



Dates to Remember:

May 20th 12:30-2:30PM
Mandatory pre-op nutrition class for gastric bypass

May 20th 5:30-7 PM
Bariatric Surgery Support Group – “Healthy eating for the whole family” with Janet Carter, RD
(The first half hour is an informal meet & greet)

May 27th 12:30-2 PM
Transition Nutrition (for post-op patients)

May 28th 12-1:30 PM
May 29th 5:30-7 PM
POSTOP - “Body Image”
Call 792-1414 to register

June 3rd & 17th
12:30-2:30 PM
Mandatory pre-op nutrition class for gastric bypass

June 10th 12:30-2 PM
Mandatory pre-op nutrition class for LAP-BAND

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

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



What's for Dinner?

Our “Recipe Corner” (www.muschealth.com/weightlosssurgery/nutrition/Recipes) is a great place to get new ideas on what to eat. Here we feature recipes from fellow patients (especially what foods they ate during the first 30 days post-op) as well as all the recipes from our spring cooking classes.

There are several bariatric specific cookbooks too. “Recipes for Life After Weight-Loss Surgery” by Margaret Furtado, RD and “Eating Well After Weight Loss Surgery” by Patt Levine are especially nice.

When it only takes a few bites to get full, you want every bite to be delicious. So don't be afraid to try some new things. You can even submit your favorite recipe to share by emailing it to us. Our support group speaker this month will discuss how to get the whole family eating healthy and sharing your enthusiasm to live well!

We hope to see you soon,
Debbie Petitpain, MS, RD
MUSC Bariatric Surgery Dietitian
petitpa@musc.edu

You've Got Mail!



The Weight Loss Surgery program at MUSC has a new email address: WLS@musc.edu. Starting in June, this monthly e-newsletter will be coming from this WLS@musc.edu so please be sure it doesn't get filtered to junk. You can send us your questions, comments or recipe submissions to this email address too. We're looking forward to hearing from you.

Nutrition Tip of the Month

Podcasts on health and wellness

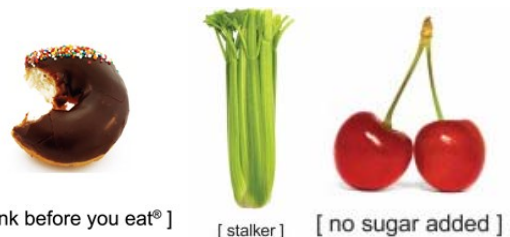
A podcast is a digital recording you can listen to on the internet. MUSC has an extensive podcast library that covers a range of health topics from aging, to eye health, to mental health – all free! There are even podcasts from your very own dietitians, Debbie and Nina as well as Dr. Byrne.

To listen to a podcast, go to (<http://www.muschealth.com/multimedia/Podcasts/index.aspx>) then search by health topic or medical professional. Then click “Listen Now”.

Order-Up Some Food Tees

As you start to lose weight and shop for a new wardrobe, why not sport a T-shirt that reminds us all to eat well?

These tasty tees are creative and fun. They start at \$20 and come in generous sizes plus some of the money goes to non profits promoting good eating in kids. (www.dietdetective.com/tshirts)



[think before you eat®]

[stalker]

[no sugar added]

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

www.muschealth.com/weightlosssurgery