



-June 2007-

Recipe of the Month

Marinated Tuna Steak

INGREDIENTS

- ¼ cup orange juice
- ¼ cup soy sauce
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 2 tablespoons chopped fresh parsley
- 1 clove garlic, minced
- ½ teaspoon chopped fresh oregano
- ½ teaspoon ground black pepper
- 4 (4 ounce) tuna steaks

DIRECTIONS

In a large non-reactive dish, mix together the orange juice, soy sauce, olive oil, lemon juice, parsley, garlic, oregano, and pepper. Reserve some marinade for basting. Place the tuna steaks in the rest of the marinade and turn to coat. Cover, and refrigerate for at least 30 minutes (longer is better).

Preheat the grill.

Lightly oil grill grate. Cook the tuna steaks for 5 to 6 minutes, then turn and baste with the marinade. Cook for an additional 5 minutes, or to desired doneness. Discard any remaining marinade.

Nutrition Tip

Reducing Fat in your Diet

- ✓ Limit fast food and restaurant meals. Foods prepared from scratch allow for greater control over the amount of fat and cholesterol in the product.
- ✓ Request items without dressing, mayonnaise, sauces, gravies or butter; or, ask for them on the side.
- ✓ Choose baked or broiled foods instead of fried foods.
- ✓ Choose wisely from salad bars. Many fast food and restaurant salads have 500-1000+ calories, the majority of these calories from fat!
- ✓ Try fresh and dried herbs and spices, fat-free broths, and lemon juice to flavor your cooking.
- ✓ When sautéing, use a non-stick pan or vegetable cooking spray.
- ✓ After preparing a gravy or soup, allow the fat to harden in the refrigerator or freezer, and then skim the fat from the top.
- ✓ Use plain nonfat yogurt as a base for dips and dressings.
- ✓ In recipes, substitute skim or evaporated skim milk for whole milk and cream.
- ✓ Eat more lean poultry and fish.

Instead of	Try	Decreased Fat Values
Fried chicken breast	Baked chicken breast	- 15 grams fat
1oz Cheddar or Swiss	1oz Part skim Mozzarella	- 4 grams fat
1 cup whole milk	1 cup skim milk	- 8 grams fat
Cream soup	Veggie or broth soup	- 8-12 grams fat
Creamed cottage cheese (½ cup)	1% cottage cheese (½ cup)	- 4 grams fat
1oz salad dressing	1oz low calorie dressing	- 10 grams fat

Exercise Tip

New Sentara Hampton Health and Fitness Center is under Construction

The new fitness center, located on Coliseum Drive across from Sentara Careplex, is expected to be completed by December of this year. The center will have an indoor track, two exercise pools, exercise studios, personal training, massage, and several additional programs and services. One exciting improvement is elevator access for those who are unable to use stairs. They are also planning for more spacious lockers, locker aisles and larger showers, steam rooms/saunas in each locker room, and assisted changing rooms for families or for those who require assistance.

Tip: Is Personal Training a little too expensive for your budget? Find some friends (up to three) to join you and split the cost of one session with a Sentara personal trainer!

Behavior Modification Tip

Slow down...

Remember, it takes time for your brain to receive the message that it has been adequately fed. Slowing the meal process can increase satiety by allowing your brain to receive the signal of fullness before it is overfed. Eating regular meals and not allowing yourself to become extremely hungry may also help you avoid eating too quickly.

Vitamin Corner...

Evidence has shown that falling below the recommendations for vitamins and minerals may put you at increased risk for cardiovascular disease, cancer, and osteoporosis. Although there is no substitute for a healthy diet rich in such nutrients, taking a multivitamin can be used to help ensure you are receiving the vitamins and minerals you may not be getting from your food alone.

Remember to take your multi-vitamin daily!

Support Group Schedules:

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

- July 11 at 7 p.m. at Sentara Careplex Hospital Conference Center (York River Entrance)
- **Topic:** Summer Celebration

2+ Years post-op WLSC Support Group meeting:

- July 11 at 7:00 p.m. at Sentara Careplex Conference Center (York River Entrance)
- **Topic:** Summer Celebration

Lap Band WLSC Support Group meeting:

- July 11 at 7:00p.m. at Sentara Careplex Conference Center (York River Entrance)
- **Topic:** Summer Celebration

WLSC staff

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