

Roger Williams Life Changers

Weight loss for a healthy life

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**Roger Williams
Medical Center Weight
Loss Surgery**



Announcements

Are you interested in learning more about weight loss surgery? See [Weight Loss Surgery | CharterCARE](#) on our website.



Roger Williams
MEDICAL CENTER

A Better Way to Better Health Care

Upcoming WLS Support Groups

We will be continuing our support groups online.

4th Thursday of the month at 5:00-6:00 pm with
Diana Beaton RD

July 27, 2023

2nd Thursday of the month at 7:00-8:00 pm with
Paula Arroyo (in Spanish)

July 6, 2023

To join a support group, please email Diana at diana.beaton@chartercare.org. You will receive a link to join the meeting. You can also join the call by phone. See our website www.loseweightri.org under "Patient Resources" for information on our support groups.

Are You Getting Enough Dietary Fiber?

Dietary fiber is an important component of a healthy diet. It can reduce the risk of developing chronic diseases and improve digestive health. The recommended intake of fiber is 14g per 1000 calories consumed. However, it is estimated that only 5% of the United States population is consuming the recommended amount. The average intake is less than 17 grams per day. Lack of fiber in the diet has been associated with increased risk for colorectal and other gastric cancers, diverticulitis, hemorrhoids, cardiovascular disease, type 2 diabetes, constipation and bloating. Those who have had weight loss surgery often consume less fiber than recommended due to decreased caloric intake and an increased focus on protein intake. Dietary fiber is found in plant foods like beans, lentils, whole grains, fruits, vegetables, nuts and seeds. The Dietary Guidelines for Americans recommend consuming ½ of your daily grain intake as whole grains and including fruits and vegetables with meals or snacks as part of a healthy eating pattern.

Food	grams/serving
1 medium apple with skin	4.4g
1 medium pear with skin	5.5g
½ cup raspberries	4g
½ cup black beans	7g
½ cup lentils	7g
½ cup broccoli	2.5g
½ cup peas	4.4g
¾ cup oatmeal	3g
¾ cup bran flakes	5.5g
12 almonds	1.7g

If you are experiencing difficulties with your digestive health, consider talking with a dietitian about adding fiber to your diet. If you feel like your digestive health does not improve with diet alone, consider calling your doctor.



Beef & Bean Sloppy Joes

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 12 ounces 90%-lean ground beef
- 1 cup no-salt-added black beans, rinsed
- 1 cup chopped onion
- 2 teaspoons chili powder
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- Pinch of cayenne pepper
- 1 cup no-salt-added tomato sauce
- 3 tablespoons ketchup
- 1 tablespoon reduced-sodium Worcestershire sauce
- 2 teaspoons spicy brown mustard
- 1 teaspoon light brown sugar
- 4 whole-wheat hamburger buns, split and toasted

Directions:

1. Heat oil in a large nonstick skillet over medium-high heat. Add beef and cook, breaking it up with a wooden spoon, until lightly browned but not completely cooked through, 3 to 4 minutes. Using a slotted spoon, transfer the beef to a medium bowl, reserving drippings in the pan.
2. Add beans and onion to the pan; cook, stirring often, until the onion is softened, about 5 minutes. Add chili powder, garlic powder, onion powder and cayenne; cook, stirring constantly, until fragrant, about 30 seconds. Stir in tomato sauce, ketchup, Worcestershire, mustard and brown sugar. Return the beef to the pan. Bring to a simmer and cook, stirring often, until the beef is just cooked through and the sauce has thickened slightly, about 5 minutes. (Can omit the hamburger buns if you want to reduce carbs.). Choose ½ serving if you need to eat smaller portions.

Nutrition Facts (per serving, serves 4)
Calories 411, protein 26g, carbs 44g, fat 15g, fiber 8g.

www.eatingwell.com



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Email Diana.Beaton@chartercare.org