



# urban health

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

## 2011: Year of the Vegetable

In 2010, 50 percent of meals were eaten outside the home. Our culture is one where more time is spent watching cooking programs on television than preparing actual meals, and our waistlines are suffering.

Many of us are intimidated by produce aisles and farmers' markets, and this often means we leave the most important and healthy parts of a balanced diet off our plates or compromise with frozen or canned substitutes. A recent report by the Centers for Disease Control and Prevention documented that just 62% of adults have three or more servings of vegetables a day, a number that includes those who deem a tomato slice or lettuce on a burger as a "vegetable serving."

Common sense tells us that if we want a healthy body we need to pay attention to what we put on our forks and in our mouths – this means fresh vegetables. Luckily we live in a region abundant in fresh, local, nutritious – and delicious – foods and buying and cooking with them has never been easier.

Here are some helpful tips and suggestions for reclaiming your kitchen and waistline:

- Start reading food labels; whole, natural foods most commonly have recognizable words and few ingredients.
- Throw away foods with high fructose corn syrup, hydrogenated fats / oils, sugar, or fat as the first or second ingredient on the label.
- Put healthier food options within sight in the refrigerator and pantry, while pushing back all the processed food.
- Eat from smaller plates and use smaller serving spoons to subconsciously lessen portion size.
- Make a set dinnertime – no phones, no television, everyone eats the same meal.
- Remember, bariatric patients should avoid drinking with meals; no fluids at mealtime.
- Invite friends or family to dine with you.
- Savor the ritual of the table; bring back the tradition of mealtime.

2011 is a great opportunity to learn about the wonderful variety of foods the Pacific Northwest has to offer, develop confidence in your cooking skills, and reclaim your kitchen. So go out and fill your shelves with REAL, WHOLE, LOCAL, and FRESH items whenever possible. ✨



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### Oregon Farmers' Markets

Literally 100s of farmers' markets dot the northwest.

Go to

[www.oregonfarmersmarkets.org](http://www.oregonfarmersmarkets.org)

to find a market near you. Support local agriculture while making healthy choices. Eat more veggies!



## Quinoa (KEEN-wa)

### The Grain, The Myth, The Legend

Quinoa has been around for more than 5,000 years, dating back to the ancient Incas in South America. As one of the best sources of complete protein, now is a great time to add this nutty-tasting, hearty grain to your diet. The grain is easy to cook, digest, and contains all of the essential amino acids, not to mention it's also gluten free.

To cook, simply use the same ratio you would for rice: 1 cup quinoa to 2 cups water. Quinoa is a great substitute for rice in many recipes and can also be added to soups, salads and stir fry. ☞



## Read the Fine Print Proposed FDA Food Label Makeover

In December law makers passed the school lunch health bill in an effort to healthify America, and food labels may be up next for a makeover. The FDA is currently debating whether changes to the current labeling system would help consumers make healthy choices. Among the suggested changes are clarifying and highlighting important parts of the label and removing unnecessary and misleading words. The more practice you get reading food labels, the better you can become in using them as a tool to plan your balanced diet.

- Red labeling for HIGH fats, sugars, sodium, & cholesterol
- Ingredient list in regular type instead of all capital letters
- Calorie and serving size information in larger type
- Minor ingredients and allergens listed separately
- Clarification on natural vs. added sugars
- Add percentage of whole grains
- List caffeine content §

Grains: 2% whole

Nutrition Facts		
Serving Size 1/4 Cake (107 g)		
Calories in 1 serving 350		
14 Servings per Box		
Amount per serving		% Daily Amount*
Total Fat	14 g	High 22%
Saturated Fat	5 g	High 25%
Trans-Fat	0 g	0%
Cholesterol	30 mg	10%
Sodium	290 mg	19%
Total Carbohydrate	53 g	18%
Fiber	3 g	12%
Added Sugars	30 g	High 120%
Protein	4 g	8%
Vitamin A	0%	Vitamin C 0%
Calcium	4%	Iron 15%

\*% Daily Amount is based on 2,000 calories a day  
20% or more of the DA is HIGH, 5% or less is LOW.  
§ 50 mg caffeine per serving

## Spring Sauté

This is a great, light dinner high in protein and full of yummy, spring vegetables.

