

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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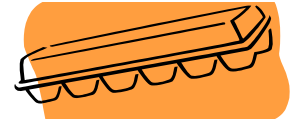
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PROTEIN POWER



Have you ever wondered if some protein sources were better than others? Protein is a nutrient that is very important for ALL weight loss patients, but not all protein-containing foods are equal in quality.

Proteins are structures made up of a chain of amino acids. *Essential* amino acids are amino acids that our bodies do not make on their own so we need to get them from our diet. Protein-containing foods are scored based on how many essential amino acids the protein contains and how well the amino acids are absorbed by our bodies. For example, protein from wheat is not given a high protein score because it is very limited in one of the essential amino acids. This means we need other types of protein (in addition to wheat protein) to meet our protein needs. On the other hand, there are many foods that contain high amounts of all the essential amino acids and these foods are given high protein scores. Some protein foods with **perfect** protein scores are listed below:

- Whey protein (found in many protein supplements)
- Egg Whites
- Casein (found in milk and cheese products)
- Milk



Other protein foods with **good** protein scores:

- Beef
- Soy (found in soy foods and protein supplements)

It is important to get a wide variety of protein-containing foods (low fat dairy foods, lean meats, beans and lentils, whole grains, and soy products) in order to get all the essential amino acids in our diet. Eating a variety of protein foods will also ensure that we get the different vitamins and minerals that we need. For more information regarding the quality and types of protein, visit the website for the United States Department of Agriculture (USDA) at:

http://fnic.nal.usda.gov/nal_display/index.php?tax_level=1&info_center=4.

Click on FOOD COMPOSITION, then click on Macronutrients, and scroll down to Protein and Amino Acids.

OWLO News:

- ◆ The 2007 REFLECTIONS Fashion Show planning is in full swing! If you are interested in being a model, please contact Lisa at 405-360-7100 or e-mail at nutrition@owlo.com.
- ◆ 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.



Features from 2006 Reflections Fashion Show



Twila before surgery

Twila Martin was a recipient of the gastric bypass surgery almost 3 years ago. Twila has lost a total of 140 pounds and now is proud of the fact that she shops the size 6 and 8 women's clothing racks instead of the Plus size racks she shopped before surgery. Since her weight loss, Twila has been showered with praise when visiting family or friends. "They are astounded by my new appearance." Twila says with a smile. "At times the praise can be overwhelming especially when I bring them to tears, but I gladly accept it. After all, if you look THIS good you shouldn't expect anything less." And Twila is exactly right. Take the wonderful advice of Twila: Keep up the regimens that your surgery requires of you, including your protein, vitamins, and water. ALWAYS love yourself for who you are. Thank God every day for doctors like Dr. Keith, who have saved you from a miserable lifestyle. Also, keep going to the support group meetings!



Twila at the Show

Thank you Twila for sharing your experience and being a part of the Fashion Show!
Good luck on the continuation of your journey and future success in your new life!

RECIPE: Crunchy Egg Salad

INGREDIENTS:

1/4 cup fat-free miracle whip
Dash of ground nutmeg
3 hard-cooked eggs, chopped*
1/3 cup shredded carrots
2 Tbs. sunflower seeds



DIRECTIONS:

1. In medium bowl, stir together mayonnaise and nutmeg until well blended.
2. Add eggs, carrots, and seeds.
3. Gently stir until evenly coated with dressing. Cover.
4. Chill to blend flavors.
5. Serve on 100% whole grain crackers or spinach leaves and garnished with tomato slices.



NUTRITION FACTS:

Servings: 2
Calories: 203
Total Carbohydrate: 10 g
 Sugar : 5 grams
 Fiber: 2 grams
PROTEIN: 11 grams
Total Fat: 13 grams
Saturated Fat: 3 grams

*Place eggs in a single layer in saucepan. Add water to cover by one inch. Cover and quickly bring just to boiling. Turn off heat; remove pan from burner, if necessary. Let eggs stand, covered, in the hot water about 15 minutes for Large eggs (about 18 minutes for Extra Large eggs and about 12 minutes for Medium). Immediately run cold water over eggs, or place them in ice water until completely cooled.

