



## Dates to Remember:

Aug 18<sup>th</sup> and Sept 1<sup>st</sup>  
12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

Aug 18<sup>th</sup> 5:30-7 PM

Support Group  
Open Forum

(The first half hour is an informal meet & greet)

Aug 25<sup>th</sup> 12:30-2 PM

Transition Nutrition

(for ALL post-op patients)

Aug 27<sup>th</sup> 12-1:30 PM

Support Group  
Open Forum

(The first half hour is an informal meet & greet)

For this meeting only, the meeting will be held in the GI clinic conference room. Meet *in front of the auditorium* but plan to move locations.

Sept 8<sup>th</sup> 12:30-2 PM

Mandatory pre-op nutrition class for Adjustable Band

Sept 29<sup>th</sup>

Grocery Store Tour

Time and Location TBD

Call 876-4307 for info and to register

All classes are held in the 1<sup>st</sup> floor auditorium of Ashley River Tower (ART) Room 1119



## Expect the Unexpected

I am writing this note to you in the middle of the hot summer in anticipation that as you get ready for your August support group meeting, my baby girl will have decided to have a birthday and I will be out on maternity leave.

Big life change always brings with it thrill and excitement – as well as some fear and anxiety, sleeplessness and fatigue. It is easy during these times to put your personal needs aside and just live moment to moment – one extra cup of heavily caffeinated coffee, a quick take out meal to avoid extra dishes, a late night, high sugar snack to keep the midnight oil burning. All temporary fixes that leave you feeling even more drained.

Since I have some warning about this baby's arrival, I have developed a plan for my upcoming life change. First, expect the unexpected and, of course, baby comes first, but I also plan to take a little TLC time for me. I need to stay hydrated, get in a daily walk or stretch (preferably outside and out of my PJs), and fill up on nutrient packed, easy to prepare foods. I'm already stocking my freezer with whole grain pumpkin muffins, veggie soup from the extras of my summer garden, and pre-cooked pinto beans for protein packed bean cakes (<http://www.muschealth.com/weightlossurgery/nutrition/RecipePintoBeanCakes.pdf>). I have a couple of friends on speed dial and I'm not afraid to say "fresh fruit salad", "a quart of milk", or "someone to walk with" when they ask me what I need. Having these tools lined up ahead of time allows me more wiggle room for the things I can't prepare for.

When you *can* anticipate your upcoming life changes – a move, new job, changes in finances – use your past experiences to develop a plan of action. What was difficult the last time and how can you pre-emptively divert problems? How can you positively direct your stress? From whom can you ask for help? Remember to be flexible. And expect the unexpected.

I will see you next season. Until then, take care of yourself.

Debbie Petitpain, MS, RD  
MUSC Bariatric Surgery Dietitian



### Grocery Store Tour Sept. 29<sup>th</sup>

Our next grocery store tour will be September 29<sup>th</sup>. The exact location and time have yet to be determined. Once these details have been established, an email will go out. If you need more info or would like to register, please email [WLS@musc.edu](mailto:WLS@musc.edu) or call Nina at 876-4307.

Our support group topics, information on classes and nutrition tips can be found at [www.muschealth.com/weightlossurgery](http://www.muschealth.com/weightlossurgery)

# Bariatric Surgery Program

Discovering. Understanding. Healing.

## Eat This, NØt That

"Nabs" (a generic term for any type of snack cracker) are one of the most unhealthy and highly processed grab-and-go snacks. If you're in a time crunch, take an extra second to smear some peanut butter on a slice of bread so you can Eat This, Not That!

### Eat This,

Homemade peanut butter toast (1 slice light wheat bread, 1 Tbsp Smuckers Natural Peanut Butter)

140 calories  
8.5 g fat (1 g saturated)  
6 g protein  
11.5 g carb  
160 mg sodium



### NØt That

"Nabs" or Lance ToastChee (1 package or 6 crackers)

223 calories  
11 g fat (2 g saturated)  
5 g protein  
23 g carb  
435 mg sodium



Even the single serving of Lance peanuts is a better choice from the vending machine with 200 calories, 15 g fat, 9 g protein, 6 g of carbs and 150 mg of sodium. Just limit your nut intake to not more than ¼ cup (a small handful), 5 times per week.

## What We're Eating

### *Emerald Cocoa Roast Almonds*

These almonds are a nice treat for satisfying a chocolate craving without the added sugar, calories and fat found in chocolate dipped nuts or other chocolate candies. These oven-roasted almonds are dusted with cocoa powder and artificially sweetened (means no added sugar) so they are nice and crunch with a subtle chocolate flavor.



However, one serving is only 1 oz or about 20-25 almonds and has 150 calories so it's not a "free" food – watch your portion size. You do also get 6 g protein, 6 g carbs and 13 g unsaturated fats.

## Freeze Frame

Our website is getting a new look! During its renovation, there will be no NEW content posted on the website. Use this time to check out what we currently have posted under the "Nutrition Nook".

- Frequently asked questions to our dietitians with responses
- Vitamin and mineral supplements available at the ART pharmacy and their prices (including the now available Bariatric Advantage Line)
- Recommended recipe books
- Handouts from our grocery store tours, how to read a food label, choosing lean meats, etc.
- Under the bypass or band links:
  - Sample menus
  - Foods to eat (and avoid)
  - Shopping lists
- And More!

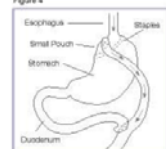
### Nutrition Nook

Your nutritional needs and the issues you may face will vary depending on the type of obesity surgery you have had. We have created some sample menus, sample shopping lists, and other tools to help you be successful with your weight loss!

Please click on the appropriate obesity surgery procedure to access these tools:

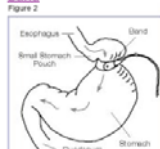
#### [Gastric Bypass](#)

Figure 4



#### [Laparoscopic Adjustable Gastric Band](#)

Figure 2



## WOW!!!

Lana thought she had made a complete switch to petite panty hose after her massive weight loss and was shocked to see the difference when she pulled an old size Q out of the wash. "It wasn't until I pulled them out of the washer and hung them on the line to dry next to a pair of the size B ones that I wear now that I realized the difference between the two sizes! WOW! No wonder they used to gather around my ankles after I lost the weight and I had to throw the others away and get the new, smaller size!"



Congratulations to Emily and her husband on the birth of their son, Connor, born 4/7/09. Emily had gastric bypass in April 2008 and since having her son, she has reached her post bypass goal weight! She is drinking plenty of fluid, focuses on high protein foods and walks for exercise for one hour five days per week!

Need ideas on what to cook? Check out our recipes and cooking demos at [www.muschealth.com/weightlossurgery/nutrition/recipes](http://www.muschealth.com/weightlossurgery/nutrition/recipes)