

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

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Inside this issue:

100-calorie packs	1
OWLO News	1
Patient success	2
Recipe Corner	2
The Many Benefits of Water	3
Calendar	4

Facts on the 100– Calorie Snack Packs

Convenience foods and snacking seem to go hand in hand. Unfortunately, many of these convenient snacks also go straight to our waistline. When the 100– calorie snack packs hit the market they were immediately popular due to portion control. But, just how healthy are these snacks?

The snack packs are winners for portion control and short-term satisfaction, but they typically lack hunger-control nutrients (fiber, protein and healthy fats). This means that they won't control hunger for long and can lead to further snacking throughout the day. A handful of nuts or a piece of cheese could stave off the munchies for around the same number of calories while also providing protein or fiber.

There are many choices for snack packs, but you will pay a higher price for the conveniently packaged snacks. Snack manufacturers can charge up to 3 or 4 times the price of conventional packaged foods. For example, a box of 100-calorie pack of crackers weighs only 95 total grams but costs around \$3.00. That's about the same price as a full-sized box of crackers, which contains three times as much food. More single-use packaging also means more waste for the environment.

If you want healthy, low-calorie snacks, but don't want to pay the premium price for convenience, here are some healthy snacks you can prepare yourself. You'll save money, reduce waste, and stay full longer.

- ◆ Low-fat cottage cheese
- ◆ Small apple with low-fat cheese
- ◆ Baby carrots with Hummus
- ◆ 1 oz of nuts
- ◆ Low fat yogurt



OWLO News:

- ◆ **Bethany Support Group** is now going to be held from 6-7pm. Please note the changes in your OWLO calendar. Carol hopes to see you there!
- ◆ **Get out your running shoes and join us for the HealthPlex run on Saturday, June 7!** This event is sponsored by Norman Regional Health System to promote a healthy community. There will be a 1 mile walk/run, 5K run, and a Kids Run! The race begins at 7:30am. Go to www.healthplexrun.com for more information.



Oklahoma WEIGHT LOSS OPTIONS is recognized by the ASMBS 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.



Best and Worst Cookout Foods

Summer is here and that means there are more events to attend such as cookouts and outdoor parties. But, going to these parties does not mean your healthy eating plan has to be on hold. If you are the host make sure there are healthy items available for everyone. If you are going to a potluck– bring a few healthy dishes so you know you will have something that fits your dietary needs. Here is a breakdown of some common cookout foods.

WORST	BETTER	BEST
Hamburger Patty (4 oz) 290 calories 22 g fat 20 g Protein	Turkey Burger Patty (4 oz) 160 calories 9 g fat 22 g Protein	Veggie Burger Patty (2.5 oz) 110 calories 4 g fat 12 g Protein
Potato Salad 179 calories 10.3 g fat 3 g Protein	Cole Slaw (1/2 cup) 150 calories 8 g fat 0 g Protein	Vegetarian Baked Beans (1/2 cup) 100 calories 1 g fat 6 g Protein
Soda pop (8oz) 104 calories	Decaf Sweet Tea (8 oz) 100 calories	Water with Lemon (8oz) 4 calories OR Decaf tea with Splenda (8 oz) 2 calories



Recipe Corner

Shrimp and Pepper Salad

Ingredients:

- 8 oz. cooked shrimp
- 1/2 cup green peppers, chopped
- 1/2 cup red peppers, chopped
- 1/2 cup yellow peppers, chopped
- 1/2 cup onions, chopped
- 1 tbsp olive oil
- 1 tbsp cider vinegar
- 1 tsp fancy dijon mustard
- 1/4 cup parmesan cheese, grated


Directions:

1. Chop red, green, and yellow peppers and onion.
2. Add cooked shrimp.
3. Make a dressing with the olive oil, vinegar, and dijon mustard.
4. Toss salad with dressing.
5. Grate fresh parmesan cheese over salad just prior to serving.