Norman Regional Annual Community Health Fair and HealthPlex Run

Come visit Oklahoma WEIGHT LOSS Options in the 2007 Norman Regional Annual Community Health Fair on **Saturday, May 12th** from **10:00 am to 3:00 pm**. This event will be held at the HealthPlex campus on I-35 and Tecumseh Road. The Healthy Community Initiative will offer many free activities including:

FREE SCREENINGS (10am-3pm):

- ◆ Blood pressure and pulse
- ◆ Cholesterol
- ◆ Skin Cancer (10am-noon)
- ◆ Colon Screening Kits
- ◆ Diabetic Foot Screening
- ◆ BMI/Weight and more

ASK AN EXPERT—FREE LECTURE SERIES (11am-3pm):

- ◆ Colon Health
- ◆ Cardiac Health; Men's and Women's Cardiac Signs and Symptoms
- ◆ Weight Loss Options
- ◆ Seeking Internet Health Information Wisely

CHILD PASSENGER SAFETY CHECKS (10am-1pm)



DEMONSTRATIONS (10am-3pm):

- ◆ Fencing
- ◆ Irish Dancers
- ◆ Cycling
- ◆ Martial Arts
- ◆ Poisonous Critters of OK

ACTIVITIES (10am-3pm):

- ◆ Prizes and Raffles
- ◆ Climbing Rock Wall
- ◆ Adult Obstacle Course
- ◆ Radar Speed Throw
- ◆ Child Obstacle Course
- ◆ Boogie Buggies
- ◆ Dance, Dance Machine
- ◆ Rides and Bungee Fling Thing
- ◆ Cars Moonbounce

HealthPlex 5K Race and 1K Fun Run (Begins at 8 am), Kids Run, register at healthplexrun.com

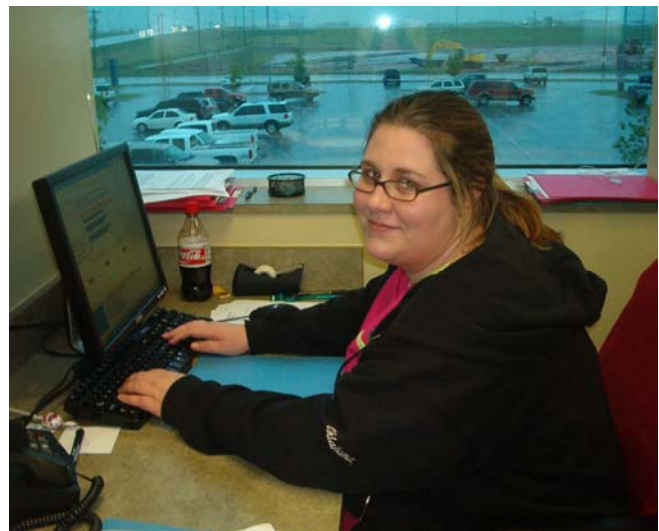


Welcome to OWLO!

OWLO welcomes our newest Insurance/Accounts Receivable personnel Corrie!

“Hi. My name is Corrie Vitaoe and I have been working in insurance at OWLO since March of 2007. I have worked in the insurance/billing field for almost 8 years now. I am very excited about being a part of OWLO and working with all of you!”

Corrie Vitaoe





May 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Bariatric Seminar 3rd Floor HealthPlex 2-4 pm BAND Support Group 3rd Floor HealthPlex 6-7 pm	4	5
6	7	8 RNY Support Group: 3rd Floor HealthPlex (Tecumseh Campus) 6-7 pm **MODEL MTG. FOLLOWING 7-8 pm**	9 Bariatric Seminar 3rd floor Health Plex 6:30-8:30 pm	10 Bariatric Seminar 3rd Floor HealthPlex 2-4 pm Support Group: Lake Overholser Church of the Nazarene 7-8 pm	11	12 HealthPlex Race 8:00 am Community Health Fair 10:00 am—3:00 pm
13	14 Support Group: Central Church of Christ Ada, OK 5:30-6:30 pm	15 Support Group: Cedar Ridge Wesleyan Church Enid, OK 7:00-8:00 pm	16	17 Bariatric Seminar 3rd Floor HealthPlex 2-4 pm BAND Support Group: 3rd floor HealthPlex 6- 7 pm	18	19 CLOTHING EXCHANGE! Support Group: LOD Graduates NRH Education Cen- ter (Porter Campus) 11:00-12:30 am
20	21	22 RNY Support Group 3rd Floor HealthPlex (Tecumseh Campus) 6-7 pm	23 Bariatric Seminar 3rd floor Health Plex 6:30-8:30 pm	24 Bariatric Seminar 3rd Floor HealthPlex 2-4 pm	25	26
27	28 Support Group: Red Cross Office Ardmore, OK 6-7 pm	29	30	31 Bariatric Seminar 3rd floor Health Plex 2-4 pm		

Model Call! If you are interested in modeling in the spring fashion show please call. The fashion show is scheduled for Saturday - June 2, 2007.

