


Nutrition Newsletter

In the Spotlight....Calcium

By: Lillian Craggs-Dino, MS, RD, LD/N

Calcium is the most abundant mineral found in the human body and plays a role more than just making strong bones and teeth. Calcium is needed for your muscles to contract, your nerves to send messages, for blood vessels to contract and expand, for proper functioning of some hormones and enzymes, and for blood clotting. Some research also shows that calcium may help you lose more weight and fat mass.

A deficiency in calcium may lead to bone abnormalities such as rickets, osteomalacia, osteoporosis, and spontaneous fractures, and other conditions such as hypertension, poor blood clotting, and poor muscle and nerve transmission. Calcium is absorbed in the part of the small intestine called the duodenum and jejunum. Bariatric patients may be at a higher risk of calcium deficiency because the nature of their surgery and restricted intake of food. The most common cause of calcium deficiency in bariatric patients is linked to poor intake of calcium rich foods and noncompliance in taking calcium supplements. We recommend that our patients take 1500 mg of elemental calcium citrate per day even if you consume dairy products and other calcium rich foods. Calcium absorption is enhanced when you take calcium with vitamin D, but separate from other minerals such as iron or zinc. Calcium absorption is also enhanced if you take your supplement with calcium rich foods such as dairy products. Do not take the calcium supplement with a high fiber meal or with a fiber supplement as this would decrease the absorption.

Don't forget, vitamin and mineral deficiencies may cause no immediate symptoms. Get your lab work done, take your calcium supplement, and contact the nutritionists at Cleveland Clinic Florida Bariatric and Metabolic Institute to assist you with all nutritionally-related questions or concerns 



The Importance of Follow Up Visits

by Gina Sweat, MS, RD, LD/N

Is your bariatric follow-up appointment fast approaching? Has it been 2 weeks after surgery? 2 months? 6 months? 1 year? Or are you at several years after weight loss surgery? If you answered "yes" to any of these questions, please schedule a follow-up appointment as soon as possible.

Why is it important to come to all of your routine follow-up appointment with the nutritionists? Because we will:

- Monitor adequacy of your weight loss and check if your weight loss is on target
- Determine if your food and fluid intake is appropriate and optimal
- Have your blood checked for vitamins and minerals levels and find out your vitamin and mineral status
- Get advice on the appropriateness of your intake of supplements, vitamins, minerals and/or protein shakes
- Get an overall assessment of your current nutritional status
- Find out if you need to make any changes; dietary, exercise, or behavioral to successfully achieve or maintain your weight loss goals!

Back on Track

by Gina Sweat, MS, RD, LD/N

10 Simple Steps to Get “Back on Track” with Weight Loss

1. Exercise for 10 minutes every day. If you stay consistent with this routine it will help you create the habit of exercise. Increasing the intensity of it, will come up with time.
2. If you are not eating breakfast every day, start doing it now. This will set the stage for the rest of the day and will help prevent overeating at night.
3. Get rid of all “unwanted triggering foods” in you pantry, refrigerator, candy jars, and counters. Not having the temptation of those foods can start you off right
4. Look for meal recipes with specific calorie, protein and carbohydrate goals. For example, look for meals with nutritional values of 200-300 calories, 20 grams of protein and 15 grams of carbohydrate per meal. This task will get you interested in reading nutritional labels and be more aware of the nutritional value of foods you are eating.
5. Go shopping for new healthy foods. Getting excited about trying a new food can motivate you to continue eating healthy foods.
6. Start being more conscious about every single piece of food or drop of liquid you put in you mouth. Yes, black coffee, sugar-free candy, pickles, and some sugar-free flavored waters have calories. Remember only 50 calories extra per day can promote weight gain of 5 lbs per year.
7. Stop nibbling while cooking. You may be adding more calories than you think when trying to taste your foods. If you think one simple tablespoon of rice does not have too many calories; think it twice! It has 25 calories.
8. Buy a motivational book. Reading about a topic that’s exciting for you will not only help you to get you motivated to get back on track but also to keep your mind busy to avoid mindless eating.
9. Buy a new set of workout clothes. It may make you feel good about exercising, look good when exercising and remind you of exercising. Knowing you invested money on a new outfit to exercise will remind you to actually do it.



Featured Recipe: Lillian’s Shrimp on Wilted Spinach and Garlic Recipe

Ingredients

- 3 ounces of shrimp, raw, shelled, deveined, and cleaned
- 1 cup of fresh spinach, cleaned and dry
- 2 tablespoons of extra virgin olive oil
- 2 cloves of garlic, sliced

Seasoning mix made of: ¼ teaspoon each of: salt, black pepper, paprika, onion powder, and garlic powder

Nutrition Facts:

Calories:	300
Protein:	18 grams
Total Carbohydrates:	6 grams
Total Fat:	13 grams

Directions:

Mix the seasoning mix with the shrimp. Heat 1 tablespoon of olive oil in sauté pan and heat until hot. Quickly cook the shrimp until cooked through; take shrimp out of pan and keep warm. Add the last tablespoon of olive oil back into the sauté pan and add the garlic. Don’t burn the garlic! Immediately add the spinach and sauté until wilted.

Enjoy.

*This is a Phase IV or V appropriate recipe.

**If following a Phase III, omit the spinach.

10. Make “Getting Back on Track with Weight Loss” your New Year’s Resolution for 2011. Be specific with your weight loss goals and daily tasks; for instance, it is better to say that you are going to lose 20 lbs within the next 3 month by biking for 30 minutes, 3 times per week and walking for 30 minutes, 3 times per week than to say that you are going to lose weight in 2011 by exercising. This way you are setting specific, realistic goals for your weight loss goals and tasks to accomplish them.

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