

# Roger Williams Life Changers

## Weight loss for a healthy life

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**Roger Williams  
Medical Center Weight  
Loss Surgery**



## Vitamins and Minerals After Bariatric Surgery

After weight loss surgery, the amount of food you eat will be less than you are eating now. Whenever a person is on a low-calorie diet, it's important to supplement with vitamins and minerals to be sure you are getting what your body needs to optimize your health. Even if you take vitamin supplements, you need to get vitamins and minerals from your food too.

The American Society for Metabolic and Bariatric Surgery (ASMBS) publishes guidelines for vitamins and minerals after bariatric surgery. The guidelines include the amounts of vitamins needed depending on the type of surgery. Be sure to follow the recommendations of your surgeon and dietitian.

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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

October 28, 2021

November 18, 2021\*

December 16, 2021\*

\* one week earlier due to the holidays

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

November 4, 2021

December 2, 2021

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.

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Sometimes you may need additional vitamins because your lab work indicates that one or more of your vitamins is low. Some people are low in one or more vitamins before surgery, so they may have to begin taking supplements prior to surgery.

Remember, after bariatric surgery, you need to take your vitamins for the rest of your life! You will also need to have lab work done periodically to check on the level of vitamins in your blood.

## Podcasts on Vitamins and Minerals

Check out these podcasts for a good overview of vitamins and minerals needed after bariatric surgery:

### Bariatric Surgery Success with Dr. Susan Mitchell

[Episode 53 6 Must-Have Vitamin & Mineral Supplements after Bariatric Surgery, Part 1](#)

[Episode 54 6 Must-Have Vitamin & Mineral Supplements after Bariatric Surgery, Part 2](#)

### The Bari-Heart of It with Megan Koscinski RD at Bariatric Fusion

[Episode 28, ASMBS Guidelines \(2016\) with Dr. Lillian Craggs-Dino](#)

[Episode 16, Corrective Vitamins](#)



## Good Sources of Vitamin A in Vegetables


Carrots	Broccoli	Chard
Squash	Asparagus	Collards
Pumpkin	Spinach	Beet greens
Sweet Potatoes	Kale	



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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)



## Spaghetti Squash with Parmesan & Oregano

Serves 3 or 4

### Ingredients

- 1 spaghetti squash, about 2 lbs., halved lengthwise and seeded.
- 1 Tbsp. olive oil
- ½ tsp. minced garlic
- Salt and pepper
- ¼ cup grated Parmesan cheese

### Instructions

1. Preheat oven to 350 degrees.
2. Place the squash halves, cut side down, in a baking dish and add 1/3 cup water. Bake until tender, about 1 hour. Transfer to a cutting board and let cool.
3. Using a fork, scrape out the flesh, forming noodle-like strands, scraping all the way to the skin. Place squash in a bowl. Add the oil, garlic, ½ tsp. salt and ½ tsp. pepper. Stir gently to mix well. Sprinkle with the Parmesan and toss to combine. Sprinkle with the oregano and serve.

p. 246, William-Sonoma, *Vegetable of the Day*, by Kate McMillan.