

Roger Williams Life Changers

Weight loss for a healthy life

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**Roger Williams
Medical Center Weight
Loss Surgery**



Announcements

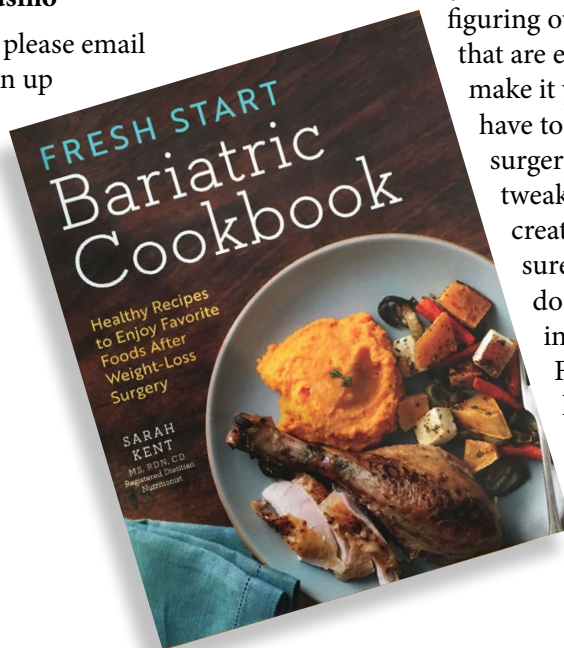
- Are you interested in learning more about weight loss surgery? See [Weight Loss Surgery | CharterCARE](#) on our website.
- Upcoming online WLS Support Groups:
The 4th Thursday of the month (May 27) at 5:00-6:00 pm with Diana Beaton RDN
The 1st Thursday of the month (May 6, June 3) at 7:00-8:00 pm with Carmen Diaz-Jusino

For more information or to sign up, please email diana.beaton@chartercare.org or sign up on our website on the Patient Resources page.

Fresh Start Bariatric Cookbook

Sarah Kent's book, *Fresh Start Bariatric Cookbook*, is more than just a cookbook. It's a blueprint for planning healthy meals and making it delicious. Sarah is a dietitian who's interested in your success- in the kitchen- and with life after bariatric surgery. Her "recipe" for success after surgery includes four core skills that work together. One, be willing. Be willing to try something new. That's food, of course. You need to try to eat healthy food whenever you can. Maybe it's not what you used to eat. Maybe you're struggling with

figuring out what to cook. Sarah offers recipes that are easy to prepare and look good. Two, make it yours. Many people are afraid they have to give up their favorite foods after surgery. Sarah shows you how to make tweaks to the meals you love. Three, be creative. You know that you have to be sure to get enough protein daily but that doesn't have to be hard. Learn tricks for including protein in meals and snacks. Four, be resilient. Sarah encourages her patients to be resilient. If you have a few difficult days, it doesn't determine your fate. You can design an eating plan that works for you; and you can enjoy it too!



Roger Williams
MEDICAL CENTER

A Better Way to Better Health Care

Reading the Nutrition Facts Label


Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. First, look at the serving size and see how many servings are in the package. The serving size are typical amounts based on the food, but it doesn't mean that's the amount that you should eat.
2. Look to see how many calories each serving provides. After weight loss surgery, you will only need about 800-1000 calories each day. The amount of calories you need may go up as you become more active.
3. The following items are listed in bold: Total Fat, Cholesterol, Sodium, Total Carbohydrate, and Protein. After weight loss surgery, it's important to get enough protein. After surgery you will need to get about 45-60 g protein in the first few weeks after surgery, then 60-80 g. protein per day after that.
4. Some people have to watch how much sodium they eat.
5. Fiber is listed under carbohydrates. Its important to eat foods that are high in fiber.

6. Some foods naturally include sugar, like fruits and milk. This would be included in the total sugar. Added sugar is usually sugar that is added to the product.
7. The amount of Vitamin D, Calcium, Iron and Potassium in one serving is also listed. This can be helpful if you are trying to get more of these nutrients after surgery.
8. On the right side of the label is the % Daily Value. This is based on a 2000 calorie intake and can help you estimate if a food is high or low in a particular nutrient.

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



Roasted Tomatoes, Peppers and Zucchini with Italian Herbs

Makes about 4 1/2 cups

Prep: 15 minutes/ Cook: 25 minutes/
Total: 40 minutes

Ingredients:

- Extra virgin olive oil cooking spray
- 1 medium zucchini
- 2 large tomatoes or 2 c. cherry tomatoes
- 2 red, yellow, orange or green bell peppers or a mix of two
- 2 T. extra virgin olive oil
- 1 t. minced garlic
- 1 t. oregano, dried
- 1 t. basil, dried
- 1 t. thyme, dried
- 1/2 t. rosemary, dried

Instructions:

1. Preheat the oven to 425 F. Spray a large rimmed baking sheet with cooking spray.
2. To prepare the vegetables, cut off the ends of the zucchini, halve it lengthwise, and then cut lengthwise into thin slices. Remove the ends and cores from the tomatoes, and cut them into 2-inch chunks; if using cherry tomatoes, halve them. Remove the stems from the peppers, halve them lengthwise, remove the seeds and ribs and chop into 1-inch chunks.
3. Layer the vegetables on the baking sheet, and sprinkle them with the olive oil, garlic, and herbs. Use a spoon to mix the vegetables and seasonings well.
4. Roast for 20 to 25 minutes, stirring halfway through, until all the vegetables are tender.
5. Serve immediately.

Tips: You can use fresh herbs instead of dried if you have them. You can use extra virgin olive oil instead of the cooking spray.

Per serving (1/2 cup): Calories- 47, protein – 1g, carbs- 4g, fiber – 1g, fat- 3g.

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



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