



Dates to Remember:

Feb 17th 5:30-7 PM

Open Forum

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

Feb 17th 12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

Feb 24th 12:30-2 PM

Transition Nutrition

(for ALL post-op patients)

Feb 26th 12-1:30 PM

Open Forum

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

March 3rd & 17th

12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

March 10th 12:30-2 PM

Mandatory pre-op nutrition class for Adjustable Gastric Band

March 17th 5:30-7 PM

March 26th 12-1:30 PM

Support Group

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

March 31st 2:30-3:30 PM

Grocery Store Tour

Call 876-4867 to register

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



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Breaking for Breakfast

Breakfast (nutrition consumed within 2 hours of waking) is the most important meal of the day. Really. Research shows that those who eat breakfast daily are more successful at managing their weight. After fasting all night, breakfast is what gets your metabolism revved up. And nutrition in the morning provides your brain the fuel it needs to think at work or school. If you skip breakfast, you are likely to make up the calories – plus some – later in the day. Plus, breakfast is a great opportunity to get in some fiber and protein.

Eggs are the most traditional protein source at breakfast. Try boiling a dozen on the weekend if you don't have time to cook them in the morning. If eggs aren't your thing, try some of these other ideas:

- Unsweetened yogurt or cottage cheese with berries
- Refried beans or nut butter (peanut or almond) spread on whole grain toast or crackers
- Burritos with eggs or beans and low-fat cheese in whole grain tortillas
- Lean meat, such as Canadian bacon or lean pork
- Nuts added to oatmeal, yogurt and hot or cold cereal
- Low-fat cheese sticks with fruit

Make time in the morning for breakfast. Set up as much as you can the night before. If breakfast foods aren't appealing, try non-traditional foods such as bean soup, a turkey sandwich or leftovers. Or make a breakfast pizza – toast a whole grain English muffin, top with 1 T pizza sauce, low fat cheese and tons of veggies. If you aren't ready for solid food, try a smoothie or a ready-to-drink shake like Slim Fast Optima or Atkins Advantage shakes. This Spring, the cooking demos we feature on our website will focus on more breakfast ideas so keep watching.

Eat Well,
Debbie Petitpain, MS, RD
MUSC Bariatric Surgery Dietitian



Grocery Store Tour March 31st

Our next grocery store tour will be at the James Island Harris Teeter, at 675 Folly Rd. Please register for the grocery tour by calling 876-4867. We will tour the store on March 31st from 2:30-3:30. We will meet at the customer service desk. Our theme for this tour is "Eating Healthy on a Budget"

Our support group topics, information on classes and nutrition tips can be found at www.muschealth.com/weightlossurgery

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Online Support Sites for All Weight Loss Surgery Patients

Regardless of whether you are an adjustable gastric band patient, a Roux-en-Y gastric bypass patient, or undecided, you can track your nutrition and fitness goals on two different websites, brought to us by the two competing adjustable gastric band manufacturers (Allergan who makes the Lap Band and Ethicon Endo-Surgery who makes the Realize band)

- On www.realizemysuccess.com you can track your dietary intake (log in how much of what you are eating to count up your calories and protein) as well as your fitness routines and track your weight loss. This website does require a 12-digit access code that we can provide you at your clinic visit, nutrition class, support group meeting or at any time. If you are a Realize band patient, you will get a second code after surgery that allows you access to a deeper level of the website and allows our practice to view your information, if you choose.
- On www.lapband.com you can register for the services of "My LAP-BAND Journey" which allows you to get a newsletter, track your weight loss and body measurements, log your dietary intake, record your appointments and more. Registration is free and easy with no codes required. If you get a LAP-BAND placed, you can also request a personalized patient ID card.

What's For Dinner?

If you are getting bored with your meal plan or need to learn some new cooking skills, check out <http://www.youtube.com/PouchFriendly>

Two of our patients, Becky and AJ, have started filming some yummy recipes made in their kitchen and posting them on youtube.



The corresponding recipe can be found at www.pouchfriendly.com. On this site, you can also search for recipes or browse by category (eg: beef, shakes, desserts) and rate how you like a recipe you may have tried.

