

# The Bariatric Scoop

May 2024 [www.sarahbush.org](http://www.sarahbush.org)



## SIMPLE STEPS TO EATING BETTER



A sliced apple versus a slice of apple pie. If it were a healthy choice contest, fresh fruit would certainly win.

### In your home

Remember the adage “out of sight, out of mind.” It may well work for food. You may be less likely to eat something if you don’t see it. And vice versa. So make healthy foods convenient to consume. Here’s how:

Keep foods such as fruits and vegetables within easy reach. Don’t bury them in a refrigerator drawer. Place perishable produce on a center shelf, where it can be easily seen and picked up. You can apply the same idea to foods you store in cabinets.

Dress it up. For healthy foods you can leave on the counter, place them in an attractive bowl. They will be more tempting to eat.

Cut it up. Sliced apples or baby carrots are easy to grab and snack on. Children especially like the smaller bites.

### Before going shopping

When you go grocery shopping, it’s the best time to bring healthy food into your home. Perhaps your most handy tool is a shopping list. Research shows that people who use one tend to eat better and weigh less. Try these grocery shopping tips:

Map out your meals for the week. Deciding what you want to eat in advance can help you create a more concise list.

Use what you already have at home. Check your refrigerator, freezer, and cabinets for ingredients. You’ll save money and time.

Try some new healthy recipes. Schedule easier meals for busy days. Reserve ones that take longer for days when you’ll have more time to cook.



Eat a healthy snack before shopping. It may help you stick to the list. Plus, it may prompt you to buy healthier foods.

### Eating out

It can be a challenge to eat healthy when dining out. Restaurants may not always list calorie counts and other nutritional information on their menus. Try these strategies:

Scan the menu for healthier items. Some restaurants will mark which foods are low-fat or low-calorie. Generally, those that are grilled or steamed, instead of fried, are better for you.

Watch your portion size. Many eateries serve up big portions. To cut back on how much you eat, share an entrée with a friend. Or eat half and take home the rest for later.

Eat slowly. Your body will have more time to digest the food. You will feel full sooner and eat less overall.

Stay away from sugary drinks. The sugar in soft drinks, juice, lemonade, and sweetened tea can add hundreds of unneeded calories to your meal. Water with lemon is a great way to stay hydrated without added sugar.

Start your meal with vegetables. Order a salad or eat veggies first. These help you feel full and provide lots of nutrients.

## SUPPORT GROUP MEETINGS

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

- May 21
- June 18
- July 23



*Zoom Meeting Link*



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Appreciate where you are, especially when the scale isn't moving. How many times have you gotten frustrated after stepping on the scale?

We tend to use the scale as a measure of success, so when it doesn't move, or it moves up rather than down, it's easy to feel as if you aren't doing enough, or you're doing something wrong. When was the last time you reflected upon the positive changes that are now present in your life, as a result of your health and weight loss focus that can't be measured on the scale? Let me encourage you to reflect upon the following non-scale victories.

- 1. Increased Energy:** Think back to your energy level before you started focusing on your health and weight loss, and think about it now. Do you feel more energized throughout the day? Are you able to do more now that you could do before because you have more energy and stamina? If you answered yes then your body is responding to the changes you've made.
- 2. Better Sleep:** How are you feeling now compared to before you started improving your daily habits? Are you sleeping more sound? Are you more rested in the morning? Do you fall asleep more easily? If you replied yes then you're in a better health status than before. Our bodies need sleep to recharge. Improved sleep patterns support recharging, so you can wake up feeling your very best.
- 3. Improved Labs:** Have you had improvements in your blood pressure, glucose readings, or cholesterol levels? Any positive changes noted are suggestive of health improvements of which you should be proud!
- 4. Mental Clarity:** Have you noticed improvements in remembering things, or staying on task? Improving your health through nutrition and activity has a positive impact on our mental health. Being able to navigate your day with more ease and productivity is worth celebrating.
- 5. Smaller Clothes:** Changes in how your clothing fits, smaller sizes, and more confidence when shopping are changes many express experiencing when they commit to living a healthy lifestyle. Inches lost can't be captured on the scale. Take pictures and document measurements to keep track of these positive changes and health improvements.

- 6. Improved Activity:** If you're moving your body more, experience less pain with movement, seek ways to be more active such as taking the stairs, and any other changes that weren't present before, congratulations! What an achievement. Appreciate what you can do, and continue to prioritize daily movement for your health and wellbeing.

Progress comes in many forms. Don't allow the scale to be your only measure of success. Take time to reflect on what you have achieved, and keep going after your goals. Stay consistent with your health behaviors, and always strive to makes choices that not only leave you feeling good, but also feel good making.

## STROKE AWARENESS MONTH

Strokes can happen to anyone at any time. Black Americans have a higher prevalence of stroke and highest death rate from stroke compared to any other racial group. Hispanic Americans also face a high risk of stroke due to unmanaged risk factors. Let's come together to defeat stroke by learning and sharing the F.A.S.T. warning signs. Stroke is an emergency and every second counts. Sarah Bush Lincoln is an acute stroke-ready hospital.



### SPOT A STROKE™

# F.A.S.T.

 **FACE** Drooping

 **ARM** Weakness

 **SPEECH** Difficulty

 **TIME** to Call 911

Learn more at [stroke.org](http://stroke.org)

## SAUSAGE, EGG & CHEESE BITES

### INGREDIENTS:

1lb browned sausage  
6 to 8 oz. shredded cheese  
3 oz. cream cheese  
5 eggs, beaten  
Garlic powder, salt/pepper to taste

### DIRECTIONS:

Combine the cheeses, eggs and seasonings to the browned sausage. Spray mini muffin pan with non-stick spray and pour mixture into the pan and bake at 350 for 18 minutes or until golden brown.

These can be cooled and put into a plastic bag in the refrigerator as quick meal prep. Recipe from: <https://funmoneymom.com/egg-muffins-with-sausage-cheddar-onion/>



*Thank you to our patients for sharing these recipes!*

## KETO NOODLES

### INGREDIENTS:

4 eggs  
3 T cream cheese  
2 tsp. garlic powder

Mix together in a blender. Place mix on parchment paper and flatten. Bake at 350 for 12 minutes  
Use a pizza cutter and cut into the noodle size of your choice

Can be cooled and placed into a baggie in the refrigerator and used as a quick meal. Can also add sauce of your choice.



## CHEESE BREAD SANDWICH

Melt four slices of marbled cheese on parchment paper and broil until edges are slightly golden. Let cool for a couple of minutes. Add your choice of deli meat and condiments.

## A LITTLE LAUGH

Why did the gardener plant a seed in the pond?  
*To grow a water-melon*

Why did the banana go to the hairdresser?  
*It had split ends*

Do you know what's hard to beat at breakfast?  
*A hard-boiled egg*

Register at [www.sarahbush.org/races](http://www.sarahbush.org/races)



**SATURDAY, JUNE 1, 2024 • EIU**

Proceeds from this family friendly event benefit the SBL Dental Program.