



The Milestone

August
2009

A point in time, marking a key event or accomplishment

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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RECOVERY PROGRAM

RECOVERY is a weight management program specifically designed for those who have had previous weight loss surgery. A registered dietitian will be available to assist you with any problems or concerns you may encounter.

The goal of RECOVERY is to identify behaviors which have led to weight regain and to establish new behaviors which promote life long weight control.

The 12 week course will translate bariatric health and nutrition concepts into meaningful and useful information for you and your weight loss goals. After completing the program, you will have the necessary tools for successful weight loss and weight maintenance.

For more information call the office or contact Christy at colson@owlo.com.

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News

New Direction has issued a voluntary recall for it's cream of chicken soup meal replacement. If you would like to, you may bring back any boxes you might have and receive credit towards another purchase.



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 **Rosemary**. Rosemary had RNY surgery in April of 2008.

- How much weight have you lost since surgery?
78 pounds.
- Do you meet your protein goal daily?
Most of the time I do.
- What are your favorite Meal Replacements or Protein Supplements?
EAS soy and Muscle Milk.
- Do you have any health conditions that have improved?
Diabetes, Blood Pressure and Cholesterol have all improved.
- What is one piece of advice you have for other Bariatric patients?
It's the best thing I ever did.



Recipe Corner

Gyro-Spiced Meatballs

Ingredients

- 1 pound ground sirloin or turkey
- 2 large cloves garlic, crushed (thru a garlic press)
- 1/2 teaspoon salt
- 1 teaspoon onion powder
- 1 1/2 teaspoons oregano
- 1/8 teaspoon allspice
- 2 tablespoons half & half
- 1/4 teaspoon black pepper

NUTRITION FACTS:

Per Serving:

With ground sirloin:

Per Serving: 213 Cal; 23 g Protein; 13 g Tot Fat; 0 g Carb; 0 g Fiber; 0 g Sugar; 246 mg Sodium

With ground turkey (mixed light and dark):

Per Serving: 133 Cal; 22 g Protein; 6 g Tot Fat; 0 g Carb; 0 g Fiber; 0 g Sugar;

You can make meatballs, patties, or loaf....or even crumbly fry this off in a pan. The secret is to fry, bake, or broil the meat until it's *almost* done - there will be some carryover heat and it will finish cooking out of the pan. This way your ground meats, especially, will stay nice and softly moist.



*Gyro-Spiced Meatballs
with Tzatziki*



Satiety

Satiety is defined as a feeling of fullness with the absence of hunger after a meal. Our brain (specifically our hypothalamus) is the mediator of our satiety and regulates our psychological satisfaction for our appetite. There are a variety of hormones that help control our level of hunger and satiety. These sensors take some time to activate the feeling of fullness, usually about 20 minutes. Most people can shovel in more than enough calories in less than that time and then feel stuffed!



Savoring each bite and slowing down the rate the fork returns to our lips will help us feel satiated with less food. Taking things slow at meal time are also an essential part of eating after weight loss surgery. Eating too fast can lead to many problems including, nausea, vomiting, foods getting "caught", overeating, and eventual stretching of the pouch!



It is also important to make smart food choices at your meals/snacks to satisfy your hunger and keep you satisfied longer. Foods that are higher in protein, fiber, and fat take longer for our body to digest, leaving you satiated for longer periods. It is still important to include carbohydrates, but avoid those high in sugar and low in fiber!

- Oranges and apples are more filling than bananas
- Cakes, donuts, and cookies are among the least filling
- Fish is more satisfying, per calorie, than lean beef or chicken

LOW SATIETY LEVEL	HIGH SATIETY LEVEL
White pasta 119%	Fish 225%
Ice cream 96%	Oatmeal 209%
Cookies 72%	Oranges 202%
Candy bar 70%	Beef 176%
Doughnut 68%	All-bran cereal 151%
Cake 65%	Eggs 150%

Sources:

Holt, S.H., Miller, J.C., Petocz, P., Farmakalidis, E. (Department of Biochemistry, University of Sydney, Australia.) "A satiety index of common foods." *European Journal of Clinical Nutrition*, Volume 49, September 1995, pages 675-690.

The Answers Website. www.answers.com accessed April 14, 2006

Mendosa, R., and John Walsh, P.A., C.D.E. *Satiety Index* accessed April 14, 2006 http://diabetesnet.com/diabetes_food_diet/satiety_index.php



AUGUST



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1
2	3	4	5 Woodward Group 6-7pm	6 AGB Group 6-7pm	7	8
9	10 Ada Group 5:50-6:30pm Wichita Group 6-7pm	11 McAlester Group 5:30-6:30 RNY Group 6-7pm	12	13 NW OKC Group 6-7pm	14	15 Saturday Group 11:00am*
16	17	18	19	20 Ft. Smith Group 7-8pm AGB Group 6-7pm	21	22
23	24	25 Madill Group 5:30-6:30pm RNY Group 6-7pm	26	27	28	29
30	31					

*** Remember to bring any unwanted clothes to the clothing exchange!**