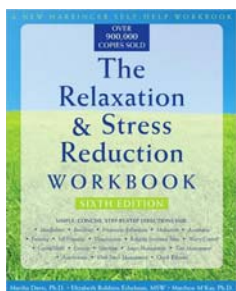
Changes to our Website

On the left hand side of our website, there are three important links:

Classes and Resources – topics, time and location for nutrition classes, support groups and more.

Nutrition Nook – has handouts for recipe substitutions, healthy snacks, grocery tips, etc; links to "Old News" for all our old newsletters; Q&A with our RDs to answer some common questions; plus links to bypass and band specific info.

Recipe Corner – has our Recipe of the Month with cooking video plus links to recipes for purred foods, recipes from other patients, more cooking videos and more!



Relax – We Know What You Missed!

We had a great turnout and some new faces at our first daytime support group in January. Dr. Josh Brown discussed "Stress Management" and practiced relaxation techniques. He recommended "The Relaxation and Stress Reduction Workbook" by Dr. Martha Davis (and others). If you have questions for Josh about this last group, you can contact him at browjosh@musc.edu. He will also be facilitating the next daytime Open Forum Support Group on Feb. 26th and leading the topic "Motivating yourself for long-term change" at our evening group on March 17th. Our full schedule for support group can be found on our website under "classes and resources".

To subscribe or unsubscribe to this monthly update, email WLS@musc.edu

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Eat This, NØt That

Breakfast is the most important meal of the day and a great opportunity to get in some protein. But breakfast sandwiches can be too high in fat and calories but not if you Eat This, Not That!



Eat This,

Duncan Donuts

Egg White Turkey Sausage Flatbread

280 calories
6 g fat (2.5 g saturated)
19 g protein
37 g carb (3 g fiber)



Latte Lite (Med)

120 calories
0 g fat
10 g protein

NØt That

Duncan Donuts

Sausage, Egg and Cheese Croissant

640 calories
42 g fat (17 g saturated)
22 g protein
40 g carb (1 g fiber)



Mocha Spice Latte (Med)

330 calories
9 g fat
10 g protein

What We're Eating

Fage 0% Greek-Style Yogurt

Greek-style yogurt is a super-strained yogurt that yields a thicker, creamier consistency compared to traditional yogurt. A single serving (6 oz) of the FAGE 0% yogurt is fat-free and contains 90 calories and 15 grams protein.



Nina tops the plain 0% yogurt with fresh berries and Fiber One cereal for a tasty breakfast. Get creative and replace the mayonnaise in your tuna or chicken salad with FAGE for a new twist on an old favorite. Or replace the sour cream on chili or baked potatoes with FAGE. Check out www.fageusa.com for tasty recipe ideas! Or get the Fage Purple Potato Salad from our recipe corner at <http://www.muschealth.com/weightlosssurgery/nutrition/RecipesOther>

Join Curves at a Discount

Curves, an all female fitness center, is offering a complimentary 2-week membership plus 50% off the service fee for membership and discounted monthly fees for patients with the LAP-BAND. This offer is only available to LAP-BAND patients and NEW Curves members. For more information, see your participating Curves or www.curvesdirect.com/sl/lapband.

2009 Cooper River Bridge Run

This annual 10K Run/Walk is less than 7 weeks away! Whether this is a new or old event for you, use it to motivate your running or walking routine. You can find training guides as well as registration information at www.bridgerun.com

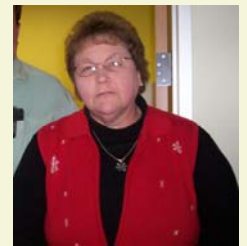
Meet... Ann

I have taught school for 36 years. I love my work but have always felt embarrassed about my size. The LAP-BAND has been the ideal weight loss tool for me. After losing 70 pounds with the LAP-BAND, I now have the confidence that I will reach a comfortable size and maintain it.

Dr. Byrne and the staff of the MUSC Bariatric Surgery team have been very supportive at the monthly appointments. Their support gave me the desire to continue no matter what the outcome on the scale. I recently began to attend the support group and I have thoroughly enjoyed listening to so many heart-warming stories as the group members share what worked and didn't work and offer support to the others in the group. Many thanks to the Bariatric team for giving me a new chance to really enjoy life to its fullest.



today



before

This month's Recipe of the Month is Cheesecake Nuggets and Chocolate Sauce. Check it out at www.muschealth.com/weightlosssurgery/nutrition/recipes