

# 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. Please feel free to join us!

**4th Thursday of the month at 5:00-6:00 pm** (in English)

- February 22, 2024
- March 28, 2024

**1st Thursday of the month at 7:00-8:00 pm** (in Spanish)

- March 7, 2024

To join a support group, please email Diana at [diana.beaton@chartercare.org](mailto: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](http://www.loseweightri.org) under "Patient Resources" for information on our support groups.

## 5 Heart Healthy Foods

Show your heart some love this month by adding these 5 heart-healthy foods to your grocery cart!

### 1. Fats

Yes, there actually are types of fat that are good for your heart! Try to include more foods like fish, nuts, seeds, olives, avocados and extra virgin olive or avocado oil.

### 2. Berries

Berries are loaded with antioxidants, vitamins and fiber that are all good for you. In the winter, you can find frozen berries in the freezer section of your market. Include them with oatmeal, in muffin recipes or in plain yogurt.

### 3. Lower-fat dairy products

Lower-fat dairy foods contain protein, calcium, vitamin D and potassium. Try to get 2 servings of lower fat yogurt or cheese daily.

### 4. Whole grains and legumes

Whole grains and legumes are filled with fiber and many vitamins and minerals. Try to include them in your diet often.

### 5. Cocoa

Cocoa (chocolate) is loaded with antioxidants. Choose dark chocolate (at least 70% cocoa) or add cocoa powder to smoothies, oats and baked goods. Only include small portions!

**Get creative in adding more fruits & vegetables to your meals and snacks.**

See the American Heart Association's <https://www.heart.org/en/healthy-living/healthy-eating/add-color>



**Not a vegetable lover? You're not alone. Only 10% of people in the U.S. eat the recommended amount, which is 4½ cups a day.**



## Slow Cooker Vegetable & Chicken Meatball Soup

### Ingredients:

- 1 tablespoon olive oil
- 2 cups chopped yellow onions (from 1 onion)
- 5 garlic cloves, minced (about 5 teaspoons)
- 1 ½ teaspoons kosher salt
- ½ teaspoon black pepper
- 4 cups unsalted chicken stock
- 1 cup chopped carrots (from 1 carrot)
- 1 cup chopped zucchini (from 1 zucchini)
- 4 ounces green beans, trimmed and cut into 1 1/2-inch pieces (about 1 cup)
- ½ cup thinly sliced celery (from 1 celery stalk)
- 1 (14.5 ounce) can no-salt-added diced tomatoes
- 1 pound ground chicken
- ½ cup whole-wheat panko (Japanese-style bread crumbs)
- 2 ½ tablespoons chopped fresh flat-leaf parsley
- 2 teaspoons chopped fresh oregano

### Directions:

1. Heat the oil in a large nonstick skillet over medium-high. Add the onions, garlic, salt, and pepper to the skillet; cook, stirring often, until softened, about 6 minutes. Remove 1/2 cup of the cooked onion mixture, and place in a medium bowl; set aside. Transfer the remaining onion mixture to a 5- to 6-quart slow cooker. Stir the stock, carrots, zucchini, green beans, celery, and tomatoes into the slow cooker.
2. Add the chicken, panko, 1/2 tablespoon of the parsley, and 1 teaspoon of the oregano to the reserved 1/2 cup onion mixture in the bowl; stir gently with a fork to combine. Shape the chicken mixture into 18 (1 1/4-inch) meatballs. Carefully submerge the meatballs into the chicken stock mixture in the slow cooker without stirring. Cover and cook on HIGH until the meatballs are done and the vegetables are tender, about 2 hours and 30 minutes. Stir in the remaining 2 tablespoons parsley and 1 teaspoon oregano. Ladle the soup into bowls, and serve hot.

Nutrition Facts, per serving: 18g protein, 16g carbs, 3g fat, 210 Calories. Makes 6 servings. From [eatin-gwell.com](http://eatin-gwell.com)



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Email [Diana.Beaton@chartercare.org](mailto:Diana.Beaton@chartercare.org)