



# BANDED Together

A newsletter from the Weight Loss Institute of Arizona

October/November 2011

## Quick Bites:

- Counting calories is as important as portion control.
- Support is very important to your long-term weight loss success.
- 2 delicious recipes help you stay on track without feeling deprived!
- WLIA launches a new website!

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## Meeting Your Nutritional Needs—A Guide to Supplements

By Mike Murphy, RD

Weight loss surgery can change your life — your level of health, how you feel and how you look . As exciting as these changes are, it is also important to make sure that you are getting proper nutrition throughout your weight loss journey. Do you now what those nutrients are? See below to learn more!

**Multivitamin:** Everyone knows you should take a multivitamin everyday. But do you know WHY? Getting the daily requirement of all vitamins and minerals can be hard when consuming 1800 - 2000 calories/day. It's even more difficult on a diet of only 1000 calories (or less) per day. The proper multivitamin can fill in the nutritional gaps between what you get from the food you eat and what your body needs. Our own WLIA vitamin is properly balanced for bariatric patients.



**Iron:** Iron deficiency is one of the most common nutritional deficiencies and can lead to anemia. Iron serves as a carrier of oxygen throughout your body, which is why you feel tired if your iron levels are low. 15 mg of iron per day will keep your energy levels up. Good chewables are available at [bariatricadvantage.com](http://bariatricadvantage.com).

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## The Importance of Support in Weight Loss

There is no denying that losing weight can be difficult, even after weight loss surgery. With work and family obligations, the additional stress of trying to change your "food lifestyle," (i.e. reducing portion sizes, learning more about nutrition) can sometimes become overwhelming.

That's why gaining support for your efforts is vital to your weight loss and maintenance success. Your support system will be there to help you stay on track.

Support can come from many different places: family and friends, co-workers, other bariatric patients, your doctor's office/staff. Supporters can help you by listening, providing encouragement, or expressing acceptance for you. Emotional support makes you feel good and helps keep you on track.

Support can also be more practical such as someone watching your children while you make time to exercise. Or, you might find an activity-based group or club that can help you achieve your fitness goals

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## Supplement Needs (continued)

**Essential Fatty Acids:** These are NOT produced by your body – you must get them through diet or supplements. Flaxseed meal or oil is a good source. Other sources are fish, chia seed, walnuts, pumpkin seeds, leafy greens. These can also help prevent vision degeneration and memory loss. You can find a liquid version of the supplement at [www.coromega.com](http://www.coromega.com).



tables and legumes will be the best sources of fiber. Fiber acts as a scrub brush in our intestines and is shown to lower cholesterol. If you cannot meet the 20 grams of fiber/day minimum, consider a product like Benefiber. It is available in most retail food and drugstores. 1 tablespoon of Benefiber equals 3 grams of fiber.

*Continued in the next issue!*

**Fiber:** Aim for a minimum of 20 grams of fiber per day through food and/or supplements. Fruits and vege-

*Mike Murphy, RD can be reached by calling the main WLIA office at 480-829-6100.*

**Surround yourself with people who understand and support your weight loss goals!**

## Support (continued)

While providing you with a social outlet as well.

Support groups can be particularly helpful. You can achieve long-term success by developing relationships with others in the same situation.

Being able to hear what other patients are experiencing, or how someone else made it through a particularly difficult time can help you understand that what your experiencing is normal.

Support groups can give you a forum in which you can ask questions and

receive answers in an encouraging environment. Plus, support group members share their successes, which can encourage everyone!

The changes you make to your diet and lifestyle after surgery will last a lifetime. And you'll have a greater chance of long-term success if you surround yourself with people who understand and support your goals.

**WLIA offers monthly support group meetings for all patients. See the schedule on the back page for meeting dates and locations.**

## PB & Banana Protein Smoothie

### Ingredients

- 3/4 cup sliced frozen bananas
- 3/4 ounces 1% milk
- 1/2 scoop protein powder (2 tbsp)
- 1/2 tbsp creamy peanut butter
- 1 1/2 packets sugar substitute



### Directions

Put all ingredients in blender and start on low chop or grind

When all banana pieces have been blended, blend on high until smooth

Makes 1 smoothie. Recipe can be doubled.

## Patient Spotlight— Jessie M.



“For a couple of years prior to weight loss surgery, I did not have much of a life. I spent the majority of time in bed due to severe back and knee pain. If I wanted to do anything such as go to a museum or anywhere that required walking, I had to use a wheelchair. Car trips left my knees swollen and throbbing, and walking from my bedroom to my kitchen often pushed me to tears. I was walking stooped over all of the time and avoiding movement as much as possible.

