

Obesity Surgery Center Of Louisiana

OCTOBER NEWSLETTER

By: Jessica Burrows RN, Nutrition Specialist

Well it's about time for the holidays and time for another newsletter from your nurse/nutritionist at the office. With the holidays approaching I thought it would be an ideal time for me to educate everyone on our favorite



holiday treats.

We will start with

HALLOWEEN

Let's remember

"portion control"

when it comes to

testing our

children's candy to

make sure it is not

poisoned. Being a

mother of two boys I

always personally

test my boys candy.

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	Serving Size:	Calorie Content:
Snickers Miniature	2 bars	70 calories
Milk Duds	13 pieces	170 calories
Junior Mints	2 small boxes	150 calories
Candy Corn	22 pieces	140 calories
Black/Orange Peanut Butter kisses	4 pieces	120 calories
Caramel/Candy Apples	JUST EAT THE APPLE!!!	
Reese's Peanut Butter Cups	1 piece	80 calories



So now what have we learned? Eat more Miniature Snickers, they have the lowest calorie content!!! Well while this is true, just be mindful that all of these little treats do contain a whopping number of calories if eaten in excess.



Don't try to justify those extra pieces of candy by how long you had to drag your kids from house to house begging for treats.

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Now for a little bit of evil in this newsletter.

To burn off the calories you consumed on **ALL HALLOWS EVE** you must EXERCISE.

If you weigh around 200lbs you must exercise a minimum of 20 minutes by jogging, aerobics, swimming, or any other cardiovascular activity. While some of you may weigh less than 200 lbs that only means you have to work harder to burn off the same amount of calories, SORRY!!!!

News from the office:

We have had some recent problems arise with patients not continuing their prescribed medications. Please follow up with your primary care physician before discontinuing medications. We will now start ordering labs at 3months with a follow-up appointment once labs are received at the office.

Dr. Chung will be out of town from Thursday, Oct.23-Oct.28. So if you are having any problems please call the office prior to then.

SUPPORT GROUP - The next meeting will be Thursday, Nov. 13th at Women & Children's Hospital

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STOMACH ULCERS

Half of us harbor a bacteria in the digestive system called *H. pylori*. This bacteria can cause heartburn, stomachaches, bloating, nausea and ulcers. To check for this bacteria a biopsy can be done or even a simple blood test. To **reduce the risk** of developing problems from the bacteria here are a few simple kitchen cures:

YOGURT-shield the stomach

USE LESS SALT-sodium changes the pH of the stomach causing the bacteria to dive deeper into the stomach layers

CRANBERRY JUICE- contains antioxidants that prevent the bacteria from adhering to the stomach wall

OLIVE OIL-contains a bacteria killing compound

Recipe for the month: Honey Chicken Stir Fry

4 teaspoons peanut oil cut in half	2 cups small mushrooms,
1 pound boneless skinless chicken breast, cut ½-inch thick	¼ cup honey
2 cups small broccoli florets	1 teaspoon sesame oil
pepper flakes	¼ teaspoon crushed red
1 small onion, cut into thin strips	2 tablespoons soy sauce
1 medium carrot, cut into thin slices	

- In a large skillet, heat the oil over medium-high heat; add the chicken and sauté for 3 minutes
- Add the broccoli, onion, carrots, and mushrooms to the chicken and sauté for 5 minutes
- Add the honey, sesame oil, red pepper flakes, and soy sauce
- Stir until all the vegetable are glazed and the sauce is bubbly hot, about 1 minute

Variation: You can use shrimp and scallops if you prefer

Serving Size: 4 ounces Yield: 6 Servings

Per Serving: Calories 181, Fat 6g, Cholesterol 42mg, Sodium 358mg,
Carbohydrate 16g, Protein 18g

*Remember to take your multi-vitamin and calcium supplement daily!!!!
Herbal formulas such as Noni juice and Monavie do not provide
enough of the essential vitamins to substitute a daily multi-vitamin. If
you find it hard to swallow pills, two children's chewable vitamins are
acceptable. Tums 1000mg are an acceptable calcium supplement.*

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