



## Dates to Remember:

Nov 17<sup>th</sup> and Dec 1<sup>st</sup>  
12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

Nov 17<sup>th</sup> 5:30-7 PM  
Support Group  
Open Forum

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

Nov 24<sup>th</sup> 12:30-2 PM  
Transition Nutrition  
(for ALL post-op patients)

There will be **NO DAYTIME Support Group** in November or December due to Thanksgiving and Christmas Holidays

Dec 8<sup>th</sup> 12:30-2 PM  
Mandatory pre-op nutrition class for Adjustable Band

Dec 15<sup>th</sup> 5:30-7 PM  
Support Group  
Our Annual Protein Taste-Testing and Holiday Giveaways. If there is a protein supplement you would like to try, email us at [WLS@musc.edu](mailto:WLS@musc.edu)

The next Grocery Store Tour will be held on March 30<sup>th</sup>, 2010.

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



# Bariatric Surgery Program

Discovering. Understanding. Healing.

## 'Tis the Season to Celebrate

Thank you all for your best wishes while I was out on maternity leave (and for not being too hard on Nina while I was out!) Can you believe the "holiday season" is here already? While there really are only a few actual holi-*days*, the festivities can last for weeks, which may not be so joyful when you are watching your weight.

Food is the center of most of these holidays. Isn't the point of Thanksgiving to eat until you can't anymore? Identify ahead of time what you can eat – focus on low-fat, lean protein (like turkey) and vegetables (like green beans but NOT green bean casserole). Survey all the food offerings before you put anything on your plate and be a picky eater. Check out the Holiday Handout section of the Nutrition Nook on our website for ideas from years' past (<http://www.muschealth.com/weightlosssurgery/nutrition/index.htm>).

For holiday parties, watch the alcohol which can ratchet up the calories and lower your ability to resist the dessert table. Offer to bring something you know you can eat, such as Pumpkin Ricotta Mousse. (For that recipe, and other ways to use pumpkin puree, visit [www.muschealth.com/weightlosssurgery/nutrition/RecipePumpkinpureeideas.pdf](http://www.muschealth.com/weightlosssurgery/nutrition/RecipePumpkinpureeideas.pdf)) Our Recipe Corner has other festive food ideas and the Old News section has newsletters from last Fall for more holiday inspiration.

Up your exercise this time of year to combat stress and fatigue and to make room for you to enjoy your mom's famous stuffing that she makes just once per year. Consider the Charleston Running Club's "Couch to 5K" training program. This Dec 1<sup>st</sup> class is designed for folks who have never run before but want to get off the couch and prepare for a 5K (3.1 mile) run on January 30<sup>th</sup>. (visit [www.charlestonrunningclub.com](http://www.charlestonrunningclub.com) for more info).

Whatever plans you make to survive the holidays, also take time to celebrate the season. It isn't supposed to be about food (or presents or parties) but a time to be thankful for your family, your health and your future! And remember – stuff the turkey, not yourself!

Gobble Gobble,  
Debbie Petitpain, MS, RD  
MUSC Bariatric Surgery Dietitian



## 'Back On Track' is BACK... The next session starts January 8, 2010

If you are 18+ months from surgery with suboptimal weight loss or weight regain, then Back on Track is just for you! The 6-week program will be held Fridays, Jan 8<sup>th</sup> to Feb 12<sup>th</sup>, 2010 from 12:30-2 PM. The \$250 fee includes: Six 90-minute classes, support from your peers, personal coaching from the dietitians and a commitment to your success! For more info, visit [www.muschealth.com/weightlosssurgery/classes](http://www.muschealth.com/weightlosssurgery/classes)  
You must be paid and registered by 12/31.

Our support group topics, information on classes and nutrition tips can be found at [www.muschealth.com/weightlosssurgery](http://www.muschealth.com/weightlosssurgery)

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## Eat This, NØt That

Add an "Unwich" to your life! Jimmy John's, the gourmet sandwich shop, will "unwich" any of their sandwiches. It's simply forgetting the bun and wrapping your sandwich in lettuce, this way you can Eat This, Not That! Charleston's Jimmy John's is located at 51 George Street, and you can visit the website at <http://www.jimmyjohns.com/menu/nutrition.aspx> to plan ahead and create your own sandwich.



