



Dates to Remember:

Sept 15th and Oct 6th
12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

Sept 15th 5:30-7 PM
Support Group

Eating Out after Weight Loss Surgery
(The first half hour is an informal meet & greet)

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

September 24th 12-1:30 PM
Support Group

The Complete Body Workout for the WLS patient, lead by Janice Dobson

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

Please also bring two 1-pound cans of food, a bottle of water, a crazy hat, or T-Shirt and a sense of humor!!

Oct 13th 12:30-2 PM
Mandatory pre-op nutrition class for Adjustable Band

Sept 29th
Grocery Store Tour
The NEW Harris Teeter in West Ashley
Call 876-4307 for info and to register

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



Bariatric Surgery Program

Discovering. Understanding. Healing.

To Graze or Not To Graze?

After having bariatric surgery, we recommend eating smaller, frequent portions in order to get in adequate nutrition. Anatomical changes make it impossible to binge or eat large quantities of food at one time. However, it is possible to overeat by eating small portions. 'Grazing' is defined as continuous snacking or nibbling throughout the day.

The purpose of both the gastric bypass and adjustable gastric band surgery is to create fullness after eating small portions of solid foods. After meals, your stomach pouch will be slightly distended (or stretched) which creates the feeling of satiety (or sense of fullness). Essentially, solid food in the form of protein and fiber creates satiety with small portions and is supposed to last for a few hours. The goal is to keep solid food in the pouch to keep you feeling fuller, longer. This stomach wall distention is commonly experienced after a balanced, well-planned meal. It does not happen when eating small bits of food over a long period of time.

Alternatively, liquids pass through the pouch quickly (this is how you stay hydrated) but do not create satiety. Don't drink immediately after meals because liquids will flush that solid meal through your pouch too quickly. You also do not want to drink fluids high in calories because your anatomy will not keep you feeling full from liquids or liquidy foods.

So, what is the difference between snacking/grazing and eating small meals more often? Planning your day's mini meals means you know what you are going to eat before you eat it. You have thought about getting in all of your food groups and space meals out evenly throughout the day. Grazing means you are eating bites of food continuously all day long without ever experiencing satiety from the protein, fiber, and bulk of solid food. Think about grabbing a few nuts or grapes while sitting at your desk. Eating a portion of these foods can make a satisfying 'meal', but eaten over several hours rarely produces lasting fullness.

Examine your eating behaviors and tackle grazing. Think about what time of day you are likely to graze, what else is happening while grazing (watching TV, playing on the computer), what types of foods do you choose to nibble on, and if you are feeling bored, stressed, tired, or anxious when you graze. Take control by planning meals and sitting down for them at regular intervals. Measure foods you are going to eat and eat them as you would a meal, at one time. Keep a food journal so you can track every bite you eat and look for what cues lead to grazing. Remember the old adage- failure to plan is planning to fail!

Plan well,
Nina Crowley, MS, RD
MUSC Bariatric Surgery Dietitian



Grocery Store Tour Sept. 29th

Our next grocery store tour will be September 29th at the new Harris Teeter in West Ashley, 975 Savannah Hwy in the St. Andrews Shopping Center. Registration Required. To register, please email WLS@musc.edu or call Nina at 876-4307.

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

Bariatric Surgery Program

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Eat This, NØt That

After being sued for having excessively high sodium levels (2000-3000 mg per item), Denny's introduced "Better for You" options for Adults and Kids' menus. Choose some of the Better for you items so you can Eat This, Not That!

Eat This,

Denny's Grand Slam (PICK from these 4 items):

Egg, whites (4 oz) 50 cal, 0g fat, 11 g pro, 1 g carb
Turkey Bacon (2 slices) 76 cal, 4 g fat, 8 g pro, 0 g carb
Low fat yogurt (6 oz) 160 cal, 1.5 g fat, 6 g pro, 30 g carb
Seasonal Fruit (4oz) 70 cal, 0g fat, 1 g pro, 18 g carb
Total = 356 cal, 5.5g fat, 26 g pro, 49 g carb



NØt That

Denny's Grand Slam with these 4 items:

Eggs, scrambled (4 oz) 250 cal, 21g fat, 13 g pro, 1 g carb
Bacon (2 slices) 90 cal, 7 g fat, 7 g protein, 1 g carb
Granola (4 oz) with Milk (8 oz) 690 cal, 12 g fat, 20 g pro, 131 g carb
Hash Browns (1 serv) 210 cal, 12 g fat, 2 g pro, 26 g carb
Total = 1240 cal, 42 g fat, 42 g pro, 159 g carb

Try some of the Better For You kids menu items: dippable veggie sticks (carrots, celery, cucumber), apple slices, Jell-O, and yogurt!
Other new menu items include: Fit Fare Tilapia, Grilled chicken sandwich, Slim Sam (no topping), Grilled Chicken breast salad, Boca Burger, and Roast turkey.
AVOID the Slamwiches (900-1300 calories and up to 90 grams of fat) and the Rock Star Menu (600-1200 calories and up to 80 grams of fat)!

What We're Eating

Tam-X-ico's Corn Tortillas

These tortillas are amazing! Each 6-inch corn tortilla has only 25 calories! They are great heated and used when you need to wrap anything up. I typically heat some PAM and heat each side for a minute and then wrap up anything from refried beans and low fat cheese to scrambled egg whites with spinach, red onion, and salsa! I have also sprayed with PAM, baked them, and cut up to use as 'chips' (cut in 6 for just 25 calories) with hummus. Find in the dairy section at Publix and other local grocery stores.



Corn tortillas typically have fewer calories than flour ones. A 12-inch flour tortilla/wrap can have over 300 calories!

Meet.... Emma Jean Petitpain

Born on August 13, 2009
at 3:23 pm
weighing 7 lbs 9 oz.

Debbie and her family are doing well and enjoying their time together! She thanks everyone for their well wishes!



WOW!!!

In May of 2006 I made the decision that being morbidly obese was not the way I wanted to spend the rest of my life. I had been overweight for most of my adult life and rather than eating to survive I was surviving to eat. I used food for every excuse from being sad and depressed to being joyful and entertaining. There was not a buffet in Charleston and surrounding areas that I had not been to.

Unfortunately my wife became ill and I knew that if I were going to be able to take care of her I would first have to get myself healthy. At the time of my surgery I weighed a mere 430 lbs. To be quite blunt I was an ice cream cone away from a heart attack, stroke, or some other life ending health problem. I had to have my big toe on my right foot amputated because of Diabetes.

I weighed in this past Monday, 9/17/09 at 221 lbs. I have lost >200 lbs and maintained this loss for three years. No more medicine. I take vitamins and have learned how to eat properly and since my stomach is so small it does not take very much to fill it up. Three years ago when I put on a bathing suit I had to be careful that no one harpooned me by mistake. Gastric bypass surgery was truly a lifesaving experience. Dr. Byrne and his team are truly miracle workers.

This is a life changing experience and you must be ready mentally, emotionally, and physically. It is not an easy process, but I promise, if you follow the rules, you will feel so good about yourself that you will be able to do things you have not done in years.

Best of luck to all who have the courage to make the change in your health and appearance! Howard Silverstein