



- January 2007 -

Nutrition Tip

Missing your meats? Try an alternative!

Cooking with tofu is intimidating to many people, but may not be as difficult as often believed. Still, if buying a block of tofu and trying to decide what to do with it is unsettling, you may consider trying some pre-prepared soy products. You can find burgers, sausage, bacon, and more all made from vegetable protein. For those who have difficulty digesting tough meats, these products may be a good way to satisfy a desire for a food without the discomfort of a food that “doesn’t work”.

Morningstar Farms Products

<p><i>Grillers – Vegan</i> <i>Svg - 1 veggie burger</i> Calories: 100 Fat: 2.5g Carbohydrate: 7g Fiber: 4g Protein: 12g</p>	<p><i>Sausage Links</i> <i>Svg – 2 links</i> Calories: 80 Fat: 3g Carbohydrate: 3g Fiber: 2g Protein: 9g</p>	<p><i>Chik’n Strips</i> <i>Svg – 12 average strips</i> Calories: 140 Fat: 3.5g Carbohydrate: 6g Fiber: 1g Protein: 23g</p>
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Worthington® & Loma Linda® are two other companies offering a variety of vegetarian products such as vegetarian franks, chili, and turkey.

Website(s) of interest:

www.dietfacts.com

This website provides nutrition information for foods and beverages from various popular restaurants and fast food chains.

Recipe of the Month

Asian style lettuce wraps

Ingredients:

- ¼ cup sliced green onions
- 4 Morningstar Farms Grillers, cut into 1-inch strips
- 3 Tbsp reduced sodium soy sauce
- 1 Tbsp cider vinegar
- 1 tsp ground ginger
- 1/8 tsp ground red pepper
- 2 cups packaged cole slaw mix or shredded cabbage
- 8 butterhead lettuce leaves



Directions:

- Cook onion in nonstick frypan coated with vegetable cooking spray over medium heat for 1 minute. Stir in burger strips. Cook and stir until heated through.
- Combine soy sauce, vinegar, ginger, and red pepper.
- Add soy mixture and cole slaw mix to burger strips. Gently toss until combined.
- Spoon some burger mixture into each lettuce leaf. Wrap leaf around filling. Secure with wooden pick. Serve immediately

Nutrition Info – Makes 8 servings: 1 lettuce wrap has 60 calories, 1 gram of fat, 5 grams of carbohydrate, 2 grams of fiber, and 7 grams of protein.

Recipe Source: www.morningstarfarms.com

Vitamin Corner...

Iron

Main Functions: Iron is actually not a vitamin, but a mineral that is part of molecules that carry oxygen throughout the body.

Major Sources: Iron is found in many protein sources such as red meat, oysters, chicken, tuna, salmon, eggs, and dried beans. Iron is also found in some whole grains and dried fruits. However, iron from a vegetable source is more difficult to absorb than that from an animal source.

Disease Implications: Symptoms of low iron include lack of energy, shortness of breath, headache and irritability.

Iron fact: Drinking black tea can decrease your absorption of iron. It contains substances that bind to iron making it difficult to be used by the body.

Remember to take your multi-vitamin every day!



Exercise Tip: Provided by www.fitness.gov

A WORKOUT SCHEDULE

How often, how long and how hard you exercise, and what kinds of exercises you do should be determined by what you are trying to accomplish. Your goals, your present fitness level, age, health, skills, interest and convenience are among the factors you should consider. For example, an athlete training for high-level competition would follow a different program than a person whose goals are good health and the ability to meet work and recreational needs. Remember, always consult a physician before beginning a new exercise program.

Your exercise program should include something from each of the four basic fitness components described previously. Each workout should begin with a warmup and end with a cooldown. As a general rule, space your workouts throughout the week and avoid consecutive days of hard exercise.

Here are the amounts of activity necessary for the average healthy person to maintain a minimum level of overall fitness. Included are some of the popular exercises for each category.

WARMUP - 5-10 minutes of exercise such as walking, slow jogging, knee lifts, arm circles or trunk rotations. Low intensity movements that simulate movements to be used in the activity can also be included in the warmup.

MUSCULAR STRENGTH - a minimum of two 20-minute sessions per week that include exercises for all the major muscle groups. Lifting weights is the most effective way to increase strength.

MUSCULAR ENDURANCE - at least three 30-minute sessions each week that include exercises such as calisthenics, pushups, situps, pullups, and weight training for all the major muscle groups.

CARDIORESPIRATORY ENDURANCE - at least three 20-minute bouts of continuous aerobic (activity requiring oxygen) rhythmic exercise each week. Popular aerobic conditioning activities include brisk walking, jogging, swimming, cycling, rope-jumping, rowing, cross-country skiing, and some continuous action games like racquetball and handball.

FLEXIBILITY - 10-12 minutes of daily stretching exercises performed slowly, without a bouncing motion. This can be included after a warmup or during a cooldown.

COOL DOWN - a minimum of 5-10 minutes of slow walking, low-level exercise, combined with stretching.

Looking for smaller size clothing?



Visit our bulletin board in the office classroom.

Behavior Modification Tip

Do you have a particular food or drink that you find to be a constant temptation? If so, is this item readily available in your home? How about your office? Your car? If you struggle controlling your desire for a certain food – get rid of it! Take it out of your house and away from your desk! It is much less likely that you will give in to a food temptation if you must drive somewhere to retrieve it.

Support Group Schedules:

Pre-operative to 2 Years post-operative WLSC Support Group meeting:

- Feb 14 at 7 p.m. at Sentara Careplex Hospital Conference Center (York River Entrance)
- **Topic:** Patient stories

2+ Years post-op WLSC Support Group meeting:

- Feb 22 at 6:30 p.m. at Sentara Careplex Conference Center (York River Entrance)
- **Topic:** TBA

Lap Band WLSC Support Group meeting:

- Feb 15 at 6:30 p.m. at Sentara Careplex Conference Center (York River Entrance)
- **Topic:** TBA

WLSC staff

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