthier, happier, and still using the tools and knowledge the amazing team at Hurley gave me. Those tools truly changed my life, and I continue to carry them with me every day.

After years of hard work and maintaining my weight loss, I recently took another step in my journey and had skin removal surgery. It has been an incredible reminder of just how far I have come.

When I recently returned to Hurley for my seven-year follow-up, it was wonderful to see my original Dietitian and several familiar faces still there. Seeing their consistency and dedication reminded me why I trusted this team with my journey in the first place.

I will forever be grateful for the second chance at life they helped give me. I will always treat this journey as the gift it is—and continue striving to be the best version of myself.

"If you want to go fast, go alone. If you want to go far, go together." ~ African Proverb

Recipe Round-up



Easy Slow Cooker Beef Stew

Yield: 12 servings
Serving Size: 1 cup

Ingredients:

3 pounds cubed beef stew meat
⅓ cup all-purpose flour
½ tsp salt, or to taste
3 Tbsp olive oil
3 Tbsp butter
3 onions, sliced
4 large potatoes, cubed
1 cup baby carrots
1 Tbsp dried parsley
1 tsp pepper
2 cups boiled water
1 (1 ounce) package dry onion soup mix
¼ cup warm water

Instructions:

1. Place meat in a large plastic bag and combine with ¼ cup flour and salt, shake bag to coat meat.
2. Heat olive oil in a large skillet over medium-high heat. Add floured meat to the skillet and cook until evenly browned on the outside. Transfer meat to a slow cooker.
3. Melt butter in the same skillet. Add onions and saute until softened. Transfer onions to the slow cooker.
4. Add potatoes, carrots, parsley, and pepper to the slow cooker. Stir 2 cups of boiling water and dry soup mix together in a small bowl; pour into the slow cooker.
5. Cover and cook on high for 6-8 hours or until beef is fork tender.
6. Mix ¼ cup warm water and 2 Tbsp flour together in a small bowl; stir into stew and let combine until thickened and enjoy!

Nutrition information per serving:

349 calories, 38g pro, 17g carb, 14g fat, 2g fiber



Simple Turkey Chili

Yield: 8 servings
Serving Size: 1 cup

Ingredients:

1 pound ground turkey
1 onion, chopped
2 cups water
1 (28 ounce) can crushed tomatoes
1 (16 ounce) can kidney beans, drained
1 Tbsp minced garlic
2 Tbsp chili powder
½ tsp paprika
½ tsp dried oregano
½ tsp cayenne pepper
½ tsp cumin
½ tsp salt
½ tsp pepper

Instructions:

1. Cook turkey in large pot over medium heat until browned, 6 to 8 minutes. Stir in onion and cook until softened.
2. Add water; stir in tomatoes, kidney beans, and minced garlic, and seasonings.
3. Bring to a boil. Reduce heat to low and simmer, covered, until chili thickens slightly, about 30 minutes.
4. Top with toppings with of choice (plain nonfat Greek yogurt, fat free cheddar cheese, etc) and enjoy!

Nutrition information per serving:

185 calories, 16g pro, 19g carb, 6g fat, 6g fiber

** Tip: Add extra veggies like bell peppers and celery to add additional flavor and dimension to the chili! **

Hip Happenings

Now offering a med-based nonsurgical medical weight loss program!

The Hurley Comprehensive Weight Loss Center offers a med-based nonsurgical medical weight loss program. This program is designed for individuals who are not interested in surgical weight loss, but would like to see if anti-obesity medications, such as Wegovy, Zepbound, Adipex, etc., are a good option for them. If you know of someone who may be interested in this program, have them call our clinic at 810-262-2330 for more information.

Medical Nutrition Therapy is available!

Did you know if you are a Hurley Comprehensive Weight Loss Center patient, you can work 1-on-1 with a Registered Dietitian at our clinic? Working with a RD for Medical Nutrition Therapy can help you learn what your personal calorie and macronutrient intake should be, better understand how specific foods affect weight loss/gain, learn to manage food temptations, and more! MNT is highly recommended if you are struggling to meet your weight goal. Call our office at 810-262-2330 for more information as coverage for MNT services can vary based on your individual insurance plan.

Support Group:

Join us for our monthly support group! This is open to both pre- and post-surgery patients! The support group meets the 1st Monday of every month from 5:30 - 6:30PM at the Hurley Comprehensive Weight Loss Center (with exception of inclement weather/holidays). No need to pre register — just come! Call 810-262-2330 for details.