

Roger Williams Life Changers

Weight loss for a healthy life

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**Roger Williams
Medical Center Weight
Loss Surgery**



Announcements

Are you interested in learning more about weight loss surgery? See [Weight Loss Surgery | CharterCARE](#) on our website.



Roger Williams
MEDICAL CENTER

A Better Way to Better Health Care

Upcoming WLS Support Groups

We will be continuing our support groups online. Please feel free to join us!

4th Thursday of the month at 5:00-6:00 pm (in English)

November 30, 2023 (1 week after Thanksgiving)

December 28, 2023

1st Thursday of the month at 6:00-7:00 pm (in Spanish)

December 7, 2023

January 4, 2023

To join a support group, please email Diana at diana.beaton@chartercare.org. You will receive a link to join the meeting. You can also join the call by phone. See our website www.loseweightri.org under "Patient Resources" for information on our support groups.

Tips to Enjoy the Holidays After Bariatric Surgery



The holiday season is right around the corner, which can be a challenging time after bariatric surgery. With all the family gatherings, holiday parties and treats, it can be a bit overwhelming for people trying to stay on track with their weight loss plan. Luckily, there are ways you can still enjoy this time with family and friends. By planning ahead and enjoying in moderation, the holiday season can

still be the time of year you look forward to. Here are some tips to help you enjoy the holidays while still maintaining your weight loss journey.

Stick to the Basics: Just because it's the holidays doesn't mean you can't maintain the same healthy eating habits. Keep the basics in mind, such as portion size, eating slowly and tracking your intake. Be sure to have enough protein in each meal as well. By not diverging from your basic eating pattern, you can avoid overeating.

Stay Hydrated: The holidays usually involve quite a few alcoholic beverages, which can dehydrate you, and are full of empty calories as well. It's important to be aware that alcohol can affect you differently after bariatric surgery, so be sure to drink enough water and be mindful of your alcohol intake.

Exercise: The holidays can be a busy time, and it's easy to fall off an exercise routine. Consider scheduling a time for exercise, rather than get into the habit of pushing it off until the holidays are over. Additionally, it's important to keep a routine during the wintertime in general. If you live in a colder area and don't want to be outside when it's cold out, be sure to have a plan for at-home routines for exercise or schedule the time to make it to the gym

Choose Healthier Options: If you plan on making some of your favorite holiday dishes, consider looking for alternative ingredients that cut down on fat and calories. Some examples include:

- Using skim milk instead of whole milk for mashed potatoes
- Consider substitutes for sugar such as unsweetened applesauce or noncaloric sweeteners
- Kick up the flavor with garlic, spices, and herbs rather than with fats such as butter and gravy
- Choose evaporated skim milk instead of heavy cream for baking

Be Kind to Yourself: All is not lost if you overindulge a bit during the holidays. It is okay to allow yourself to an occasional treat, just be sure to recommit to healthy patterns. Keeping the above tips in mind can ensure you enjoy this special time of year while maintaining your weight loss journey.



Broccoli with Balsamic Mushrooms

Ingredients:

- 1 pound broccoli, cut into 1-inch florets, stems peeled if desired
- 3 tablespoons extra-virgin olive oil, divided
- 8 ounces shiitake mushrooms, stems removed, caps sliced 1/2 inch thick (4 cups)
- 4 ounces baby bella mushrooms, quartered (2 cups)
- ¼ teaspoon salt
- 2 large cloves garlic, minced
- 2 tablespoons balsamic vinegar
- 1 tablespoon reduced-sodium tamari (or soy sauce)
- 1 tablespoon butter
- ¼ teaspoon crushed red pepper

Directions:

1. Cook broccoli in a pot of boiling water until just tender, 3 to 4 minutes. Drain.
2. Heat 2 tablespoons oil in a large skillet over medium-high heat. Add shiitakes and baby bellas, sprinkle with salt and cook, stirring often, 5 to 8 minutes.
3. Reduce heat to medium; add garlic and the remaining 1 tablespoon oil and cook, stirring, for 30 seconds. Add vinegar and tamari (or soy sauce) and cook for 30 seconds more. Remove from heat; stir in butter, then add the broccoli and crushed red pepper and gently toss to combine.

Nutrition Facts: Makes 6 servings; nutrition facts per serving (or 1 cup): 132 calories, 4g protein, 10g carbohydrate, 10g fat. From www.eatingwell.com



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Email Diana.Beaton@chartercare.org