For a more filling version, try serving this dish over a 1/2 cup of quinoa.

- 1 lb skinless, boneless chicken breast or firm tofu cut into 1-inch pieces
- 2 cups fresh green beans cut into 2-inch pieces
- 2 cups sliced yellow summer squash and/or zucchini
- 1 tablespoon chopped, fresh oregano and/or thyme
- 1 tablespoon chopped, fresh basil or flat-leaf parsley
- 1 tablespoon olive oil
- 1 cup cherry tomatoes, halved
- 3 cloves garlic, minced
- 1/4 cup vegetable broth
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper



1. In a covered, medium saucepan, cook green beans in ~1/4 cup of boiling, salted water for 8 to 10 minutes or until crisp-tender. Do not overcook. Drain; submerge beans in enough ice water to cover and let stand until cool. Drain again; set aside.
2. Heat olive oil over medium heat. In a large skillet, add garlic and sauté until fragrant (1-2 minutes). Meanwhile, in a large bowl, toss chicken or tofu with oregano. Add protein to hot skillet with garlic; cook 5 to 6 minutes.
3. Add squash to skillet with protein and garlic. Continue cooking and stirring for 3-4 minutes.
4. Add green beans, vegetable broth. Increase heat to medium-high and bring to a boil. Add tomatoes, basil, salt, and pepper. Cook an additional 1-3 minutes until all vegetables are tender. §

## I ♥ TOFU

A slice of firm tofu (2.86 ounces) contains 13 grams of protein, 2 grams of fiber, 0.5 grams of omega-3 fatty acids, 55% of the Recommended Dietary Intake (RDI) for calcium, and 12% RDI for iron and magnesium.

Nigari tofu is generally best used as a "meat" substitute. To prepare for the best flavor: drain water from container, wrap tofu in paper towels and again in a clean kitchen towel; Place a heavy skillet or a few books on top and leave for 20-30 minutes. Now you are ready to cube the tofu and cook with your meal.

To use tofu as a meat substitute in any recipe, simply add the tofu in place of beef, chicken, pork, etc. in your recipe and cook as directed. ☞



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Portland is one of the most beautiful cities in the country, and spring is a perfect time to take a walk along the waterfront downtown, enjoy the cherry blossoms, and get a little exercise and reduce stress at the same time. So GET OUT, get moving, and take in the spring air!

**The walk:** Here's one that every Portlander needs to do at least once. Starting at the Hawthorne Bridge, head north along Tom McCall Waterfront Park's river walk, past several fountains where children engage in warm-weather play. You'll cross the Willamette River on the Steel Bridge's skinny lower deck. From here, head south along the Vera Katz Eastbank Esplanade's suspended and floating walkways, finally crossing the Hawthorne Bridge for a perfect loop. Along the way, you can stop for people-watching, read historical placards describing Portland's heyday as a shipping port and drink in the beautiful views of downtown's skyline to the West and Mt. Hood to the East.

**Length:** 2.6 miles (loop – walk the full loop or double-back on your own accord for a shorter trip)

**Know before you go:** Avoid peak commute times when heavy bike traffic on the esplanade portion of the loop leaves little room for pedestrians. §

[http://www.oregonlive.com/entertainment/index.ssf/2010/08/10\\_enticing\\_urban\\_walkabouts.htm](http://www.oregonlive.com/entertainment/index.ssf/2010/08/10_enticing_urban_walkabouts.htm)



## 4 Slimming Strategies for Spring

### 1. Stay hydrated

Thirst can sometimes masquerade itself as hunger. When you are hydrated you can better sense hunger. Oftentimes we think that we are hungry after eating a full meal, but it is more likely that we are dehydrated. It is important to stay hydrated on pure water vs. iced teas and soda -- this can help ward off kidney stones as well. Women who drink more water also have better workouts; they have more energy during the workout and feel less fatigued.

### 2. Sweat daily

You know those people who go to the gym and just steam/sauna/shower and leave – well, they are doing something good for their bodies, but if that describes you, I want to see you getting your sweat on via cardio, yoga, or a walk. Moving and sweating gives you radiant skin, improves your mood and circulation, and helps your long term health. You also burn calories and tone your body to keep you feeling fit and shapely.

