



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

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Fall Football and “Fan”tastic Snacking

September, the “kick-off” month for football season, is a month full of friends, parties, and television snacking for most sports fans. “Punt” your family a challenge and toss out the potato chips to enjoy healthier snack options like mixed nuts, fresh fruit, yogurt with granola, and bean chili. Score a “touchdown” with your kids and start your own family sports game or other physical activity in your back yard. Outdoor activities are more enjoyable in September’s cooler temperatures than under August’s sweltering sun.

Remember, balancing physical activity and calorie intake is the only way to lose or maintain weight. Watch out for stumbling blocks in your healthy lifestyle as the weather changes and football games lure you toward the couch with a snack in hand. How do you stay motivated to live a balanced, healthy lifestyle in the midst of our society’s traditions? Be creative! Here are some smarter snacking and physical activity tips:

- ◆ Use a *small* plate for appetizers and snack foods, never eat out of a bag or box.
- ◆ Keep snack foods in the kitchen, not in your hand or close to the couch.
- ◆ Fix new and delicious “light” snacks instead

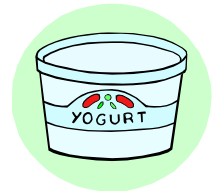
of the traditional high-fat chips and cheese dip.

- ◆ Stretch or lift light weights while watching television.
- ◆ Play a quick game of hide-and-seek or tag with your kids during commercials and half-time.
- ◆ Choose a weeknight for a family walk or bike ride.

For “light” snack ideas, visit the following websites: www.dole5aday.com (Kid’s Cookbook) and www.nutrition.gov (under shopping, cooking, and meal planning).

RECIPE: Yogurt Salad Dressing

8 oz. plain fat-free yogurt
1/2 c. fat-free mayonnaise
2 Tbs. dried chives
2 Tbs. dried dill



2 Tbs. lemon juice

- Mix all ingredients in a bowl and refrigerate! Enjoy on your spinach salad!

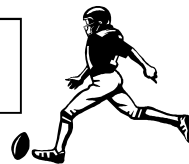
Nutrition: Serving Size: 2 Tbs.

Calories: 39, Protein: 2g, Fat: 2g, Sat. Fat: 0g

Inside this issue:

Cover Story	1
OWLO News	1
Welcome!	2
Recipe	2
Calendar	3

Source: www.mypyramid.gov, and
www.nutrition.gov



OWLO News:

- ◆ Lisa, one of the dietitians, is expecting her first child in January and just found out it will be a BOY!
- ◆ Syntax Nectar company has a new flavor, Twisted Cherry! We will have some samples of the new flavor and will be carrying it in the larger jugs soon.



American Society for Bariatric Surgery

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.



WELCOME to OWLO !

If you have been in the office lately, you may have seen some new faces. We have increased our staffing to help with our continued growth and improve patient care! Kyli is a financial/insurance consultant and is here to help you with your financial questions. Shelley works in Accounts Receivable and assist with billing and insurance claims. May we introduce you to Kyli and Shelley!



“Hello! I am Kyli the Seminar Coordinator. I also help Jaime with insurance. I just recently graduated from Southwestern Oklahoma State University with a Bachelors of Science Degree and am currently working on my Masters in Health Administration. I enjoy shopping, reading, and spending time with my friends and family. I am so excited to be a part of OWLO it is such a great program helping so many people!”

“ Hello! My name is Shelley and I work in accounts receivable. I am one part of the “team” that submits claims to your insurance carrier and handles your bills. I have been with OWLO since April and have worked in the medical field for almost 7 years. I am the “proud” (smile) mother of 3 wonderful children, and spend my free time bonding with my family. I look forward to meeting you and sharing in your suc-



RECIPE: Crab Cakes

From: American Diabetes Association

Ingredients:

- 1/2 lb.** Lump crabmeat (fresh, frozen, or canned and drained) flaked
- 1 Tbsp** Dijon mustard
- 1 Tbsp** margarine, melted
- 1** egg beaten, or 1/4 c. egg subs.
- 2 tsp** lemon juice, fresh
- 1 tsp** Worcestershire sauce
- 1/8 tsp** salt
- 1 pinch** crushed red pepper flakes
- 2 dashes** hot pepper sauce
- 3/4 c.** soft bread crumbs
- 1 ea.** Lemon, cut into wedges

DIRECTIONS:

1. Preheat the oven to 400 degrees F. Prepare a cookie sheet with nonstick pan spray.
2. In a medium bowl, combine crabmeat, mustard, margarine, egg, lemon juice, Worcestershire sauce, salt, pepper, and pepper sauce. Add 1/4 c. of the bread crumbs; mix well. Chill for an hour or more.
3. Shape the crab mixture into 4 patties about 3/4-in. thick (use about 1/2 c. mixture for each). Pat the remaining bread crumbs on all surfaces of the crab cakes; place the cakes on

the prepared cookie sheet.

4. Bake for 20-25 minutes, until lightly browned, turning the cakes midway through the cooking time. Serve with lemon wedges.



Nutrition Facts:

Servings: 4 Serving Size: 1
Calories: 123 Kcals
Carbohydrate: 5 g; Protein: **12 g**
Fat: 5 g; Saturated Fat: 1 g

The Dietitian’s say: Try savoring this appetizer, in place of the traditional chips and dip, while watching your favorite football team! Crab meat is a great source of protein, low in saturated fat, sugar, and total carbohydrates. If you have a favorite bariatric recipe to share, send it to me by e-mail at nutrition@owlo.com or by fax to : 405-364-9112



September 2006



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 OWLO CLOSED Happy Labor Day!	5	6 Seminar: Health Plex (Tecumseh Campus) 6:30 – 8:00 pm	7 Seminar: Health Plex 2:00—3:30 pm BAND Support Group: 3rd floor Health Plex (Tecumseh Campus) 6:00—7:00 pm	8	9
10	11 Support Groups: NW OKC (Bethany Library) & Ada, OK (Central Church of Christ) 5:30—6:30 pm	12 RNY Support Group: 3rd floor Health Plex (Tecumseh Campus) 6:00—7:00 pm	13	14 Seminar: Health Plex (Tecumseh Campus) 2:00—3:30 pm	15	16
17	18	19	20	21 Seminar: Health Plex 2:00—3:30 pm BAND Support Group: 3rd floor Health Plex (Tecumseh Campus) 6:00—7:00 pm	22	23 LOD Group Norman Regional Education Center (Porter Campus) 11:00 am
24	25 Ardmore Support Group (Red Cross Office) 6:00 – 7:00 pm	26 RNY Support Group: 3rd floor Health Plex (Tecumseh Campus) 6:00—7:00 pm	27	14 Seminar: Health Plex (Tecumseh Campus) 2:00—3:30 pm	29	30