

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

Website:  
[www.owlo.com](http://www.owlo.com)

Email:  
[nutrition@owlo.com](mailto:nutrition@owlo.com)

Phone:  
405-360-7100

Fax:  
405-364-9112

Address:  
3400 W Tecumseh  
Suite 205  
Norman, OK 73072

## Calcium Does the Body Good!



Calcium is essential to everyone's diet. An intake of 1500mg calcium or 3 servings of dairy are recommended each day to optimize strong bones. Maximum calcium absorption occurs in the duodenum and jejunum. During restrictive or malabsorptive surgeries calcium intake and supplementation is extremely important to avoid osteoporosis.

### What is osteoporosis and how could it affect me?

Osteoporosis is defined as a disorder characterized by abnormal loss of bone density and deterioration of bone tissue. With an increased fracture risk. Osteoporosis could cause severe pain, especially in the lower back, pathological fractures, loss of stature and various deformities.

### *Supplement with Calcium Citrate*

Food Source	Amount	Calcium Mg
Skim milk	1 cup	302 mg
Low fat yogurt	1 cup	345 mg
Low fat cottage cheese	1 cup	155 mg
Canned salmon w/ bones	3 1/2 oz	185 mg
Tofu	1/2 cup	130 mg
Low fat cheddar cheese	1 oz	204 mg
Orange	1 medium	52 mg
Halibut	3 oz.	51 mg
Broccoli cooked fresh	1/2 cup	36 mg
Whole wheat bread	1 slice	36 mg
Spinach, frozen, cooked	1/2 cup	138 mg
Baked beans, white	1/2 cup	64 mg

### What affects calcium absorption?

Bioavailability: the efficiency of calcium absorption

Physical Activity: weight-bearing activities and resistance training stimulate bone formation.

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## ENID SUPPORT GROUP!!!

Carolyn Reith has restarted the Enid support group. It will meet at the North Garland Church of Christ the second Tuesday of the month starting in December. Thanks Carolyn!!!



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 **Claire**. Claire had RNY surgery in November of 2008.

- How much weight have you lost since surgery?  
**95 pounds**
- Do you meet your protein goal daily?  
**Yes.**
- What are your favorite Meal Replacements or Protein Supplements?  
**Caribbean Cooler and the protein bars.**
- Do you have any health conditions that have improved?  
**Yes, diabetes and psoriasis have both improved.**
- What is one piece of advice you have for other Bariatric patients?  
**Make sure you get all your protein in!!**



## Recipe Corner

### Pumpkin Protein Pudding

#### Ingredients

- 1 package (1 oz) Butterscotch Jell-O Sugar Free Instant Pudding
- 1 c. skim milk
- 2 scoops Beneprotein® powder
- ½ c. canned pumpkin
- ½ tsp. pumpkin pie spice
- ¼ tsp. cinnamon
- 1/8 tsp. nutmeg
- 1/8 tsp. ginger

1. Measure 1 c. cold skim milk
2. Add 2 scoops Beneprotein® to the one cup of cold milk and mix thoroughly by shaking or stirring
3. Using a fork, blend the dry pudding mix and spices in a bowl
4. Pour in the Beneprotein®/milk mixture
5. Add ½ c. canned pumpkin
6. Stir/beat until thoroughly mixed (a wire whisk or mixer works best)
7. Pour into small container and chill in the fridge.

Makes: 4 servings

Nutrition Information for 1/2 c. serving

Calories: 114

Fat: 2.5 g

Protein: 9 g

Carbohydrate: 16 g

Fiber: <1 g



Remember to keep sending protein shake recipes to [etroutt@owlo.com](mailto:etroutt@owlo.com)!



## *Bariatric Eating and Surviving the Holidays*

Holidays should be enjoyable! The trick is to be prepared. Don't set yourself up to feel guilty. Allow yourself a small amount of your favorite foods, but limit other foods that aren't your absolute favorite but are still high calorie foods. Keep it balanced and stay in control...here's how.

**PLAN AHEAD:** Identify your food triggers. Write down before hand what you are going to do to control that food trigger. Practice ahead of time and you will be prepared!

**EAT SOMETHING HEALTHY OR DRINK WATER BEFORE YOU GO OUT:** Avoid arriving to a party hungry. The social fun and being with others is the focus, not food.

**POSITIVE SELF TALK:** "I'm not going to eat chips, dips, sweets ...but a bite of that favorite thing that I only get during the holidays". If in a restaurant be the first to order so you are not influenced by others. "I used to \_\_\_\_, but this is the new me, making changes, being honest with myself and doing what I said I would do". Not only will you be proud of yourself, but those around you will smile at your success.

**BE THE SLOWEST EATER:** Keep your eye on others...be the last to start and the last to finish. You will enjoy the food more (texture, smell, taste and will feel satisfied with less).

**KEEP A PROPER PERSPECTIVE:** If you make a mistake, keep a positive attitude---bounce back! Your reaction to the eating is more important than the eating itself.

### *Survival Tips:*

Do not take a holiday from your exercise. Continue normal workouts in addition to extra activities like power walking while shopping!!! Take a walk with your family after a meal (helps with digestion).

Choose a turkey that is self-basted. This will lower the sodium and cost. To ensure a moist bird, remove it from the oven when the internal temperature of the breast reaches 165°F.

Volunteer to bring a low fat/low sugar holiday dish!

Most of all, **DON'T FEEL GUILTY**. Long-term weight loss and maintenance is a long-term effort and one day will not "make or break" your weight loss goal. If you "fall off the wagon", there is nothing stopping you from climbing back on!





# NOVEMBER

<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 Woodward Group 6-7	5 OWLO AGB Group 6-7	6	7
8	9 Ada Group 5:30-6:30  Wichita Group 6-7	10 McAlester Group 5:30-6:30  OWLO RNY Group 6-7	11	12 NWOKC Group 6-7	13	14
15	16	17	18	19 Ft. Smith Group 7-8  OWLO AGB Group 6-7	20	21 LOD Group 11:00 am
22	23	24 Madill Group 5:30-6:30  OWLO RNY Group 6-7	25		27 Office closed	28
29	30					

