

Roger Williams Life Changers

Weight loss for a healthy life

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**Roger Williams
Medical Center Weight
Loss Surgery**



How to Get More Fiber in Your Diet

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. So, for someone eating 1500 calories per day, they would need about 21 g. of fiber per day. However, it is estimated that only 4-5% of the United States population is consuming the recommended amount of daily fiber. Lack of fiber in the diet has been associated with increased risk for colorectal and other gastric cancers, cardiovascular disease, type 2 diabetes, constipation, bloating, and flatulence.

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Announcements

- Are you interested in learning more about weight loss surgery? See [Weight Loss Surgery | CharterCARE](#) on our website.
- Upcoming WLS Support Groups:
Due to new hospital guidelines regarding Covid, we will be continuing our support groups online.
4th Thursday of the month at 5:00-6:00 pm with Diana Beaton RDN
September 23, 2021,
October 28, 2021
November 18, 2021* (one week earlier due to Thanksgiving)
1st Thursday of the month at 7:00-8:00 pm with Carmen Diaz-Jusino
October 7, 2021,
November 4, 2021

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

Those who have had weight loss surgery often consume less fiber than recommended due to decreased calorie intake and an increased focus on protein. It's important pay attention to your fluid and fiber intake to maintain normal bowel function. Dietary fiber is found in plant foods like, whole grains, fruits, vegetables, nuts, seeds and beans. Here are some examples of how much fiber is in certain foods:

Food	Serving Size	Total Fiber (Grams)
pear with skin	1 medium	5.4
apple with skin	1 medium	4.4
raspberries	½ cup	4.0
banana	1 medium	3.1
strawberries, halves	½ cup	1.5
lentils	½ cup	7.8
black beans	½ cup	7.5
corn	½ cup	1.8
spinach, cooked	½ cup	2.5
broccoli	½ cup	2.5
green peas	½ cup	4.4
oatmeal, cooked	½ cup	2.0
bran flakes cereal	¾ cup	5.5
brown rice, cooked	½ cup	1.7
bread, rye	1 slice	1.9
almonds	12 nuts or ½ oz.	1.7
walnuts	14 halves or 1 oz.	1.9
hemp seeds, hulled	2 Tbsp.	2.0


If you are experiencing difficulties with your digestive health, consider talking with a dietitian about reviewing what you eat to see if you are getting enough fiber. If you feel like your digestive health does not improve with diet alone, you may need a fiber supplement or laxative until you are better. Talk to your doctor about the best choice for you.



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Stay Connected!

 Join us on Facebook at 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



Healthy Bran Muffins

From www.laughingspatula.com

Prep time: 10 min. Cook time: 15 min.

Ingredients

- 1.5 cups wheat bran
- 1 cup buttermilk (substitute 1 cup milk with 1 tbsp vinegar if you don't have buttermilk)
- 1/3 cup unsweetened applesauce
- 1 egg
- 2/3 cup brown sugar
- 1 tbsp cinnamon
- 1 tbsp vanilla extract
- 1 cup all purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt

Instructions

1. Preheat oven to 375 degrees. Prepare a muffin tin with paper muffin liners or grease muffin tin with butter.
2. In a bowl, use a handheld mixer; mix wheat bran and buttermilk.
3. Add applesauce, egg, brown sugar, vanilla extract and cinnamon. Mix to combine. Add flour, baking soda, baking powder, and salt.
4. Scoop batter into muffin pan. Makes 12 muffins. Bake for 15 minutes, or until a toothpick inserted into the center of the muffin comes out clean.

Serving size: 1 muffin. Calories: 174, protein 7 g., Carbohydrate 42g (fiber 13 g.), fat 2g.