



Oregon Weight Loss Surgery

Fall 2011

# urban health

... a free guide to a Happier, Healthier You!

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Help Change  
Habits for Good

By  
Rania Batayneh,  
MPH

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**STRETCH  
YOUR SMILE**

high protein  
pumpkin  
soup

How much  
protein is  
enough?  
MA Q&A

# 90 days

to 2012...

...90 days to **CHANGE**

**Don't let the changing of the seasons kill your exercise regime**  
**Hibernation is for bears!**

Come October most of us Oregonians are dreading the next 6-8 months of dreary, wet weather. Never fear, Oregon Weight Loss Surgery is here to rid you of all the winter weather excuses for skimping on your exercise routine.

Fall is a great time to turn a new leaf by learning something you have always dreamed of doing. How about tap dancing? Boxing? Bring back the best years of your life with some Jazzercise? Even taking cooking classes is a great way to be active in the winter months.

If you enjoy your special TV series weekly then make it an exercise-TV date. During the commercials

try more vigorous exercises like jumping jacks, push-ups and sit-ups. During a 1 hour TV show you could get in 20 minutes of exercise. Although raking leaves doesn't sound like a blast, it is also a great way to get your heart pumping and burn off the few calories you accumulated sipping warm pumpkin soup (you can find our high protein recipe on page 3). Whatever you like to do to get your body moving, keep with it, and let the bears hibernate this fall!



**Remember:** Never forget to warm up and stretch before becoming active. This step is especially important in the cooler months when your muscles are tight from producing heat for the rest of your body.



# YES YOU CAN.

Self-efficacy is one of the most important predictors of success when attempting to make a lasting change or alter a habit. Going against any default, especially when it's your brain, is difficult to say the least. Motivation and confidence in your ability to change are key to success. Knowing *why* and *how* you are going to actualize change gives you the drive to continue so that your brain doesn't automatically fall back into old habits. Here are 5 tips for developing new and healthy habits:

## 1 KEEP YOURSELF ACCOUNTABLE

Give yourself extra motivation by tackling the change with a friend, posting your progress on a public forum, or rewarding yourself with healthy pleasures. Or make it more interesting by adding money into the mix: set up a friendly office bet, or give a trustworthy friend a wad of money on the condition that they return it only if you keep your healthy habit.

## 2 MAKE YOUR NEW HABIT CONSISTENT AND EASY TO STICK TO

Habits are supposed to be automatic and require little energy, so apply and practice your new habit at the same time every day.



## 3 WORK ON ONE HABIT AT A TIME

You have a limited reserve of self-control, so tackle and maintain one change before starting another.

## 4 REMEMBER THAT MISTAKES HAPPEN

If you have a setback, all is not lost. Just because you have a minor slip-up does not give you free reign to indulge in your old habit. Refocus on your goal and aim to return to your new changes immediately.

## 5 HABITS, GOOD OR BAD, FULFILL OUR NEEDS

Watching TV and snacking mindlessly may be your way of zoning out and relaxing. When you get rid of a habit, replace it with a new form of relaxation: reading a book with a cup of tea, yoga, or taking a walk and chatting with a friend.

**Rania Batayneh, MPH**  
Nutritionist and Wellness  
Coach Consultant  
Oregon Weight Loss Surgery



Happy 30<sup>th</sup> Food!

By Emily Wanderer

Last year marked the 30th birthday of our modern food system. Over three decades there have been unprecedented

changes in business and agriculture. These changes have given way to two pandemics: obesity and hunger. **Globally, 1 billion people are starving while 1 billion are obese.** The fare that farmers have cultivated for the last 30 years is not only a different product than it was, but the product is processed and distributed differently than ever before. In the United States, foods with high nutritional value are virtually unavailable to those who live in rural, low income, minority and/or uneducated areas. Believe it or not, those who are hungry in Africa and those who are obese in the United States need the same thing, easier access to nutritious food choices. The global food industry needs change. This conclusion is the foundation for Ellen Gustafson's **The 30 Project**—a succession of roundtable discussions on how to systematically change the world food system.

