



Dates to Remember:

May 19th 5:30-7 PM

Support Group

Open Forum

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

May 19th and June 2nd

12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

May 26th

12:30-2 PM

Transition Nutrition

(for ALL post-op patients)

May 28th 12-1:30 PM

Support Group

Open Forum with our psychologists

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

June 9th

12:30-2 PM

Mandatory pre-op nutrition class for Adjustable Band

June 16th 5:30-7 PM

June 25th 12-1:30 PM

Support Group

Open Forum

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

July 21st 5:30-7 PM

Support Group

“Plastic Surgery “

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



What You're Eating

How do you like the “What We're Eating” column? We also love to hear about what you're eating and what new products you have tried. With over 100,000 new food products introduced each year, sometimes it takes a village to stay on top of all the new food products out there.

Advertisements are the number one way food and drink manufactures help you sort through the choices and with an emphasis on “value” in these economic times, the ad wars are on. When you are trying to decide what to (or not to) eat these days, weed through the claims that seem too good to be true (“helps you burn calories”, “promotes brain function”, “extra energy”) and be sure to avoid foods that have either sugar in the top few ingredients or too much fat. A good rule of thumb – if you could stick that food product on the shelf and years later it would still be good, it may not be good for you!

We know that many are excited about the grilled chicken option at KFC (see Eat This, Not That for making good choices there) and we've learned the popular, dehydrated peanut butter, PB2, is sold at the commissary in North Charleston. Bill told us about one of his favorite new products – bacon salt (www.baconsalt.com). This is a low sodium (less than table salt), zero calorie, zero fat, vegetarian and kosher seasoning that makes everything taste like bacon. At least that's what the website and Bill say. The Western Bagel (www.westernbagel.com) “alternative bagel” has only 110 calories each (which is how the breakfast on page 2 is so low in calories). And we've gotten word about One-A-Day Women's-2-O, a complete multivitamin powder that you mix into 16 ounces of water. It's zero calories and available in mixed berry and lemonade flavors (and it meets the needs of our men, too). If you have a new product you can't live without, let us know!

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



Happy Birthday Riley!

Our very own Dr. Megan Baker-Ruppel and her husband Mark announce the birth of their daughter Riley Kaela Ruppel, born April 15th at 7 pounds, 8 ounces and 20 inches. Mom, Dad and big sister Rowan are doing great. Dr. Baker will be back in her clinic this Summer.

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

Bariatric Surgery Program

Discovering. Understanding. Healing.

Save a bundle when you eat at home

Aside from saving money, eating at home instead of eating out allows you to save calories too. Research shows eating foods prepared away from home more than two times per week makes it difficult to manage weight. Look at these pictures (published on SparkPeople.com) for comparisons of meals that "cost" 300 calories/breakfast or 350 calories/lunch and you can easily see why!

Fruit & Bagel



1 Western Whole Wheat Bagel
3 Tbsp fat free cream cheese
1 orange
10 pineapple chunks

VS

Blueberry Muffin



3/4 of a Starbucks Blueberry Muffin

Entire Portion
420 calories
20 g fat
54 g carbs

Tomato Soup & Sandwich



3 oz deli turkey breast
lettuce, onion, tomato & mustard
2 slices light bread
1 cup tomato soup

VS

Potato Soup & Deli Sandwich



1/6 of a Panera Sierra Turkey Sandwich with Panera Baked Potato Soup

Entire Portion
1370 calories
77 g fat
119 g carbs

Eggs & Toast



1 egg, 2 egg whites
2 slices of light bread, buttered
1 sliced strawberry
1 veggie sausage patty

VS

Restaurant Omelette



1/3 of an IHOP Big Steak Omelette

Entire Portion
915 Calories
72 g Fat
14 g Carbs

Veggie Burger Meal



Boca frozen burger patty
lettuce, onion & tomato
1 whole wheat bun
1 baked sweet potato

VS

Restaurant Veggie Burger



2/5 of Ruby Tuesday's Veggie Burger

Entire Portion
955 calories
52 g fat
76 g carbs

More Vitamin Choices

Celebrate Vitamins (www.celebratevitamins.com) has made a chewable calcium supplement that provides 500 mg of calcium per tablet. That's right – only 4 tablets per day required! This product is available in berries and cream and costs \$20/90 tabs. They also sell a chewable multivitamin in Caffé Latte (the first coffee flavored vitamin?). For this product, the instructions are to take 2/day but you really only need one PLUS a supplemental iron since this is iron free. Costs \$16/60 tabs.