### 3. Start cooking at home

This boils down to knowing what is in your food. When you dine out you have almost no control over what you consume. Somebody else is dictating your portion sizes and food quality. Restaurants are more concerned with their bottom line than your waistline. When you cook at home, you not only save money, but you also save calories.

### 4. Sleep for success

When we are rested our body just works better. Our body craves consistency, and sleep is a critical success factor that affects our energy, mental alertness and cravings. Your body needs time dedicated to recovery and rest, and in order to burn fat to get leaner, you need consistent sleep hours. Also, for some, the later you stay up, the more likely you are to dig into the cabinets or refrigerator and consume extra calories!

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Rania Batayneh, MPH  
Nutritionist & Wellness Coach

# support groups

Success after bariatric surgery is a lifelong journey that takes both work and support. Support groups are an excellent opportunity to discuss various personal and professional issues you may be experiencing and to assist you with short-term and long-term questions and needs.

Coming up...

<b>Stress Management</b>	LapBand	Wed, April 6 <sup>th</sup>
	Gastric Bypass	Wed, April 27 <sup>th</sup>
<b>Menu &amp; Meal Planning</b>	LapBand	Wed, May 4 <sup>th</sup> **
	Gastric Bypass	Wed, May 25 <sup>th</sup>
<b>Fructose Research: Western Diet Implications</b>	LapBand	Wed, June 1 <sup>st</sup>
	Gastric Bypass	Wed, June 22 <sup>nd</sup>

Meetings 6:30 – 8:30 pm  
Legacy Good Sam Main Hospital - Wistar Morris Conf Room  
(\*Devers Conference Room)

Additional meeting times, locations, and online support groups can be found at [www.oregonweightlossurgery.com](http://www.oregonweightlossurgery.com)

# MA Q&A

Answers to your questions...

## Q: Why is it important for me to take my vitamins?

**A:** Confusion and frustration are not uncommon when it comes to understanding bariatric vitamins and supplements after surgery. As a bariatric surgery patient it is important to remember that your body's natural digestive processes have been altered, and thus your body may not get enough of the vitamins and minerals it needs from food alone to maintain proper health. We remedy this problem by asking that you be diligent in your meal planning and preparation. Some patients may be asked to take a multivitamin and additional supplements like calcium citrate, prescription strength vitamin D, vitamin B12, and iron. Be sure to talk to your provider to make sure you're maintaining a good balance and avoiding any deficiencies. As always, if you have any non-emergency questions please contact the clinic (503.227.5050). ☼

- Hannah, Lisa C., & Sara – Medical Assistants

## Provider's Perspective

This issue we talked with Dr. Emma Patterson and asked her to give you a few personal thoughts and tips for a healthy spring...

**Q:** I think patients would like a little insight into who you are outside of Oregon Weight Loss Surgery. What do you enjoy doing in the spring to get your body moving?

**Dr. Patterson:** In the spring I enjoy cycling, gardening, and spring skiing.



**Q:** What is one stress relief tool you use?

**Dr. Patterson:** Exercise! Getting my body moving and my heart rate up is the best stress relief tool around.

**Q:** Do you have a springtime tip for patients?

**Dr. Patterson:** Make taking care of yourself a priority – schedule fun things for yourself every week. Whether it's a massage or pedicure, going skiing or for a hike, or having dinner with a friend, taking time out of your busy schedule and focusing on yourself is important for creating and maintaining health and balance in your life.

Each month we will try to spotlight a different provider. Have ideas for questions you'd like to see answered? Email [urbanhealth@oregonweightlossurgery.com](mailto:urbanhealth@oregonweightlossurgery.com).

Oregon Weight Loss Surgery is proud to now offer Celebrate Bariatric Supplements. Celebrate created their vitamins and supplements specifically with surgical weight loss patients in mind. Check out these new bari-friendly products the next time you're in our office, and be sure to take advantage of the coupon below!

Calcium PLUS 500	Berries n Cream	90	\$19.95
Iron + C 60	Berry	30	\$12.95
B12 Sublingual	Cherry	90	\$15.95



# 10% off

any Celebrate Bariatric Supplement in stock

Bring this coupon and shop in the office at Oregon Weight Loss Surgery through July 1, 2011 to save 10% off any Celebrate Bariatric Supplement product we have in stock.

1 coupon per customer