

Nutrition Newsletter

Dear Friends and Patients:

We are proud to introduce *Bari-Bites*, the nutrition newsletter developed by the registered and licensed dietitians of the Bariatric and Metabolic Institute at Cleveland Clinic in Florida. We would like to give a special thanks to all of the patients and staff members who participated in developing the name of the newsletter.

Bari-Bites is dedicated to delivering up-to-date nutrition information to you, our bariatric patients. Topics will include nutrition current events and research findings, bariatric recipes, patients in the spotlight and other interesting topics that will empower you to make informed decisions when dealing with your nutritional intake. It will also keep you informed about activities and events offered by Cleveland Clinic, which will help you stay motivated throughout your weight loss and maintenance journey.

Thank you for the privilege of assisting you with your bariatric nutrition needs. Please enjoy the newsletter, and as always your comments and contributions are welcome.

Warm and Healthy Regards,
 Lillian and Gina



Vitamin in the Spotlight: Vitamin B1, Thiamin

Thiamin is a water soluble vitamin that is absorbed in the jejunum, a portion of the small intestine. In the human body, it is found in high concentrations in the brain, heart, muscle, liver and kidneys. It functions by participating in carbohydrate and protein metabolism and energy production. It is also needed for normal functioning of the nervous system. Thiamin deficiency can lead to beriberi. Beriberi can affect the heart, the GI tract and the nervous system, and is characterized by neuropathy, cardiovascular problems and muscle atrophy. Although a deficiency in this vitamin is rare, it has been documented in bariatric patients due to low nutrient intake, pre-existing deficiency, excessive vomiting and malabsorption. We recommend that you take a daily dose of thiamin included as part of the B-complex vitamin at 75-100 mg. Thiamin is also found in pork and pork products, dried peas and beans, and enriched cereal.



Baked Fish on a Bed of Spinach



Ingredients:

Plain, skim milk yogurt	½ ounce
Raw, fresh spinach, stems trimmed	2 pounds
Yellow, prepared mustard	1½ tablespoons
Non-fat, sugar free, ranch salad dressing	¼ tablespoon
Tilapia, Sole, Flounder, or any other white-fleshed, flat fish	4 fillets
Salt and pepper to taste	

Preheat oven to 400 °F. Rinse fish and pat dry with paper towels. Arrange in an oven proof baking dish. Mix the dressing, yogurt and mustard until smooth. Spoon evenly over the fish and bake until the fish is no longer translucent, approximately 8-10 minutes.

While the fish is cooking, rinse and drain the spinach. In a hot skillet, add the spinach and wilt the leaves. Add salt and pepper to taste.

To plate, place spinach first and top with fish.

Approximated nutrient analysis in a single serving (14.1 ounces):

Calories:	207
Protein:	38 grams
Sugar:	1.4 grams
Total Carbohydrate:	9.3 grams
Total Fat:	3.0 grams
Saturated Fat:	0.62 grams
Cholesterol:	78 grams
Fiber:	5.2 grams

**Recipe and nutrient analysis adapted from "Nutribase 7."

**This recipe is appropriate for Phase IV and Phase V of the Bariatric Protocol at Cleveland Clinic in Florida. If you are following Phase III, please omit the spinach.

New Year's Weight Loss Resolutions: Steps to Succeed



Set yourself up for successful weight loss in 2009 by following these simple steps:

- Set up a calorie goal that will promote weight loss. If you need advice, contact your Cleveland Clinic nutritionist to get individual recommendations.
- Eat the recommended amount of protein every day. Remember to eat your protein first. If you prioritize protein, you will be more likely to meet the recommendations. If you do not know your protein recommendations, please contact your Cleveland Clinic nutritionist.
- Keep a food diary or journal. Studies have found that keeping food diaries can help increase your weight loss by making you more accountable for the food that you are eating. There are online sources that you can use to keep your food diary: www.calorieking.com and www.sparkpeople.com.
- Set up an exercise goal that can aid with weight loss. Find the number of calories that you need to burn every day in order to lose weight.
- Find the best tools to keep yourself motivated to achieve your weight goal. Some useful motivational tools include: looking at the before-surgery pictures, trying on before-surgery clothes, remembering all your health and weight loss accomplishments after surgery, and attending monthly support group meetings.
- Get yourself ready to start the New Year and put into practice these steps that will help you succeed with your weight loss and weight maintenance goals.



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