



The Milestone

March 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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Inside this issue:

National Nutrition Month	1
OWLO News	1
Patient Spotlight	2
Recipe Corner	2
Nut Facts: A Nut-rient Dense Food	3
Calendar	4



National Nutrition Month

March is National Nutrition Month. Whether you are planning to have surgery or are well into the maintenance phase, it is important to focus on eating right! Try to meet your protein goals daily in addition to taking your supplements. Also remember to stay active! The key to long term success with weight loss and health is to stay physically active and maintain proper nutrition.

Tips for bariatric nutrition:

- Control portion size
- Meet your daily protein goals
- Limit your intake of sugars and sugar alcohols (< 10 grams per meal)
- Limit simple carbohydrates and replace them with complex carbohydrates (fruits and vegetables)
- Choose whole grain products
- Purchase low fat dairy products
- Choose lean meats and poultry
- Be sure to meet your fluid goal of 64 ounces every day
- Become physically active for at least 30 minutes daily
- Weigh weekly
- Use your food journal *at least* one week of every month

OWLO News

New Addition: Nutrition Department

OWLO is pleased to welcome a new dietitian this month. Christy Olson, MS, RD/LD joins our department with eight years of clinical experience. She has a diverse clinical background in childhood obesity and wellness, weight management, and diabetes education. Welcome, Christy!



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



Norman Regional
BARIATRIC PROGRAM



Patient Spotlight

Our featured patient this month is **BILL**. Bill had RNY surgery in January of 2008.

- How much weight have you lost since surgery?
121 pounds
- Do you meet your protein goal daily?
Yes
- What are your favorite Meal Replacements or protein supplements?
New direction chocolate beverage and caramel nut protein bars.
- Do you have any health conditions that have improved?
Yes, my blood pressure, cholesterol and diabetes have all improved.
- What is one piece of advice you have for other Bariatric patients?
Follow the program and stay on top of your protein.



Recipe Corner

Rolled Boneless Turkey Breast *with apples and sage*



Ingredients:

- 2½ to 3 pound boneless turkey breast half, butterflied (have it boned or do it yourself)
- Olive oil
- Bell's Seasoning or your favorite prepared poultry blend
- Garlic powder
- Kosher salt and freshly ground black pepper
- 1 Granny Smith apple, peeled, cored, and very thinly sliced
- ½ cup chicken broth

Directions:

Preheat oven to 325° F.
W/ skin side down lightly coat with olive oil and salt & pepper. Add a few apple slices to center. Fold up both sides and tie with kitchen string. Place in pan seam side down. Arrange apple slices around turkey. Cook until center is 160°F. Mash apple slices with fork and add 1/4c chicken broth to make sauce after cooking.

NUTRITION FACTS:

Serving size	4 ounces
Calories	185 kcal
Protein	33 grams
Fat	4 grams
Carbohydrate	5 grams



*Rolled Boneless Turkey Breast
with Apples and Sage*

Nut facts: a NUT-rient dense food

Nuts are an excellent source of nutrition. Studies have suggested that eating 1½ ounces of certain nuts a day may reduce the risk of heart disease when part of a balanced diet. They are a very nutrient dense food, meaning a small amount contains a lot of calories. One ounce of plain nuts has 160-200 calories. Although the majority of the calories come from fat, they are naturally cholesterol free and free of trans fats. Look for nuts with a higher percentage of “healthy” fats, i.e. mono and polyunsaturated instead of the saturated fats (unhealthy fats). They can also be an excellent source of vitamins and minerals. Some of the common vitamins in nuts:

B vitamins. Folate, Vitamin B6, and Niacin are all B vitamins in certain nuts. Folate helps produce the basic building blocks for body cells and works in conjunction with vitamin B12 to prevent anemia. Peanuts and sunflower kernels are good sources of folate, supplying at least 10% of the Recommended Daily Intake per one ounce serving. Vitamin B6 helps your body form protein components to make cells. It also helps maintain a healthy immune system. Pistachios are excellent sources of vitamin B6, supplying 20% of the Recommended Daily Intake per one-ounce serving. Riboflavin, thiamin, and niacin help your body utilize sugars and fats, and helps release energy from foods. A one-ounce serving of almonds is a good source of riboflavin, while a one-ounce serving of pistachios provides a good source of thiamin. A one-ounce serving of peanuts and sunflower seeds provides a good source of niacin.

Vitamin E. Vitamin E works as an antioxidant in the body, helping protect cells and tissues by neutralizing free radicals. The majority of Americans are not consuming the recommended levels of vitamin E from their diet. A one-ounce serving of almonds provides 35% of the Recommended Daily Intake for vitamin E, while a one-ounce serving of hazelnuts provides 20%, and an ounce of peanuts provides 10%.

Magnesium. Magnesium is important for energy metabolism and protein synthesis in the body. Magnesium is a vital component of bone structure, and supports muscle function. Almonds are an excellent sources of magnesium, with a one-ounce serving providing at least 20% of the Recommended Daily Intake while an ounce of peanuts, hazelnuts, pecans, and walnuts are a good source, providing 10% of the Recommended Daily Intake.

Copper. Copper is found in many body enzymes. It is also essential in making hemoglobin in red blood cells. Pistachios are excellent sources of copper, providing at least 20% of the Recommended Daily Intake per one-ounce serving.

Nuts are not created equal. Choose nuts that are lower in saturated fat, higher in protein and fiber. Preparation is also important. Raw, dry roasted or toasted is best. Avoid sugary coatings and salted varieties. Based on the best balance of healthy fats, high protein, and fiber content, nuts that top the nutrition list are peanuts, pistachios, almonds, and sunflower seeds. Healthy nuts that don't have as much fiber or protein include the hazelnuts, pecans, pine nuts, and walnuts. Limit intake of nuts higher in saturated fats such as cashews, macadamia nuts and Brazil nuts.

Most importantly, don't forget to measure your serving size. A serving of nuts is 1 to 1½ ounces. Measure your intake prior to snacking. Avoid grazing on nuts all day. Read the label or serving size on “single serving” packages as they may contain 3 or more servings. Enjoy!





MARCH



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 <u>Band Group</u> Moore Medical Center North Atrium 6-7 pm	6	7
8	9 <u>Ada Satellite Group</u> Ada Church of Christ 5:30-6:30 pm	10 <u>Bypass Group</u> Moore Medical Center North Atrium 6-7 pm <u>McAlester Group:</u> McAlester Regional Wellness Center 5:30-6:30 pm	11	12 <u>Bethany Support Group:</u> Lake Overholser Church of the Nazarene 6-7pm	13	14
15	16	17 <u>Enid Satellite Group</u> Wesleyan Church 7-8 pm St. Patrick's Day	18	19 <u>Band Group</u> Moore Medical Center North Atrium 6-7 pm <u>Ft. Smith Group</u> Ft. Smith Library 7-8 pm	20	21 <u>Norman Group:</u> Norman Regional Hospital Education Center 11 am
22	23	24 <u>Bypass Group</u> Moore Medical Center North Atrium 6-7 pm <u>Madill Support Group</u> Integris-Marshall Me- morial Hospital 5:30-6:30 pm	25	26	27	28
29	30	31				