

# 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.

### Support Groups will be in-person starting in August!

- Upcoming WLS Support Groups:

**August 5, 2021 at 7:00-8:00 pm (Spanish) with Carmen Diaz-Jusino**

**August 24, 2021 at 5:00-6:00 pm (English) with Diana Beaton RDN**

The support groups will be in-person at Roger Williams Medical Center in the Greene conference room (next to the cafeteria). For more information or to sign up, please email [diana.beaton@chartercare.org](mailto:diana.beaton@chartercare.org)

## Are You Getting Too Much Sugar in the Foods You Eat?

We all know that desserts, candy and soda all contain sugar, but did you know that sugar can be included in food products under different names? The following ingredients are all types of sugar that may be included in packaged products:

**Barley malt, dextrose, high-fructose corn syrup, corn syrup, maple syrup, maltodextrin, sucrose, brown sugar and sorghum syrup**

Sugars are often included in foods like cereal, beverages, yogurt, protein products, snack foods and bread. It's important to limit the amount of added sugars because too much sugar can increase the risk of developing heart disease, diabetes, obesity, dental cavities and more.

### *Cereals*

Hot and cold cereals like pre-packaged oatmeal and boxed cereals can contain a lot of added sugars. Try buying high fiber, whole grain cereals like plain oatmeal and cereals (plain Cheerios, Fiber One, Kashi Autumn Wheat) and add your own fruit or nuts for added flavor or crunch. Try to avoid cereals with fruit included because they often use extra sugar to preserve the pieces of dried fruit.

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## Beverages

Some beverages like juice and sports drinks may have as much sugar as a soda. We often don't realize how much sugar these drinks contain. A 20 oz. sports drink or an 8 oz. fruit juice has almost 30 grams of sugar! That's 7.5 teaspoons of sugar. Try to stick to water most of the time and add sugar-free flavored waters or drinks if you need the added sweet taste.

## Bread

Surprisingly, white bread, cinnamon raisin and cinnamon swirl breads, can have up to 10 grams of sugar per slice. Use these breads occasionally if you like them but choose whole grain or whole wheat instead. Sometimes people try wraps, pitas or flat bread because they may be lower in carbohydrates than bread.

## Yogurt

Yogurt is a good food choice because it contains protein and calcium. However, some yogurts contain more added sugars than others. Yogurt has naturally occurring sugar which is included in the total sugars listed on the container. Use plain yogurt and add your own fruit or toppings or choose those with lower amounts of sugar.

## Protein Products

Protein products (shakes, bars, powders) are commonly used after weight loss surgery. Many times, protein products are marketed as healthy foods. As with the other foods mentioned above, be sure to check the label to see if there are added sugars in the product. Talk with your dietitian about which protein products are the best options for you.


One way to decrease your "hidden" sugar intake is to limit the amount of packaged or processed food that you eat. If you do have certain foods that you like, check the nutrition facts label to compare the amount of sugar in different products. Choose the products with less sugar. It may surprise you how many foods have added sugars. Ask your dietitian if you have any questions.



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## Stay Connected!

 Join us on Facebook at [www.facebook.com/RWMCWeightLossSurgery](http://www.facebook.com/RWMCWeightLossSurgery). Have a good tip or recipe to share. Tell us about your success. What you've discovered may be helpful to others.

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



## Raspberry Frozen Yogurt

Makes 4 cups/ prep: 10 minutes/  
total: 10 minutes

### Ingredients:

4 cups frozen raspberries  
½ cup low-fat plain Greek yogurt  
2 T. lemon juice  
2 T. liquid Stevia

1. In a blender or food processor, blend to combine the raspberries, yogurt, lemon juice, and Stevia until smooth, about 5 minutes.
2. Serve immediately, or freeze in an airtight container and use within 3 weeks.

**Serving tip:** Substitute any of your favorite fruits to keep variety in this frozen yogurt recipe. Try frozen strawberries, peaches, or mangoes!

**Per serving (1 cup):** calories 114, protein 5 g., carbs 19g, fiber 9g, fat 2g.

From the *Fresh Start Bariatric Cookbook* by Sarah Kent, RDN.