

# Roger Williams Life Changers

## Weight loss for a healthy life

Want the latest news and information from our program?

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**Roger Williams  
Medical Center Weight  
Loss Surgery**



### Recent Podcasts you may have missed from the *Bari-Heart of It* Podcast:

- **March 1:** [Episode 48: Healthy Cooking Options After Bariatric Surgery by The Bari-Heart of It \(anchor.fm\)](#). More cooking tips with Megan Koscinski RD.
- **February 15:** [Episode 47: Eating Healthy on a Budget by The Bari-Heart of It \(anchor.fm\)](#). Staff dietitian at Bariatric Fusion, Megan Koscinski, shares information about eating healthy on a budget.



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A Better Way to Better Health Care

### 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

March 24, 2022

April 28, 2022

**1st Thursday of the month at 7:00-8:00 pm** with Carmen Diaz-Jusino

April 7, 2022

May 5, 2022

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 call. You can also join the call by phone. See our website [www.loseweightri.org](http://www.loseweightri.org) under "Patient Resources" for updated information on our support groups. We welcome people to join the call who have had surgery already and also for those who are pre-surgery or still deciding.

## Reading the Nutrition Facts Label

1. First, look at the **servicing 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. It's 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.

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

\* 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.



### Carrot Zucchini Latkes (Pancakes)

Serves: 4-6 Prep time: 25 min., Cook time: 10 min.

#### Ingredients:

- 3 large carrots
- 3 small zucchini
- 1 small yellow onion
- 2 eggs, beaten
- ¼ cup all-purpose flour, plus more as needed
- Salt and freshly ground pepper
- 2 Tbsp. unsalted butter or extra virgin olive oil
- 1 tbsp fresh parsley, chopped

#### Directions:

1. Grate the carrots, zucchini, and onion on the large holes of a grater-shredder. Place the vegetables on a kitchen towel, wrap up tightly and squeeze to remove the excess water.
2. Transfer to a large bowl. Add the eggs, ¼ cup flour, 1 tsp. salt and ½ tsp pepper and mix to combine well.
3. Heat a frying pan over medium-high heat. Add 1½ tsp. butter or olive oil to pan. Add 2 heaping Tbsp. of the batter and cook, turning once, until golden brown, about 4 minutes each side.


If the latke does not hold together, add 1 tsp flour to the batter, mix well, and cook another latke. Add more butter or olive oil to the pan as needed and fry the latkes in batches, transferring them to a plate as they are done. Serve the latkes with unsweetened apple sauce and plain Greek yogurt.

*Adapted from Vegetable of the Day, 365 Recipes for Every Day of the Year, by Kate McMillan, Williams-Sonoma, 2012.*



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