

# Abundant Living

*For a Healthy You.*

April 2008

*You can clutch the past so tightly to your chest that it leaves your arms too full to embrace the present.*

-Jan Glidewell

## Spring Cleaning

People like "stuff." We tend to hold onto it year after year. We save and stock up on things that we don't know what to do with anymore. Maybe we keep things because they hold precious memories of days gone by, or they remind us of our parents, grandparents, past loves or childhood. To part with these precious possessions seems out of the question. There is a saying that goes, "You have to get rid of the old to make way for the new." If you are feeling stuck or stagnant in your life, try spring-cleaning. Throw out some of that stuff, say goodbye to your past and welcome the new energy of your happy, healthy future.

For good mental and physical health, we actually have two "houses" that need to be spring-cleaned: our physical homes and our physical bodies. Just as we accumulate "stuff" in the form of outgrown clothes, magazines, rusty bicycles, tools and random keepsakes, so do our bodies accumulate old food residues and toxins that need to be cleaned out.

To spring clean your body, give it a break from rich and complicated foods by either cleansing or fasting for a short period of time. Cleansing means paring down your food to just simple fruits and vegetables, lots of water and perhaps whole grains. Fasting means limiting most foods and drinking lots of water, fresh vegetable and fruit juices, teas and soups. Without much energy going toward digestion, more energy is available to the rest of your body and mind. Cleansing and fasting can sharpen your concentration, help you gain insight and promote spiritual awareness. It can also bring improved immune function and better digestion.

While you're cleaning out your body and home, don't forget to spring-clean your heart. Throw away negative thoughts and habits you've been harboring that no longer serve you. A clean, open heart will allow you to receive all the good that awaits you each and every day. If your heart and mind are cluttered, there is no room for life's gifts and surprises to enter.



### Food Focus: Greens

Leafy greens are some of the easiest and most beneficial vegetables to incorporate into your daily routine. Densely packed with energy and nutrients, they grow upward to the sky, absorbing the sun's light while producing oxygen. Members of this royal green family include kale, collard greens, swiss chard, mustard greens, arugula, dandelion greens, broccoli, watercress, beet greens, bok choy, napa cabbage, green cabbage, spinach and broccoli.

How do greens benefit our bodies? They are very high in calcium, magnesium, iron, potassium, phosphorous and zinc, and are a powerhouse for vitamins A, C, E and K. They are crammed full of fiber, folic acid, chlorophyll and many other micronutrients and phytochemicals. Their color is associated with spring, which is a time of renewal and refreshing, vital energy. In traditional Asian medicine, the color green is related to the liver, emotional stability and creativity. Greens aid in purifying the blood, strengthening the immune system, improving liver, gall bladder and kidney function, fighting depression, clearing congestion, improving circulation and keeping your skin clear and blemish free.

Leafy greens are the vegetables most missing from the American diet, and many of us never learned how to prepare them. Start with the very simple recipe below. Then each time you go to the market, pick up a new green to try. Soon you'll find your favorite greens and wonder how you ever lived without them.

**Fiber:**

The most basic way to describe fiber is the part of food that cannot be digested or broken down into a form of energy for the body. This is why it has no calories. It is considered a type of carbohydrate that can only be found in fruits, veggies, nuts, seeds, and grains.

There are two basic forms of fiber-soluble and insoluble. Soluble fiber dissolves and breaks down in water. When it happens it forms a thick gel. Insoluble fiber also known as roughage does not break down in water or in your digestive track. It passes through the gastrointestinal tract almost intact.

Benefits of Soluble Fiber are it prolongs stomach emptying time so that sugar is released and absorbed more slowly. So that makes it helpful in regulating blood sugar and it also lowers total cholesterol.

**Some Foods Sources of Soluble Fiber:**

Apples	Cranberries	Peaches
Barley	Lentils	Peas
Beets	Oat bran	
Carrots	Oranges	

Benefits of Insoluble Fiber are it promotes regular bowel movements, prevents constipation, removes toxic waste from the colon, and helps prevent colon cancer.

