

The Bariatric Scoop

April 2024 www.sarahbush.org

 Sarah Bush
Lincoln
Bariatric Program

EATING HEALTHY WHEN DINING OUT

If you're going out for dinner at a nice restaurant, make healthier choices during the day to balance out your calories.



Be creative when eating out. Many places don't make you stick exactly to the menu. Instead of ordering a large entree, choose an appetizer or two and a bowl of soup. A mix of side orders can also make a good meal. Read the descriptions of other entrees and specials. If another entree

comes with baby carrots, ask for a side order of them even if they don't come with your entree. Ask how food is prepared or if it can be made differently.

Here are some tips for making the most of your meal:

- Ask to have high-fat, high-calorie extras, such as french fries and potato chips, left off your plate.
- Ask what substitutions are available. Instead of french fries, you may be able to have a side of salad with low-calorie dressing or steamed vegetables.
- Order low-fat milk instead of cream for your coffee.
- Ask for vegetables and main courses to be served without sauces, butter, margarine, or oil.
- Be aware of portion size. You don't have to clean your plate. Take half your meal home in a to-go box to eat the next day.
- Look for heart-healthy or low-fat entrees that include whole grains, vegetables, or fruits.
- Choose foods that are grilled, broiled, or steamed.
- Don't order dishes that are described on the menu as fried, breaded, smothered, rich, or creamy.



SUPPORT GROUP MEETINGS

6 - 7 pm
Center for Healthy Living Conference Room or via Zoom.
Open to all bariatric patients.

- April 16
- May 21
- June 18



Zoom Meeting Link



Rhonda Strobel, RN
SBL Bariatric
Care Coordinator

April showers bring May Flowers! Just as plants need water to thrive, so do you. Our bodies need water to survive, as every cell, tissue, and organ requires water to function properly. Staying well hydrated and drinking enough water is necessary for good health.





PIZZA ROLL UPS

INGREDIENTS:

Mozzarella Cheese Slices
Meat of your choice
Marinara Sauce

DIRECTIONS:

Line baking sheet with parchment paper. Place slices of cheese on paper about an inch apart. Put in air fryer/oven on 400 degrees for 4 to 5 minutes or until desired crispness. Remove from air fryer/oven and add meat of choice to melted cheese. Once cool to touch, roll the cheese with meat and store in the refrigerator. Reheat when ready to eat if desired. Optional: dip in marinara sauce. Recipe from: <https://hip2keto.com/recipes/keto-pizza-roll-ups/>



Michelle Schultz, RD
SBL Registered Dietitian

Is it time for a spring clean? With the changing of the season, you may be in the mood to do some spring cleaning around your home.

Perhaps cleaning out closets, mopping floors, or just opening up the windows to allow air in is on your to-do list. A good spring clean can be extremely refreshing. Have you ever considered spring cleaning your diet?

If you haven't evaluated your daily intake for a while, use this season as an opportunity to do so.

- Are you eating enough?
- Do you need to cut back?
- How is your protein intake? Are your meals colorful?
- Is water intake where it needs to be?

You may also want to use this time to assess your activity level, and determine if you're getting enough rest.

Taking time to evaluate how you're doing will allow you to identify areas that are in good standing, while also recognizing areas that need attention. This form of accountability is extremely important and valuable to your long term health and wellbeing.

*-you are-
Worth It!*

APRIL FUN FACTS

- Did you ever wonder how April Fool's Day started? It is speculated that the custom of April Fools began in France during the 16th century, after the New year calendar was moved from April 1st to January 1st. Those who continued to celebrate the April New Year were considered fools, and often the victims of practical jokes. Today we just like to have a little fun with our friends!
- April has two birth flowers. Both the daisy and the sweet pea are considered birth flowers for the month of April. The sweet pea signifies blissful pleasure, while daisies represent childhood innocence, loyalty, and purity.
- "Houston, we've had a problem!" happened April 11, 1970 when Apollo 13 launched from Cape Kennedy. Fifty-six hours later, it suffered a catastrophic explosion that crippled the ship. Fortunately, the astronauts were able to return home unharmed.
- Some "just for fun" April celebrations include: National Pillow Fight Day, April 6, National Library Worker Day, April 9, National Siblings Day, April 10, and World Penguin Day, April 25.



A LITTLE LAUGH

How do you make a walnut laugh?

You crack it up!

Why did the banana go to the doctor?

It wasn't peeling well!

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

PASTA(LESS) SALAD

INGREDIENTS:

1 large red, yellow, and orange bell pepper, diced

2 large green bell peppers, diced

1 pack of snack size tomatoes, quartered

1 red onion

1/2 pound deli ham

1/2 pound deli turkey

1 package cheddar cheese cubes

1 small package real bacon bits

1 bottle of Skinny Girl Italian Dressing

DIRECTIONS

Mix all together and enjoy!

HOMEMADE CHEEZE ITS

INGREDIENTS:

Thin sliced Colby Jack Cheese

Ranch powder seasoning



DIRECTIONS:

Line baking sheet with parchment paper

Place sliced cheese on paper. Put in air fryer on 400 degrees for 4 to 5 minutes, depending on how crisp you want them. Remove from air fryer and take a pizza cutter or knife and cut to desired size.

Recipe from:

<https://www.saltysidedish.com/homemade-cheez-its/>

HAVING AN ACTIVE LIFESTYLE

Bariatric surgery, success is in your hands. The changes you make need to be lifelong commitments. These tips can help you succeed:

- Choose a form of regular exercise you enjoy. It can be as simple as daily walking. Walking is a popular choice for people who've had bariatric surgery, but DO NOT swim until your incisions heal.
- Exercise at your own pace. Start slowly and increase the time and intensity as you heal. Don't lift weights or do sit-ups, pull-ups, or any exercise that strains your belly (abdominal) muscles until your healthcare provider says it's OK.
- Ask a friend to join you.
- Keep a record of your exercise activity in a calendar or notebook. Some people find this a good way to track their progress and stay motivated.
- If you're new to regular exercise, think about finding a personal trainer who understands your recovery goals. This person can help you create reachable and enjoyable exercise plans.

Change can be hard. Take joy in every success.