

The Bariatric Scoop

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MAKING HEART-HEALTHY CHOICES

Maintaining a healthy diet is one of the best weapons for fighting cardiovascular disease and other heart conditions.

Assuming most Americans know this fact, then why is heart disease still the number one killer among adults? A major reason is that most Americans eat too many high-fat, high-calorie foods.

These steps will help you reduce your risk for heart disease:

- Eat a variety of fruits and vegetables every day. Produce is full of vitamins, minerals, fiber, and other essential nutrients. Produce is practically free of fat and cholesterol.
- Choose foods made mostly with whole grains rather than refined grains. Whole-grain foods include brown rice, oats, quinoa, whole-wheat bread, and whole-grain cereals.
- Cut back on high-fat foods containing partially hydrogenated vegetable oils, trans fat, and saturated fat. Use liquid vegetable oils in place of soft or hard margarine or shortening. Limit cheese, butter, ice cream, processed and fatty meats, cakes, cookies, pastries, muffins, pies, and doughnuts.
- Eat more seafood and fish at least two times a week. Recent research shows that eating fish like salmon, trout, and herring can be good for you. All these contain omega-3 fatty acids. They may help lower your risk for death from heart disease.
- Read and compare food labels. To make the best use of food labels look at how many servings the package contains. Then look at the calories and fat per serving. Multiply the calories and fat by the number of servings you're going to eat.
- Cut back on foods that are high in cholesterol. Some of these foods are eggs, red meat, and liver.
- Limit sugary beverages like soda and juice with added sugar.
- If you do not drink alcohol, do not start. If you drink alcoholic beverages, limit your intake. Alcohol is high in calories. Limit intake to one drink per day for women and two for men.
- Prepare foods with little or no added salt.
- After you purchase nutritious foods, make certain you prepare them in a healthy manner. Grill fish and chicken instead of frying it. Finally, watch food portion size and watch your health improve the longer you select heart-healthy food choices.



Article from the SBL Health Library
<https://library.sarahbush.org/Search/1,3057>

Support Group Meetings

6 - 7 pm
Center for Healthy
Living Conference
Room or via Zoom.
Open to all bariatric
patients.

- February 20
- March 19
- April 16
- May 21



Zoom Meeting Link



KETO-FRIENDLY RASPBERRY GELATIN CUPS

Create a fun snack perfect for anyone with this keto-friendly gelatin cup recipe. Using frozen raspberries, you can create an ombre look! Top with zero sugar Reddi-wip for a sweet treat.

INGREDIENTS:

1 cup cold water
2 envelopes (0.25 ounce each) unflavored gelatin
1 package (12 ounce each) unsweetened raspberries (frozen)
1 cup confectioners erythritol sweetener
1 cup room-temperature water
4 cups Reddi Wip Zero Sugar Dairy Whipped Topping, reserve 2 cups for topping.

DIRECTIONS:

Stir together 1 cup cold water and gelatin in medium bowl until gelatin is dissolved; set aside. Place raspberries in a small pot, add sweetener and 1 cup room-temperature water. Stir and simmer over medium heat until just boiling, 15 to 20 minutes. Strain raspberry mixture through fine mesh sieve, reserving juice. You should have 2 cups of juice. Discard fruit pulp. Add raspberry juice to gelatin and whisk until gelatin is fully dissolved. Add 2 cups Reddi-wip® and continue whisking until smooth. Pour gelatin mixture evenly into 6 short glasses, making sure to vigorously whisk mixture again after each cup. Chill in refrigerator 3 hours or overnight. Just before serving, top with Reddi-wip®. Garnish with fresh raspberries if desired. Yield: 6 servings

NUTRITION:

Serving: 88 Calories, 1g net carbs = 27g total carbs – 2g dietary fiber – 24g sugar alcohol

Recipe from: <https://www.readyseteat.com/recipes-Keto-Friendly-Raspberry-Gelatin-Cups-10072>

BE KIND TO YOUR HEART

February is American Heart Month. What better time to think about your heart and appreciate all that it does for you. Heart disease is the leading cause of death in the United States. How can you take care of your heart?