**Some Food Sources of Insoluble Fiber:**

Cauliflower	wheat bran
Dried beans	whole grain cereals
Flaxseed	whole grain oatmeal
Potato skins	whole grain pasta
Root vegetable skins	sour plums

In your diet you should strive to get both types of fiber in on a daily basis and your goal for fiber intake should be between 20-35 grams of fiber per day. Most people's complaints about fiber consumption are it causes gas, bloating, or constipation, the typical reason for this is lack of water. When taking fiber you must consume the right amount of water for you each day. A good rule to follow is taking your weight and divide by 2 and drink that many ounces in water per day. For example, if you weigh 250 pounds divide that by 2 = 125 ounces of fluid per day. Remember add fiber slowly to your diet so you become accustomed to it over time.

As a weight loss patient, you should consider adding foods high in fiber to your diet to aid in your weight loss; it promotes a sense of satiety and may assist with cravings as well as help to regulate blood sugars.

**Recipe: Three-bean chili****Ingredients**

3/4 cup each dried cannellini or red kidney beans, black beans and Anasazi beans, picked over and rinsed, soaked overnight, and drained

4 cups water

1 bay leaf

1 1/2 teaspoons salt

2 large green bell peppers, roasted and seeded

2 large red or yellow bell peppers, roasted and seeded

3 tablespoons olive oil or canola oil

1 yellow onion, chopped  
 4 cloves garlic, minced  
 1 tablespoon chili powder  
 1 tablespoon dried oregano  
 2 teaspoons ground cumin  
 1/2 teaspoon red pepper flakes  
 4 tomatoes, peeled and seeded, then diced  
 1/3 cup chopped fresh cilantro (fresh coriander)  
 6 tablespoons shredded queso asadero or Monterey Jack cheese  
 2 green (spring) onions, including tender green tops, thinly sliced

### Directions

In a large saucepan over high heat, combine the beans, water, bay leaf and 1/2 teaspoon of the salt. Bring to a boil. Reduce the heat to low, cover partially and simmer until the beans are tender but still firm, 60 to 70 minutes. Drain and discard the bay leaf.

When the beans are cooked, coarsely chop the roasted bell peppers and set aside. In a large saucepan, heat the oil over medium heat. Add the yellow onion and sauté until soft and lightly golden, about 6 minutes. Stir in the garlic, chili powder, oregano, cumin, red pepper flakes and the remaining 1 teaspoon salt. Cook until fragrant, 1 to 2 minutes. Add the bell peppers, cooked beans, tomatoes and cilantro and cook until the tomatoes are heated through, 5 to 6 minutes. Ladle the chili into individual bowls and sprinkle with the cheese and green onions.

### Nutritional Analysis (per serving)

Calories	300	Monounsaturated fat	4 g
Protein	16 g	Cholesterol	5 mg
Carbohydrate	45 g	Sodium	486 mg
Total fat	8 g	Fiber	16 g
Saturated fat	1 g		

MAYO CLINIC HEALTHY WEIGHT PYRAMID SERVINGS

### Recipes: Stuffed eggplant

1 medium eggplant  
 1 cup water  
 2 tablespoons olive oil  
 6 ounces boneless, skinless chicken breast, cut into strips 1/2 inch wide and 2 inches long  
 1/4 cup chopped onion  
 1/4 cup chopped red, green or yellow bell peppers  
 1 cup canned unsalted tomatoes, drained except for 1/4 cup liquid  
 1/4 cup chopped celery  
 1/2 cup sliced fresh mushrooms  
 1 cup whole-wheat bread crumbs

Adjustable Band Weight Loss Support Group

Freshly ground black pepper, to taste

### Directions

Preheat the oven to 350 F. Lightly coat a baking dish with cooking spray.

Trim the ends off the eggplant and cut in half lengthwise. Using a spoon, scoop out the pulp, leaving a shell 1/4-inch thick. Place the shells in the baking dish and add the water to the bottom of the dish. Chop the eggplant pulp into cubes. Set aside.

In a large, nonstick frying pan, heat the olive oil over medium-high heat. Add the chicken strips and saute until the chicken is lightly browned and no longer pink, about 5 minutes. Add the diced eggplant, onion, peppers, tomatoes and reserved tomato juice, celery, and mushrooms to the chicken. Reduce heat and simmer until the vegetables are tender, about 10 minutes. Stir in the bread crumbs and black pepper. Scoop half of the mixture into each eggplant shell.

Cover with aluminum foil and bake until the eggplant is softened and the stuffing is warmed through, about 15 minutes. Transfer the eggplant to warmed individual plates and serve immediately.

