



Dates to Remember:

June 17th 12:30-2:30PM
Mandatory pre-op nutrition class for gastric bypass

June 17th 5:30-7 PM
Bariatric Surgery Support Group – Open Forum
(The first half hour is an informal meet & greet)

June 24th 12:30-2 PM
Transition Nutrition
(for ALL post-op patients)

June 25th 12-1:30 PM
June 26th 5:30-7 PM
POSTOP - “Feelings, Better and Worse”
Call 792-1414 to register

July 1st & 15th
12:30-2:30 PM
Mandatory pre-op nutrition class for gastric bypass

July 8th 12:30-2 PM
Mandatory pre-op nutrition class for LAP-BAND

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

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

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



Savvy Summer Shopping

Our next **grocery store tour** will be July 29th from 2-3 PM. We will meet at the customer service desk in the Publix at 3642 Savannah Hwy, Johns Island, 29455 (this is near the new Wal-mart in West Ashley). We plan to focus our grocery list on healthy summer fare. Please register by calling 876-4867 so we know how many people to expect. If you have a grocery store that you would like us to tour in the future, send us an email at WLS@musc.edu. (Please note that the time of the tour is somewhat dictated by the store itself).

Also, check out the *new* “**Q & A with our RDs**” on the Nutrition Nook page of our website. Here you will see our responses to some commonly asked nutrition questions and a link where you can submit your own question. Our recipe of the month, located in the “**Recipe Corner**”, is Evelyn’s Banana Shake (Evelyn’s mom’s secret recipe) and Susan’s Lite Goddess Dressing – a protein based, low calorie salad dressing. The recipe corner has other info on how to read a food label, recipe substitutions, notes from the last grocery store tour and more.

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



CIB Flavor Swap
Did you buy too many chocolate flavored Carnation Instant Breakfasts only to find out you can’t stand the taste? If you have a surplus of something like this, bring it in to a support group meeting and share. This allows others to try various products and you may be able to find something new you like. But whatever comes in must go out – we don’t have the capacity to store leftovers. Last month’s surprise treat: Kay’s Naturals Protein Cereal

Nutrition Tip of the Month

Getting 25-35 g of fiber daily is hard after weight loss surgery. You eat less and most protein foods (meat, dairy) have no fiber. Try these tricks for bulking up:

- Lentils, kidney beans, pinto beans, limas, etc. are high in protein AND fiber
- Pick breads that have *at least* 2 grams of fiber per slice
- Choose cereals with 5 *or more* grams of fiber per serving
- Leave the skin on fruits and veggies – that’s where the fiber is
- Drink *at least* 8 cups of water a day (more if you are sweating) so all that fiber doesn’t turn to concrete in your gut

What’s an RD anyway?

Both of the team dietitians, Debbie and Nina, have “MS, RD, LD” after their name. Ever wonder what all those letters mean?

MS means they have advanced educational degrees in Nutrition Science: Debbie from Boston University and Nina from the State University of New York at Stony Brook.

RD means they passed a national exam to be Registered Dietitians. LD means they are licensed dietitians in the state of South Carolina (it is illegal for anyone who is NOT an LD to give out nutritional advice).

Add it all up and you have TWO very qualified nutrition professionals at your service!

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