New Cardiac Rehab Facility

The MUSC Cardiac Rehab program has a brand new space located on the second floor of the Bee Street Garage (corner of Bee St. and Courtenay St. just one block from ART). The hours are still M, W, F 1:30 to 6 PM and T, Th 8 AM to noon. If you would like referral to Cardiac Rehab, just let us know!

Get Moving!

Looking for some new moves to spice up your exercise routine? Get some fresh ideas from the Weigh 2 Win exercise DVD (www.weigh2win.com), made specifically with the pre and post bariatric surgery patient in mind. This video (\$30) has three, 20 minutes workouts, each at a different level. Level 1 is for the larger or less conditioned exerciser and is performed entirely in the chair. Level 2 and 3 respectively kick it up a notch!

For those of you who already have an exercise routine going, but want to know exactly how many calories you are burning, visit the activity calorie calculator at (www.primusweb.com/fitnesspartner/jumpsite/calculat.htm). Enter in your weight and duration and you can determine how many calories you burn doing anything from the elliptical to ballroom dancing to gardening to sleeping. (For a 200 lb person, you'd burn 327, 205, 180, 40 calories respectively).

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

Bariatric Surgery Program

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Eat This, NØt That

Aren't we all just so excited about the unfried side of KFC? Despite the offerings of grilled chicken, there are still many high fat, high calorie choices at KFC but not if you Eat This, Not That!

Eat This,

Grilled chicken breast, House side salad with fat-free Hidden Valley Ranch Dressing and 3" corn on the cob

300 calories
4.5 g fat (1 g saturated)
39 g protein
26 g carb



NØt That

Original Recipe chicken breast, Caesar side salad with Heinz Buttermilk Ranch Dressing and Mashed Potatoes with gravy

730 calories
47 g fat (10 g saturated)
43 g protein
30 g carb



Avoid the biscuit which has a whopping 180 calories and 8 g fat each!
Check out the nutrition facts for your personalized dinner at www.kfc.com/nutrition and click on nutrition.

What We're Drinking

Emergen-C

Are you looking for something to flavor your water without artificial sweeteners or just a boost of vitamins to get you through the stress of the day? Mix one packet of Emergen-C into 4-8 oz of water for a fruity flavored treat full of vitamin C and B vitamins.

There is a little fizz – that's ok. Instead of artificial sweetener, it's sweetened with fructose which is digestible in that small amount. There are about 25 calories in most packets, available in many fruit flavors. There is a Lite Lemon-Lime for only 5 calories.



Get Back on Track

If you are 18+ months from surgery with suboptimal weight loss or weight regain, *Back on Track* is just for you!

The basics:

- 6 week program
- Every Tuesday, June 16th – July 21th, 4-5:30 PM
- GI Surgery Clinic Conference room, 1st floor, Ashley River Tower

\$250 fee includes:

- Six 90-minute classes
- Food logs for tracking goals, meals, and physical activity
- Support from your peers
- Personal coaching from the Dietitians
- A commitment to your success!

Visit our website or call (843) 876-4867 for more information. You must be paid and registered by June 5th.

Meet... Shannon

I had my surgery in January 2006 weighing 367 lbs (now 145 lbs). Two things Dr. Byrne said had a big impact on me: This surgery is a *tool* and "Your liver looks horrible!"



today

Before surgery, I had hypertension (now gone) and asthma. It was difficult to walk one flight of stairs without feeling short of breath. Walking was a challenge and I never dreamed I could be a runner. I started out walking and exercising regularly (at Curves). Then a runner friend of mine convinced me I could run if I started out slowly.



before

This year I ran the Cooper River 10K Bridge Run in 74 minutes. I walked some but mostly ran, and I never struggled with my breathing.

I can't stress enough how exercise and the support of WLS staff and group, friends, and family have helped me to change and move in a much more positive direction!

This month's Recipe of the Month is all about Breakfast Sandwiches.
Check it out at www.mushealth.com/weightlosssurgery/nutrition/recipes