A VIDEO LECTURE GIVEN BY 30 PROJECT FOUNDER, ELLEN GUSTAFSON CAN BE FOUND AT:  
[http://blog.ted.com/2010/07/07/qa\\_with\\_ellen\\_g/](http://blog.ted.com/2010/07/07/qa_with_ellen_g/)

FOR MORE INFORMATION OR TO HOLD YOUR OWN 30 PROJECT DINNER PLEASE VISIT:  
[www.30project.org](http://www.30project.org)

“If we do not change direction, we are likely to end up where we are heading.”  
-Confucius

Be sure to look for our special **•HOLIDAY ISSUE•** Out next month and full of tips and tricks to get you through the holiday season!



**NOTHING SAYS FALL QUITE LIKE PUMPKIN SOUP**  
**OUR SLIMMED-DOWN VERSION IS CREAMY AND**  
**PACKS A PROTEIN PUNCH!**

**SMILE  
STRETCH**



**HIGH PROTEIN PUMPKIN SOUP**

**Prep time:** 5 min      **Cook time:** 35 min

- 3 Tbs Extra Virgin Olive Oil (EVOO)
- 2 cups Mushrooms, fresh pieces or slices
- 1 Green Pepper, seeded and sliced into 1-inch strips
- 4 cloves Garlic, peeled
- 1 medium Onion, peeled and quartered
- 1 ¼ cups Pumpkin, canned, without salt
- 1 tsp Kosher Salt
- 4 cups Vegetable Broth
- 1 Tbs Blackstrap Molasses
- 1 cup Nutritional Yeast (available in the bulk section at most grocers)
- 2 tsp Bragg's Liquid Aminos (Soy Sauce may be used as a substitute)
- ½ tsp Smoked Paprika
- ½ tsp Chili Powder
- ½ tsp Black Pepper
- 1 tsp Tabasco or other hot sauce to taste

Stay away from unwanted, extra calories from toppings like sour cream and bacon (yes, bacon is bad). Cut the EVOO in half for an even healthier version!

Try adding some coarsely chopped, fresh spinach (another popular fall vegetable) and a small dollop of soy or low-fat yogurt before serving for an interesting twist.



http://4.bp.blogspot.com/\_c0yGjVopd1u/TLvwaRkLUIAAAAAAAAAASQ/leptTTVz2M8q/s1600/DSC\_0024.jpg

Happiness exercises have been shown to be successful for lasting reductions in depression and lasting increases in happiness. Professor Martin Seligman, author of Authentic Happiness and professor at the U of Pennsylvania, has been researching positive psychology for over 20 years – check out some of his recommended exercises to stave off depression as our seasons change and our days get shorter. And don't forget your Vitamin D!

Try it next week...

"Three Blessings" – write down three things that went well today and why; "The Gratitude Visit" - write a gratitude testimonial and deliver it personally.

<http://www.authentic happiness.sas.upenn.edu/Default.aspx>

**Directions**

1. Preheat oven to 450° F. Drizzle 1 Tbs EVOO onto a cookie sheet. Add all vegetables and garlic. Brush surface of veggies with 1 Tbs additional oil and sprinkle ½ tsp Kosher salt over top.
2. Roast for 10 minutes, then stir to turn. Roast for 10 additional minutes. Remove and let cool.
3. Add roasted vegetables to a soup pot on stove and add 2 cups vegetable broth. Add spices and seasonings, molasses, and nutritional yeast. Using immersion blender (regular blender or food processor will work fine too), blend until smooth. Add remaining 2 cups veggie broth. Bring to a slow boil then turn down to simmer for 10 min. Add salt, Bragg's, and/or hot sauce to taste.

**Number of Servings:** 8

**Nutritional Info (per serving):** Calories 154.7 Kcal, Total Fat 6.1 g, Cholesterol 0.0 mg, Sodium 558.8 mg, Total Carbs 17.8 g, Dietary Fiber 6.2 g, Protein 10.2 g

**NEED A LITTLE HELP STAYING ON TRACK DURING THE HOLIDAY SEASON?**

Use these tips to get started with a food journal; journaling is a great tool to help you stay accountable, manage calories, and reach your goals!

Purchase a notebook – the purpose is to help you focus on YOU and serve as a reminder of your journey . There is no right or wrong way to use it; it is about self-awareness and a reminder that you are in control of your life.

❖ Put a picture of yourself on the journal – not your family, dog, or favorite place...a picture of you. After all, this is about you. This is *your* journey. *You* should be the focus.

❖ On the first page list the top reasons you wanted bariatric surgery in the first place. Why did you undertake this journey?

