



Dates to Remember:

July 15th 12:30-2:30PM
Mandatory pre-op nutrition class for gastric bypass

July 15th 5:30-7 PM
Bariatric Surgery Support Group – “Plastic Surgery after Massive Weight Loss” with Dr. Schimpf
(The first half hour is an informal meet & greet)

July 22nd 12:30-2 PM
Transition Nutrition (for ALL post-op patients)

July 29th 2-3 PM
Grocery Store Tour: Publix 3642 Savannah Hwy
Call 876-4867 to register

Aug 5th & 19th
12:30-2:30 PM
Mandatory pre-op nutrition class for gastric bypass

Aug 12th 12:30-2 PM
Mandatory pre-op nutrition class for LAP-BAND

Aug 19th 5:30-7 PM
Bariatric Surgery Support Group – Open Forum
(The first half hour is an informal meet & greet)

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



Lights, Camera, Action!

Last March, we did a series of cooking classes for interested patients and covered a wide variety of topics from protein alternatives to sugar-free sweets (you can find the all the recipes from these classes in our recipe corner).

While our cooking classes were a great success, we wanted to make our demonstrations available to more people. So we spruced ourselves up, cleaned off the kitchen counter and filmed ourselves cooking at home. Now, our “recipe of the month” includes a printable version of a new, nutritious recipe as well as a video demonstration on how to prepare it. This month’s recipe is a Harvest Turkey Burger, perfect for your end of summer BBQs. Coming next month is a recipe on a high-fiber source of protein.

Visit our recipe corner at <http://www.muschealth.com/weightlossurgery/nutrition/Recipes>
If you have a recipe to share, email us at WLS@musc.edu.

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



Grocery Store Tour April 29th

Our tour of Earth Fare last April was a great success. This time, we are going to tour the Publix near the new Wal-mart in West Ashley (3642 Savannah Hwy, Johns Island, 29455). We’ll be talking about healthy summer fare and will have recipes for lighter versions of your picnic favorites. Please register for the grocery tour by calling 876-4867. We will meet at the customer service desk at 2:00 PM on July 29th. The tour will last approximately one hour.

Nutrition Tip of the Month

You need 1500-2000 mg of ELEMENTAL calcium each day, divided evenly over 3 or 4 doses. Calcium citrate is only 21% elemental calcium – the rest is the citrate which helps your body absorb the calcium. So for every 950 mg of calcium citrate you are taking, only 200 mg is elemental calcium.

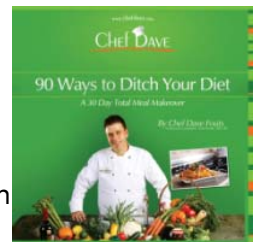
For example, Citracal Petite has 400 mg elemental calcium in every TWO tablets which means you need 10 tablets/day.

Bring your supplements to support group or clinic or call with questions and we’ll help you adjust your dosage.

“90 Ways to Ditch Your Diet”

Chef Dave, the “world’s first bariatric chef” and the dietitian from Western Bariatric Institute have teamed up to develop a 1200 calorie, 30-day menu plan of bariatric friendly recipes. Check this cookbook out if you need to add some spice to your menus (the MUSC dietitians think the protein recommendations in this book are a bit high).

To order, visit: www.imetabolic.com/store/90-ways-to-ditch-your-diet-p-96.html



To subscribe or unsubscribe to this monthly update, email WLS@musc.edu
Our support group topics, information on classes and nutrition tips can be found at www.muschealth.com/weightlossurgery