### Eat This,

#12 Beach Club Unwich (NO Bread or Mayo):

191 calories

10 g fat (5 g saturated)

21 g protein

7 g carbohydrate

Pick a pickle as a side (5 cals), or try the 'Skinny Chips' for 130 cals (5 g fat, 19 g carb)

Make any sandwich (at home or at any restaurant) an "unwich" by leaving behind the bread, which can cut out as much as 300 calories. Also bypass the mayo to save yourself 20 g of fat and 200 calories.



### NØt That

# 12 Beach Club Sandwich:

729 calories

31 g fat (8 g saturated)

36 g protein

71 g carbohydrate

Regular chips add 160 cals and the Chocolate Chunk cookie packs another 420 calories!



## What We're Eating

*Thomas' Light Multigrain English Muffins*

Breakfast, lunch, or dinner these English muffins are a nicely portioned 100 calorie multifunctional addition to your meals. Try making a homemade egg McMuffin, a warm toasted 'panini-like' sandwich, or your own little pizza! These English muffins are packed full of 8 grams of dietary fiber and 6 grams of protein.



Check out our 'breakfast sandwiches' video and recipe at:

<http://www.muschealth.com/weightlosssurgery/nutrition/RecipesVideos>

## Meet...Bill



Before

I had a Realize Band installed by Dr. Baker on 1/09. Installed sounds funny, like going to an auto garage to get parts installed, but it really is a tool! On the day I made the decision to change my life I was motivated by the staff at MUSC, especially the dietitians! My first step was the hardest, trying not to eat fried foods and cutting out as much sugar as possible. Now that hurdle is no longer a problem, my cravings for sweets and fried foods have gone like the wind! The day of surgery was a great day in my life, the start of a new beginning. I really enjoyed the first class on what to expect after surgery. It really helped me in transitioning to a different lifestyle.

After the first month, pounds kept dropping off, I felt good, and I was eating right and enjoying my food and not even gulping it down! I really appreciate the support I received during my transition. Seems like I called the dietitians weekly asking "is this ok?" They are excellent in giving advice and counseling. The support groups and guest speakers are wonderful and very informative. I've learned a lot and benefited from their knowledge. One thing that really impressed me was when the psychologist mentioned that we should weigh ourselves every day and days you go up you start to think "what did I do wrong?" which makes you look back and say "did I follow the plan?" It's an eye opener that we all need!

This summer I went on a plane and sat comfortably in the seat (yea) and I went on a cruise and still lost weight! Exercise is a big factor and I even went to the gym on the cruise ship. My medications are dwindling down and my energy is great. There is so much information available at MUSC and their web site that helps you achieve your goal. I started on 11/23/08 weighing in at 313 and I am happy to say I weighed in at 224 last month. I'm only 20 lbs from my goal and looking forward to being there. Thank you MUSC for changing my life!



After

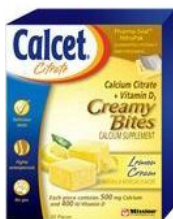
## More NEW Calcium Citrate Chews!

Finally we have plenty of calcium options for you to choose from: pills, liquid, crystals, lozenges, chewables, and chewy bites!

The newest chews available are **Calcet Citrate Creamy Bites!**

Each lemon cream chew has 500 mg calcium and 400 IU vitamin D, so you need 3-4 each day to get your recommended 1500-2000 mg calcium citrate per day!

They have 40 calories a piece, so you would be adding 120-160 calories per day, but are a tasty little treat, so it might be worth it! Some of our patients have already switched over, and Lana says they have NO gritty or chalky taste, which is convincing enough! You can buy at [www.bariatriceating.com](http://www.bariatriceating.com).



For some more information about "Calcium and How to Take It", check out the handout on our website:

<http://www.muschealth.com/weightlosssurgery/nutrition/HandoutAllaboutcalcium.pdf>

Need ideas on what to cook? Check out our recipes and cooking demos at [www.muschealth.com/weightlosssurgery/nutrition/recipes](http://www.muschealth.com/weightlosssurgery/nutrition/recipes)

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