❖ Make another list of things you want out of life. You can also designate a page as a gratitude list where you write about how much better your life is living it healthily. Don't focus on weight, but instead on how your life has improved.

These are great places to begin reflecting and writing from. Some become food journals, others are more narrative and reflective in nature. There is no right or wrong if you focus on positives and never beat yourself up. *You* are in control!

## support groups

Answers to *your* questions...

### PROTEIN, PROTEIN, PROTEIN HOW MUCH DO I NEED TO EAT EACH DAY?



Protein is an essential part of every bariatric surgery patient's diet. It not only helps to maintain lean body mass but also helps you shed those unwanted pounds. Here at OWLS we use a simple equation to calculate how much protein each person needs *each day*....simply take your current weight (in lbs) and multiply it by 0.3. The product (resulting number) is how many grams of protein you should be getting every day. Good sources of protein include boneless, skinless chicken and turkey breasts, fish, tofu, and low fat cottage or string cheese. *Example calculation:*

275 lbs	x	0.3	=	82.5 g
CURRENT WEIGHT IN POUNDS				GRAMS OF PROTEIN NEEDED EACH DAY

Have a question or article suggestion for the next issue?  
Email [urbanhealth@oregonweightlossurgery.com](mailto:urbanhealth@oregonweightlossurgery.com)

#### NEW DEVELOPMENTS

OCTOBER  
**LapBand** 10.05.11  
**Gastric Bypass** 10.26.11

#### QUICK MEALS FOR THE BUSY PERSON & THOSE WHO HATE TO COOK!

NOVEMBER  
**LapBand** 11.02.11  
**Gastric Bypass** 11.16.11

#### HOLIDAY PARTY

DECEMBER  
**LapBand & Gastric Bypass Combined** 12.07.11

#### GOOD SAMARITAN HOSPITAL WISTAR MORRIS CONF

WEDS, 6:30-8:00PM  
*Schedule subject to change, please call ahead if you do not regularly attend, 503.413.7557*

#### ASHLAND

ASHLAND COMMUNITY HOSPCONF RM 1  
**Contact:** Sindra Koebrink, RN 503.588.7452

#### MCMINNVILLE

CALL FOR INFO  
**Contact:** Carla Galbraith, 503.434.5191 or 503.435.6518

#### EUGENE

MARKET OF CHOICE, 67 WEST 29<sup>TH</sup> AVE  
**2<sup>nd</sup> Weds**, 6:00pm

#### SALEM

SALEM HOSPITAL WEDEL CTR, RM D  
**1<sup>st</sup> & 3<sup>rd</sup> Weds**, 6:30pm  
**Contact:** Pam Bush, 503.931.0196

#### BEND

ST. CHARLES MEDICAL CENTER  
**1<sup>st</sup> Weds**, 12:30-1:30pm  
**3<sup>rd</sup> Weds**, 6:00-7:00pm

#### YAKIMA

MEMORIAL HOSP, 16<sup>TH</sup> AVE STATION CLINIC  
**Thurs**, 7:00-9:00pm

## other support & info

- > [WWW.LIVINGAFTERWLS.COM](http://WWW.LIVINGAFTERWLS.COM)
- > [WWW.THINNERTIMESFORUM.COM](http://WWW.THINNERTIMESFORUM.COM)
- > [WWW.BSCIRESOURCECENTER.COM](http://WWW.BSCIRESOURCECENTER.COM)
- > [WWW.DOCTORSOFWEIGHTLOSS.COM](http://WWW.DOCTORSOFWEIGHTLOSS.COM)

#### DIET SODA: Make your own decision

There have been many conflicting studies on the effects of diet soda on the human body. While you are avoiding sugar which allows for weight loss, you are taking in Phosphoric acid which is a chemical that has been shown to harm metabolic rates. Can't lose those last pounds around your tummy? It could be the Phosphoric acid throwing off your pH levels and making it impossible to lose those extra pounds.



- 
- ...Cut down on sugar
  - ...Bring down my stress levels
  - ...Go to bed at a decent hour and sleep for at least 7-8 hours
  - ...Exercise consistently, not only when I am trying to lose weight
  - ...Hang out with my family and friends
  - ...Eat more fruits and veggies
  - ...Eat good fats
  - ...Put myself first

"We are what we repeatedly do. Excellence then, is not an act, but a habit."  
- Aristotle