- 1. Eat Healthy Foods-** A heart-healthy diet includes a variety of nutrient rich foods including vegetables, fruits, whole grains, lean proteins, low fat and fat-free dairy products. Foods high in saturated fat, sodium, and sugar should be limited.
- 2. Move-** Strive for at least 2 ½ hours of physical activity each week, which is 30 minutes a day, five days a week. Aim to do muscle strengthening exercises at least two days a week. Keep in mind, some activity is better than none. Start small, and gradually build over time.
- 3. Aim for a healthy weight-** Being overweight increases your risk of having heart disease, a stroke, high cholesterol, high blood pressure, and diabetes.
- 4. Reduce stress and improve sleep-** Stress is a contributing factor to high blood pressure and other heart risks. Lack of sleep or regularly getting poor quality sleep increases the risk of high blood pressure, heart disease, and other medical conditions. Most adults need seven to eight hours of sleep a night.
- 5. Be smoke free-** Chemicals in tobacco smoke harm your heart and blood vessels in numerous ways. If you smoke, make 2024 the year you quit.
- 6. Know your numbers-** Keep track of your heart health measures including your blood pressure, cholesterol numbers, minutes of activity, weight, and any other values that have meaning to you.



EASY AIR FRYER RECIPES

Pepperoni Chips

Put pepperoni in air fryer on 400 degrees for 10 to 12 minutes, depending on how crisp you want the pepperoni.

Chicken Nuggets

Using one can of chicken, drain the water. Mix the chicken, one cup of your choice of cheese, and one egg. Combine all together and form nuggets and put in air fryer on 400 degrees for 12 to 14 minutes.

FLORENTINE SWISS OMELET FOR ONE



INGREDIENTS

2 large eggs or 2 egg whites
1 Tbsp water
About 1/2 cup shredded spinach, fresh or frozen (defrost and squeeze out the water)
1 thin slice reduced-fat Swiss cheese

DIRECTIONS

Break eggs into small bowl. Add water and beat vigorously with whisk. Heat a nonstick eight-inch skillet on medium heat. Pour in eggs. Watch carefully. When egg begins to firm, lift with a spatula and let uncooked egg run underneath. Cook until there is no uncooked egg visible on top. Top with cheese and spinach. Fold over and turn off heat. There will be enough heat to warm the spinach and melt the cheese.

NUTRITION: Approximately 190 calories, 20 g protein, 9 g fat, 370 mg cholesterol, 1.5 g carbohydrates, less than 1 g fiber, and 215 mg sodium. If 2 egg whites are used, the omelet contains about 90 calories, 16 g protein, 1 g fat, 10 mg cholesterol, 1.5 g carbohydrates, less than 1 g fiber, and 180 mg sodium.

Recipe from: <https://library.sarahbush.org/Library/Recipes/Dietary/LowCarbohydrate/30,R130>

A LITTLE LAUGH

Knock, knock!
Who's there?

Soup
Soup who?

Soup-er Bowl Sunday is the best time to stew over football scores!

What kind of flowers should you not give on Valentine's Day?
Cauliflowers!

What did the plate say to the other plate?
Dinner is on me tonight!

BERRY COTTAGE CHEESE BREAKFAST BOWL

This high-protein breakfast bowl is a great way to start the day!

INGREDIENTS:

3/4 cup low-fat cottage cheese
1/4 cup each blackberries (raspberries, blueberries, sliced strawberries)
2 Tbsp slivered almonds
Drizzle of honey or maple syrup (optional)

DIRECTIONS:

Put cottage cheese in a small bowl and top with berries. Add slivered almonds and honey or maple syrup if using.

NUTRITION:

Serving: 1 bowl, Calories: 232kcal, Carbohydrates: 20.5g, Protein: 19g, Fat: 9.5g, Saturated Fat: 2g, Cholesterol: 15mg, Sodium: 346.5mg, Fiber: 7g, Sugar: 11.5g

Recipe from: <https://www.skinnytaste.com/berry-cottage-cheese-breakfast-bowl/>