“After losing weight with Lap-Band, my knee pain almost completely dis-

appeared – only occasionally do I have a twinge of pain. I still have back pain and sciatica, but it is only 10% of what it was. I can go to the mall, on outings, etc. without severe pain and my pain medications actually work (they did not really help before the weight loss). I have a social life and get out often. My depression has lifted and I have an entirely new outlook on life!”

***Jessie has lost 70 lbs! Congratulations Jessie, on your weight loss and the improvement in your quality of life! Keep up the good work!***

## Simple Tuna Salad



A healthy take on a traditional favorite!

### Ingredients

- 1 can (12 oz) water-packed solid white tuna, drained
- 1/3 cup fat-free plain yogurt
- 1 can (4 oz) crushed pineapple, drained
- 1 stalk celery, finely chopped
- 1/4 cup sweet pickle relish
- 1/4 cup chopped pecans
- 1 teaspoon yellow mustard
- 1/8 teaspoon ground cinnamon

### Directions

Mix all ingredients together in a medium bowl.

Serve wrapped in a lettuce leaf, on top of a bed of salad greens or on toasted bread topped with a melted slice of low fat cheese

### Substitutions

Try substituting canned salmon or even canned sardines for the tuna. OR...double the recipe and use one can of tuna and one can of salmon/sardines if you're hesitant to break away from tuna!

### **Serving size:**

**1/4 of recipe**

Calories: 180

Fat: 6g

Cholest: 25mg

Sodium: 420mg

Carbs: 11g

Fiber: 1g

Protein: 22g

## Move of the Month: Seated Ab

***Note: Before engaging in any exercise, please consult your doctor to ensure you can do so safely.***

This seated rotation is a good way to target your abdominal muscles. Holding the weight adds intensity and will involve the shoulders, arms and chest as well.

- Sit up straight on a ball or chair and hold a medium weight.
- Begin the movement with the weight at chest level, shoulders relaxed.

- Keeping the hips and knees facing forward, rotate the torso to the right as far as you comfortably can. Focus on squeezing the muscles around your waist.
- Rotate back to center and then to the left, keeping the movement slow and controlled.

Continue alternating sides for 1-3 sets of 10-16 reps.

Don't have a weight? Use what you have laying around the house!





Weight Loss Institute of Arizona

**3 convenient locations to serve you:**

1855 E Southern Ave—Tempe  
8575 E Princess Drive #215—Scottsdale  
9305 W Thomas Rd #480—Phoenix

**Phone:** 480-829-6100  
**Fax:** 480-446-9475  
**E-mail:** info@wliaz.com

**Office Hours:**

Monday—Friday 8:30 am—5:00 pm  
Saturday By Appointment Only

[wliaz.com](http://wliaz.com)

**Upcoming Support Group Meetings\*:**

Support group meetings are a vital part of your weight loss journey—we do hope you can join us at one or more meeting!

**Tuesday, October 18—5:30 pm**  
Tempe Office—1855 E Southern Ave

**Wednesday, October 26—5:30 pm**  
Banner Estrella—9201 W Thomas Road

**Tuesday, November 15—5:30 pm**  
Tempe Office -1855 E Southern Ave

**Wednesday, November 16—5:30 pm**  
Banner Estrella—9201 W Thomas Road

**We look forward to seeing you  
at a meeting!**

*\*Dates are subject to change. Please call the office to verify.*

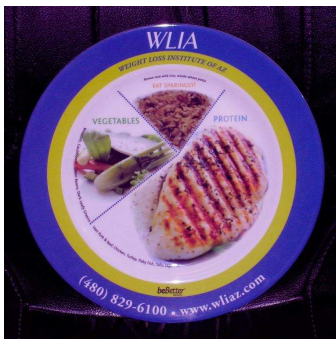
**Check out our NEW Website!**

WLIAZ.com has been revamped to include easier navigation, more information and a more sophisticated look.

The new site features updated information about weight loss surgery options, success stories, and WLIA promotions. Upcoming additions include a dedicated diet and nutrition page.

Be sure to bookmark it and visit often to stay up-to-date on everything that's happening at WLIA!

[wliaz.com](http://wliaz.com)



**Now Available: WLIA Portion Control Plate**

**Only \$10 each!**

Stay on track with your weight loss by using this specially designed portion control plate, exclusively from WLIA!

Plates can be purchased at any WLIA office.