



## Dates to Remember:

Oct 20<sup>th</sup> and Nov 3<sup>rd</sup>  
12:30-2:30 PM

Mandatory pre-op nutrition class for gastric bypass

Oct 20<sup>th</sup> 5:30-7 PM  
Support Group

Ins and Outs of Colon Health with Emily Bagwell, RD, PA-C

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

Oct 27<sup>th</sup> 12:30-2 PM

Transition Nutrition  
(for ALL post-op patients)

October 22<sup>nd</sup> 12-1:30 PM  
Support Group  
Open Forum

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

Nov 10<sup>th</sup> 12:30-2 PM

Mandatory pre-op nutrition class for Adjustable Band

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

We plan to offer the complete body workout with Janice Dobson again next year!



## How to eat well while eating out...

If you missed September's evening support group about eating out after weight loss surgery, I thought I would summarize the take home messages. This topic comes up quite often with patients who have a busy lifestyle, and find that eating on the run is unavoidable. While research shows that eating away from home often can lead to weight gain, we must be realistic, and hopefully show you some tricks to eating out while maximizing your weight loss. It is very difficult to lose weight when you are eating out often, but surely there is a place for occasional meals away from home when you are maintaining your weight.

Fortunately, because of consumer demand, most fast food and chain restaurants are making their nutrition information available online, and as brochures in the restaurant. To be an informed consumer, you must know what you are eating! If you know that you eat out often, and frequent the same establishments, you should check out the website, print the nutrition information, and look up the meals you eat most often. This is my number one tip for patients who find themselves eating out quite a bit and wondering why they are not losing weight. Start by printing menus and nutrition facts from the places you eat the most, and finding the restaurants *best* choice. Put pen to paper, and keep a list in your car of what you will order when you visit each restaurant on your list. Use the list when you visit a restaurant and make it fit into your meal plan!

A few important points. Even fancy, gourmet, sit-down restaurants can be hazardous to healthy eating. Just because its "good food", does not mean it will help you lose or maintain your weight. While eating from the kid's menu can help decrease the portion size, most restaurants offer pizza, burgers, and fries as their only options. Try to split your meals as much as possible or box up most of the meal before you take your first bite. Don't lay your eyes on the bread basket, even the most disciplined eater will find it hard to resist. Remember SOS means sauce on side, and say this everywhere! Try to pace yourself when eating out and enjoy the company, the surroundings and the conversation. And most importantly, budget for your meal just like you do for groceries or bills. Know what you are going to eat before you eat it and *make* it work on your meal plan.

A copy of the handouts given out at support group are available on our website under 'Nutrition Nook' on the right hand side of the page. You will find suggestions for what to choose and what to avoid at American/casual, Japanese/sushi, Chinese, Italian, Mexican, buffet-style, fast food restaurants, and some Charleston restaurants. A blank list of "My personal plan for when I go out to eat" is available for you to print out, fill out, and start choosing wisely!

Eat well (even when you're out),  
Nina Crowley, MS, RD  
MUSC Bariatric Surgery Dietitian



Grocery Store Tours are held during months with a 5<sup>th</sup> Tuesday. Our last tour of Harris Teeter focused on pureed foods for the first month. Check out the shopping cart of a patient who had surgery the very next day! Our next grocery store tour will be March 30<sup>th</sup>. To register, please email [WLS@musc.edu](mailto:WLS@musc.edu) or call Nina at 876-4307. If there is more interest in attending, we may be able to offer tours more frequently.

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

# Bariatric Surgery Program

Discovering. Understanding. Healing.

## Eat This, NØt That

Although Outback is notorious for their high calorie appetizers, the bloomin onion and cheese fries, they have made some progress with their Interactive Nutritional Menu Tool (<http://www.outback.com/foodandmenus/NutritionSelection.aspx>) so that you can find menu items that suit your needs. Take advantage of the "No Rules" approach to accommodating your needs and special order so you can Eat This, Not That!



### Eat This,

Outback Special (6 oz) (sirloin with spices, not butter):

230 calories

8g fat (3 g saturated)

37g protein

< 1g carbohydrate

Add the Fresh Seasonal veggies (specify no butter) for only 50 calories, and you've made it out in under 300 calories!

Other good options include the Atlantic Salmon for 365 calories, and the small Ahi Tuna Appetizer (1/2 of the serves 2 portion) for 162 calories and 9g protein! Stay away from the Bloomin Onion (1560 cal) Aussie Cheese Fries (2220 cal)!



### NØt That

Victoria's Filet (9 oz):

725 calories

57g fat (25 g saturated)

50g protein

< 1g carbohydrate

The Blue cheese or horseradish crust adds 225 more calories and 22 more grams of fat!



## What We're Eating

*House Foods Tofu Shirataki Noodles*

I am convinced that these are the world's best replacement for pasta!! First a warning... these noodles are not exactly like pasta, but you must give them a chance!



They are made from tofu and yam flour, but taste great! You have to rinse the noodles and pat them dry with paper towels to get all the moisture out. Then microwave for one minute and you're done. Instant fast food! An 8-oz bag (1 cup) has only 40 calories compared to over 200 calories in a cup of pasta! Try the recipe on back or make your own with laughing cow cheese wedges! They can be found in the produce section of many grocery stores.

## WOW!!!

This year when I celebrated my birthday, I went to Kim's Japanese Restaurant in West Ashley. I was very proud of myself, I did not eat the rice, and as a matter of fact I told Kim not to even put it on my plate. I started to have a bite of my grandson's, but I thought why waste my space in my pouch when I could have extra veggies instead. This was a big move for me since I LOVE their rice. Plus I feel that was my moment where what you all have taught us is: "eat to live not live to eat".

I weigh every Tuesday after I get out of the shower and this week weighed 153. I walk the bridge over and back 4 days a week now. I love the size I am at today, went from 22/24 to a 10. I love when I can go into the regular store (not Lane Bryant) and know they have my size. I was told by my sister-in-law that my son had said to her that I don't look like his old Mom anymore. That I looked good and he knows I will be around a lot longer now that I am healthier. He thinks it's great that I'm walking the bridge and our food choices are better. He is even spending more time with me at home and in public. Also when I took my grandson to Disney in May I was able to ride ALL the rides and wasn't told I'm too heavy, I can't get on. Like this one guy that stood in line with us and when we got to the gate of the ride the employee told the man he was sorry. That's when I realized with Dr. Bryne's and you all's help, I was able to succeed finally. I promise I will do my best not to gain it back and disappoint you all and myself. I can NEVER thank you enough for the gift that you all have given me.

Thanks! Wanita Hall

## Probiotics: What are they and should you take them?

Probiotic is a Greek word meaning For Life (pro = for, bios = life), and are live microorganisms which when administered in adequate amounts confer a health benefit on the host (you). Probiotics help to keep your gut (intestines) healthy and functioning properly, and support your body's natural defenses. You may have seen probiotics called "live active cultures" in yogurt. While health benefits have been known for their role in chronic diseases, recent studies have shown them to be helpful in post-bariatric surgery patients. Probiotics can be found over the counter (Culturelle is one common brand). Bariatric Advantage has just come out with a new product with lactobacillus acidophilus and bifidobacterium lactis, and is available in a chewable form at [www.bariatricadvantage.com](http://www.bariatricadvantage.com). Always discuss new supplements with your healthcare provider.



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)