

Obesity Surgery Center Of Louisiana



Newsletter

By: Jessica Burrows RN, Nutrition Specialist

Well with the holidays here, I knew all of our patients were anxiously waiting to hear what they should eat for Thanksgiving and Christmas.



Remember first and foremost do not over eat. While most of your family will just sleep it off; you on the other hand will reach a whole other level of feeling overstuffed with either the result being abdominal pain or vomiting. Turkey and dressing isn't quite so appealing coming back up!

Making the Right Choices for Thanksgiving Dinner can be easy if you make simple adjustments to your recipes.

Below we will discuss some Thanksgiving favorites and their benefits.

KEITH CHUNG, M.D.

GENERAL, THORACIC & BARIATRIC SURGERY

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Pumpkin- is rich in Vitamin A, fiber and low in calories.....But when you eat Pumpkin Pie, the bad outweigh the good when you use sugar, evaporated milk and high fat pie crust.

Cranberries- Rich in Vitamin C and have a fair amount of dietary fiber, also antioxidants

Sweet Potatoes- Rich in antioxidants Vitamin C, Beta-carotene, potassium and if you eat the skin = fiber



Turkey- Very high in protein, low fat without the skin

Remember **TURKEY** is *VERY DRY* and some patients may not tolerate it well. Chew well and you may need to add gravy to add moisture to the meat.

Green Beans- Rich in Vitamin C, K and Manganese. Also contains a good amount of Vit A, fiber, potassium, folate and iron.

Green Bean Casserole on the other hand is high in fat if made with butter, cream of mushroom and cheese.

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Now let's talk about keeping these foods healthy.

Substitution is key!!!

Fat Free Cream of Mushroom

Light Butter

Egg Substitute

Low Fat Evaporated Milk

Homemade Pie Crust (using substitutions)

Light Cream

Baking rather than frying

Light Cool Whip in a can (15 calories!!!)

Wheat Bread

Extra Virgin Olive Oil

Low fat sour cream or low fat plain yogurt

Low fat cheese or No fat cheese

Skim Milk or 1%

SMALL PORTIONS

Remember Thanksgiving dinner is not an all you can eat buffet.

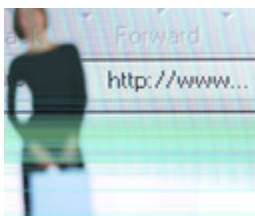
Thanksgiving is about togetherness not trying to stuff yourself!!!

MEDICAL ID BRACELETS



*For our Gastric Bypass patients
it is a good idea to wear a
medical alert bracelet stating
"Gastric Bypass Patient -Do Not
Force NG Tube"*

These can be ordered on the internet at
americanmedicalid.com



www.obesityhelp.com

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*I will remind all again
about the harmful effects
of smoking and
inhalation of second-
hand smoke.*

Gastric ulcers, Cancer, Stictures, etc.
All possibly resulting in DEATH!!!



REMINDER: Aspirin and
Ibuprofen products are
contraindicated for our
patients, due to the risk of
these medications can cause
stomach ulcers. Medications

to avoid include: Aleve, Motrin, Alka-Seltzer, BC
Powder, Methotrexate, Bufferin, Lortab, Talwin,
Midol, Bayer Products, Advil, Naprosyn,
Anaprox, Anacin, Doans, Ecotrin, Dristan,
Indocin, Percodan, Zomax, Anaprox....If you are
unsure about a medication please call our office
to clarify. Medications with a side effect of
possible GI Bleed or stomach ulcers should raise
a red flag.

NOTES FROM THE OFFICE:



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By the end of the year our office will be relocating next to Women and Children's Hospital. The new address will be 4150 Nelson Rd. Suite B6 (Dr. McAlpines old office). We will notify you when this move takes place. The office is in the process of being remodeled to fit our high maintenance staff's needs. *(Big screen TV and leather recliners in our break room!!! We wish!)*

SUPPORT GROUP

Next Support Group meeting will be held Thursday, December 11th at 6:00PM at Women and Children's Hospital Classroom.



Recipe of the Month Black Bean-Pumpkin Soup



Ingredients

- 2 cans vegetable broth
- 1 cup Pure Pumpkin Puree fresh or canned
- 1 can black beans (drained and rinsed)
- 1 can petite cut diced tomatoes with jalapenos
- 1 can corn and pepper blend (drained)

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Over medium heat whisk together vegetable broth and pumpkin until blended. Stir in black beans, tomatoes, and corn. Cook 5 minutes or until heated through. Season with salt and pepper to taste.

You may add a small scope of light sour cream to each serving for added flavor.

Each serving provides approximately 110 calories, 22 carbohydrates, 4 grams of protein.

**I have tried this recipe using fresh pumpkin and canned, it tastes much better with fresh!

NOTE: This Newsletter and the content are intended **ONLY** for the Patients of Dr Keith Chung and the Obesity Surgery Center of Louisiana. Any information displayed here is **not** for dissemination or distribution without the explicit consent

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