### Nutritional Analysis (per serving)

Serving size: 1 eggplant half

Calories	388	Cholesterol	49 mg
Protein	26 g	Sodium	185 mg
Carbohydrate	35 g	Fiber	12 g
Total fat	15 g	Potassium	1,209 mg
Saturated fat	2 g	Calcium	54 mg
Monounsaturated fat	10 g		

MAYO CLINIC HEALTHY WEIGHT PYRAMID SERVINGS

### Recipe of the Month: Shiitake and Kale

Prep Time: 2 minutes

Cooking Time: 10 minutes

Yield: 4 servings

#### Ingredients:

1/2 pound shiitake mushrooms

1 tablespoons olive oil

1-2 cloves crushed garlic

1 bunch kale, chopped

pinch of salt

**Directions:**

1. Warm oil in pan on medium heat with minced garlic until aromas of garlic are released, about 2-3 minutes.
2. Add chopped shiitake mushrooms, stir-fry for 5 minutes.
3. Add chopped kale, stir-fry for a couple of minutes.
4. Add a splash of water and pinch of salt to pan, cover and let steam for 4 minutes.

**Suggested Daily Menu**

Breakfast: Steel-cut oat meal with strawberries = 12 grams of fiber

Lunch: 1 cup of vegetable bean chili = 10 grams of fiber.

Snack: Protein shakes with tablespoon of flaxmeal.

Dinner: 2 oz. seared chicken with greens, raspberries and sliced pear. = 6 grams of fiber

**Maintaining Your Lap Band Weight Loss Goals:**

1. Measure all meals in a measuring cup. The total volume is 4 oz or ½ cup.
2. No drinking liquids with solid foods (30 minutes before and 60 minutes after meals).
3. No liquid calories.
4. Eat meals that are solid try to avoid liquid meals.

**How do I know if I need a band fill?**

1. I am eating solid meals and I am able to tolerate more the 4 oz at each meal.
2. I am getting hungry within one-two hours of eating a solid meal.
3. Poor weight loss (less than one pound per week).

## **Support Group Schedule:**

You are welcome to attend any of the following support groups to assist you in reaching your weight loss goals. During our meetings we provide emotional and behavior support for members trying to make significant lifestyle changes in their health. We provide nutritional education and assist members to make appropriate food choices. In addition, members will learn a number of problem solving methods relating to postoperative eating behaviors, food choices, physical activity and coping with the changes of bariatric surgery involves.

The following support groups are available for you to take advantage of:

**1<sup>st</sup> Thursday of the Month:** Open to all new post-op patients (one year or less) looking for some emotional support, what to eat, how to get the protein in. Then this is a meeting for you. We will help you adapt your new eating behaviors into your life. **We meet from 6:30 – 8:00 PM Room 163. Appropriate for both lap band and gastric by pass patients.**

**2<sup>nd</sup> Thursday of the Month:** Forever Thin Support Group. Open to all surgical weight loss patients whether you are thinking about **gastric by pass surgery**, just had surgery or you are five years out from surgery, it is an opportunity to learn more from other members. Family members and friends are also welcomed to this meeting. **We meet from 7:00 to 9:00 PM Room 164.**

**3<sup>rd</sup> Thursday of the Month:** Open to all maintenance patients, those seeking to lose the last 20-40 lbs, and for those struggling with maintaining their weight loss. This group offers additional support to you and reaching your goals and maintaining your new lifestyle. **We meet from 6:30 – 8:00 PM Room 163. Appropriate for both lap band and gastric by pass patients.**

**4<sup>th</sup> Thursday of the Month:** Open to all pre and post-op patients wishing to learn more about proper nutrition and supporting your weight loss goals. We meet from 6:30 – 8:00 PM Room 163. **Appropriate for both lap band and gastric by pass patients.**

**2<sup>nd</sup> Mondays of the Month:** Open to all **lap band patients** or individuals considering the surgery as a tool for weight loss. This is a new group being offered for the first time. **We meet from 7:00 PM to 8:30 PM Room 164.**

Our support groups are staffed with professional staff and seasoned surgical weight loss members to assist you on this journey. Remember in our support groups you will meet people who really understand what your life has been like and what your life can be life. You will find the meetings enjoyable, inspirational and motivational. The only cost to you is your time.

**If you have any questions about support groups, would like to contribute to the newsletter, or you would like to share your story at support group, please contact Irene Zolotorofe at 281-8090.**