NUTRITION FACTS
Per 1/2 cup serving
Calories– 137
Protein– 15 grams
Fat– 5.9 grams
Carbohydrate– 5.5 grams
Fiber– 1.1 grams

The Many Benefits of Water



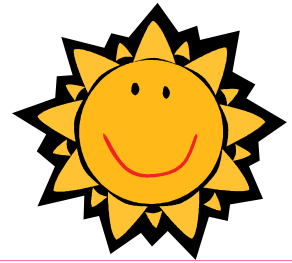
It's that time of year again when the days are hotter and longer and we could all probably use a little more water in our lives. Sometimes when we focus so much on what we EAT– we forget to think about what we are drinking. We should think of water as a nutrient that our bodies need just like protein. This is because we lose large amounts of water daily due to skin evaporation, breathing, urine and stool losses. The following are only a few reasons to remind us just how important water is for health and well-being.

1. **Drinking water helps maintain the balance of fluids.** Our bodies are 60% water and functions to aid with digestion, absorption, circulation, creation of saliva, transportation of nutrients and maintenance of body temperature. When we are low on fluids the brain triggers the body's thirst mechanism. So, if you are feeling thirsty, listen to your body and get a drink of water.
2. **Water helps energize muscles.** Cells that do not maintain their balance of fluids and electrolytes shrivel, which can result in muscle fatigue. When muscle cells don't have adequate fluid they will not work as well and performance can suffer. Drinking enough fluids while exercising is very important. The American College of Sports Medicine guidelines recommend drinking approximately 17 ounces of fluid about 2 hours before exercise and drinking at regular intervals during exercise to replace lost fluids.
3. **Water helps skin look healthy.** Skin contains plenty of water and functions as a protective barrier to prevent excess fluid loss. Dehydration can make skin look more dry and wrinkled. This can be improved with proper hydration. But, don't think that over-hydration will erase fine lines and wrinkles all together. Once we are adequately hydrated the kidneys will take over and excrete excess fluids.
4. **Water helps the kidneys.** Body fluids help to transport waste products in and out of cells. The kidneys can cleanse and rid our bodies of toxins as long as we are adequately hydrated. When a person is getting enough fluids the urine should flow freely, is light in color, and free of odor. When hydration status is low the urine concentration, color, and odor increases. If a person chronically drinks too little fluid, they are at a higher risk for kidney stones.
5. **Water helps maintain normal bowel function.** Adequate hydration keeps things moving along your gastrointestinal tract and can prevent constipation. When someone's hydration status is low, the colon will pull water from the stools to maintain hydration– this often results in constipation. Getting in adequate fluid and fiber will keep your bowel functioning properly.





JUNE



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <u>Woodward Support Group</u> Woodward Public Library 5:30-6:30 pm	3	4	5 <u>Norman Band Group</u> 3rd Floor HealthPlex Tecumseh Road 6-7 pm	6	7 HEALTHPLEX RUN 
8	9 <u>Ada Satellite Group</u> Ada Church of Christ 5:30-6:30	10 <u>Norman Bypass Group</u> 3rd Floor HealthPlex Norman, OK 6-7 pm	11	12 <u>Support Groups:</u> <u>Bethany Group:</u> Lake Overholser Church of the Nazarene 6-7pm <u>Lane/Atoka Group:</u> Harmony Baptist Church 7-8 pm	13	14
15 Father's Day 	16	17 <u>Enid Satellite Group</u> Wesleyan Church 7-8 pm	18	19 <u>Support Groups:</u> <u>Norman Band Group</u> 3rd Floor HealthPlex Tecumseh Road 6-7 pm <u>Ft. Smith Group:</u> Ft. Smith Public Library 7-8 pm	20	21 <u>Norman Support Group:</u> Norman Regional Hospital Education Center 11 am Summer begins! 
22	23	24 <u>Norman Bypass Group</u> 3rd Floor HealthPlex Norman, OK 6-7 pm	25	26	27	28
29	30 <u>Ardmore Support Group</u> Red Cross Office 6-7pm					

The OWLO office will be closed Friday July 4, 2008
to celebrate Independence Day.

