

Send in your questions,  
recipes, comments, or  
topics of interest!

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## Summer Produce



June 21 is the first day of summer! As summer approaches each year, we are greeted with warm weather, long days, and fresh produce. While summer is associated with fresh fruits and vegetables, not all produce is in season during the summer months. The following can serve as a guide to direct you on the best way to pick and store fresh summer produce.

- **Blueberries:** July - September is the best time to choose this fruit. Choose firm, bright berries and store in a covered container in the refrigerator. Blueberries are ranked very high on the ORAC scale - this scale measures antioxidant activity. Therefore, blueberries may help reduce your risk of cancer and heart disease, as well as providing you with vitamins and minerals.
- **Broccoli:** This vegetable is at its peak from July to late October. Choose compact clusters that are green with no bruising, yellowing or flowering. Broccoli is a good source of vitamin A, vitamin C, potassium, folate, iron, and fiber.
- **Cherries:** Choose plump, firm cherries that are still attached to the stem and are deep red in color. They are best when eaten between late June and early August. Cherries are a good source of fiber and vitamin C.
- **Green Beans:** While this vegetable can be enjoyed year round, they are at their freshest during the summer months. Choose bright green beans that are long, slim, and do not have large seed protrusions. Green beans are a very good source of vitamin A, vitamin C, vitamin K, dietary fiber and folate.
- **Peaches:** There is not much better than a juicy peach on a summer day. Choose peaches that smell faintly sweet and have no bruises. Not only do peaches provide a sweet treat, they are also a good source of dietary fiber, vitamin A, potassium, and a very good source of vitamin C.
- While this is not a comprehensive list of summer produce, it is a great place to start. Remember, the most important thing is to find produce you like, and incorporate it into your daily diet.

## OWLO News:

- ◆ The 2007 REFLECTIONS Fashion Show took place Saturday, June 2, 2007. Watch for updates and pictures of this year's show!
- ◆ Oklahoma WEIGHT LOSS Options' non-surgical weight management program BALANCE is now enrolling participants. If you or someone you know is interested please contact us to schedule an appointment.
- ◆ If you are more than 1 year post-bariatric surgery, remember to schedule an appointment with the office for the NEW 1 Year Post-Surgery Nutrition Course!



Oklahoma WEIGHT LOSS Options is recognized by the ASBS as a **Center of Excellence** and is a JCAHO accredited disease specific program in conjunction with Norman Regional Hospital. These two distinctions set OWLO apart from other programs, and require a comprehensive approach to weight loss in addition to the highest level of care to patients.



## 2007 Reflections Fashion Show



After months of planning, the fashion show finally became a reality! On Saturday, June 2, 2007, we celebrated the hard work and dedication of several bariatric surgery patients. The evening was a combination of celebrating the success of patients and thanking their loyal supporters. During the next few months, we will highlight their accomplishments by featuring a model in the newsletter.

This year, the event was held at the National Cowboy and Western Heritage Museum in Oklahoma City.

If you did not participate this year, start planning now to be part of our show.



Thank you to everybody who helped make this years fashion show a success!

## RECIPE: Fresh Peach Salsa



### Ingredients:

- 3 1/2 cups diced peeled peaches
- 1/4 cup diced red onion
- 2 Tbsp finely chopped fresh cilantro
- 1 Tbsp minced seeded jalapeno pepper
- 2 Tbsp rice vinegar
- 1 teaspoon lemon juice
- 1 garlic clove



### NUTRITION FACTS:

Servings: 3 1/2 cups  
Serving Size: 1/4 cup  
Calories: 22  
Total Carbohydrate: 5.6 g  
Sugar : 4 g  
Fiber: 1 g  
PROTEIN: 0.4g  
Total Fat: 0.1g

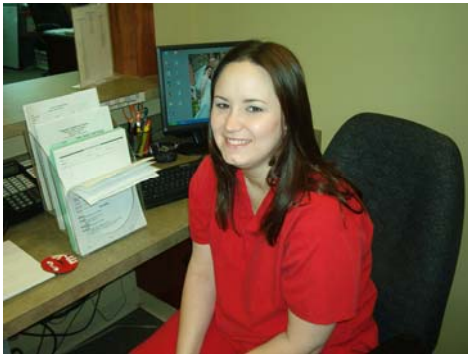
### Directions:

Combine all ingredients in a bowl, stir well. Cover and chill.

Great when served with pork tenderloin or chicken.

## Welcome to OWLO

Over the past few months we have welcomed several new people to our family at Oklahoma WEIGHT LOSS Options. Please take a few minutes to meet a few of our newest members!



“Hi, my name is Courtney Sinclair and I am a receptionist at OWLO. I am new to Norman after moving from Stillwater. I started working with OWLO in March 2007 and I am so happy to get to know you all.”

~ Courtney Sinclair

“Hello, I am Starr Holt, a new nurse at Oklahoma WEIGHT LOSS Options. I recently graduated from the R.N. program at Platt College in February 2007 after finishing L.P.N. school in 2003. I look forward to meeting and working with you all!”

~Starr Holt



“Hi, I am Stephanie Fiedler—soon to be Stephanie Stanbrough as of July 7, 2007. I recently graduated from OU Health Science Center with a degree in Nutritional Sciences. I look forward to working with everybody and meeting all the new patients.”

~Stephanie Fiedler



# June 2007



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Reflections Fashion Show 6:30 pm
3	4	5	6 Seminar 3rd Floor Health Plex 6:30 pm	7 Seminar - 3rd Floor Health Plex 3:00 pm  BAND Support Group 3rd Floor Health Plex 6:00-7:00	8	9
10	11 Ada Support Group Central Church of Christ 5:30-6:30 pm	12 RNY Support Group 3rd Floor Health Plex 6:00-7:00	13	14 Seminar - 3rd Floor Health Plex 3:00 pm  NW OKC Support Group Lake Overholser Church of the Nazarene 7:00-8:00	15	16 RNY/AGB Support Group Norman Regional Hospital 11:00 am
17	18	19 Enid Support Group Cedar Ridge Wesleyan Church 7:00-8:00	20 Seminar 3rd Floor Health Plex 6:30 pm	21 Seminar - 3rd Floor Health Plex 3:00 pm  BAND Support Group 3rd Floor Health Plex 6:00-7:00	22	23
24	25 Ardmore Support Group Red Cross Office 6:00	26 RNY Support Group 3rd Floor Health Plex 6:00-7:00	27	28 Seminar - 3rd Floor Health Plex 3:00 pm	29	30

**Check out next month's issue for pictures from the fashion show!!**

