

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.
- Upcoming online WLS Support Groups:
 - Thursday, April 22, 2021 at 5:00-6:00 pm (English)**
with Diana Beaton RD
 - Thursday, May 6, 2021 at 7:00-8:00 pm (Spanish)**
with Carmen Diaz-Jusino

Testimonials

Sonya decided to have weight loss surgery after deciding that she wanted to be healthier and live longer. She had diabetes for 3 years but was experiencing painful neuropathy in her legs. See her story here: [Sonya's Story: A Healthy Family](#)



Roger Williams
MEDICAL CENTER

A Better Way to Better Health Care

It's Springtime!

Spring is a great time to doing a bit of cleaning, de-cluttering and getting ready to do more outside as the weather gets warmer. Take the opportunity to do "spring cleaning" in your kitchen. Clear out the packaged snack foods and be sure to have more fruits and vegetables on hand. It's time to think about all the great seasonal foods- like grilled meats, salads, and tasty beverages. Here are some tips to get you inspired:

- **Clean out your spices.** Even dried spices don't last forever. If they have a date of more than a year or two, you may want to consider tossing them. However, some items last longer. Check out McCormick's website for more information and recipes. [How Long Do Spices Last? | McCormick](#)
- **Grow your own herbs.** Even if you've never had an herb garden before, you can grow herbs indoors or outside and have a steady supply of fresh herbs all summer long. Start with the more common items, like parsley, basil and oregano. You may soon add more as you discover how easy it is and what a difference fresh herbs can make.
- **Start a vegetable garden.** Most home improvement stores sell many varieties of vegetables. You can start with a container garden if you don't have room for a backyard garden.
- **Visit a local farmers' market.** The summertime farmers' market will be opening soon. There are even markets that run through the winter in some locations. Just purchasing vegetables and fruits will get you thinking about how to cook them and what new recipes you can try.

For a list of farmers' markets in your area, see: <https://www.farmfreshri.org/>

Hydration is Important for Your Health

Did you know that about 50-60% of our body weight is water? Because of this, it's important to stay hydrated so you feel your best, especially after weight loss surgery. Dehydration happens when your body doesn't have as much water as it needs. It may occur after weight loss surgery because of: feeling full fast, unable to get in enough fluids, nausea, or not feeling thirsty. Dehydration may also occur from vomiting, diarrhea, illness or taking certain medications. Signs of mild or moderate dehydration include: thirst, not urinating much, dark yellow urine, headache or muscle cramps. Symptoms of a more severe dehydration may include: not urinating or having very dark yellow urine, very dry skin, feeling dizzy, rapid heartbeat, rapid breathing, sleepiness, lack of energy, confusion, irritability, or fainting.

Try to get 64 oz. of fluids every day. Here are some tips to help you stay hydrated:

1. Choose clear liquids that are low-calorie, low-sugar, caffeine-free and non-carbonated.

Try: water, Propel or other 0 calorie drinks, Crystal Light, clear broth (chicken, beef or vegetable), diet Jello, and Herbal tea.


2. Always have a water bottle or cup that holds at least 8 oz. that you can sip on and refill throughout the day. Keep track of your daily intake of clear liquids. This can help you avoid dehydration.
3. After weight loss surgery you will feel full fast so don't drink liquids with meals. Wait 30 minutes before and after meals to drink water or other liquids.

If you are noticing signs of dehydration or are unable to consume the recommended amounts of clear liquids daily, please contact your doctor or surgeon.



A Better Way to Better Health Care

Stay Connected!

 Join us on Facebook at www.facebook.com/RWMCWeightLossSurgery. Have a good tip for staying active in the winter during this pandemic? or a nutrition, fitness or bariatric app that has been helpful? Tell us about your success. What you've discovered may be helpful to others.

Email Diana.Beaton@chartercare.org



Spinach, Feta & Rice Casserole

This one-pan recipe is the casserole version of spanakopita!

Servings: 6 | [EatingWell.com](https://www.eatingwell.com)

Ingredients:

- 3 tablespoons extra-virgin olive oil
- ½ cup chopped onion
- 1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
- 3 large cloves garlic, grated
- 3 cups cooked brown rice
- ¾ cup crumbled feta cheese
- ¼ cup chopped fresh dill
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 4 large eggs
- ¼ cup sour cream
- 1 tablespoon lemon zest

Directions:

- Preheat oven to 425 degrees F.
- Heat oil in a large oven-proof skillet over medium heat. Add onion and cook, stirring, until beginning to brown, about 4 minutes. Add spinach and garlic; cook, stirring, for another minute. Remove from heat and let cool slightly. Add rice, feta, dill, pepper and salt to the pan; stir to combine.
- Whisk eggs and sour cream in a medium bowl. Add to the rice mixture and stir well to combine. Smooth the top with a spatula. Bake until lightly browned in spots, about 25 minutes. Let stand for 5 minutes before serving.

Nutrition: Serving Size: 1 Cup
Per Serving: 319 calories; protein 12g; carbohydrates 31g; fat 17g