

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.

- Upcoming WLS Support Groups:

August 24, 2021 at 5:00-6:00 pm (English) with Diana Beaton RDN

Support Groups will be in-person at Roger Williams Medical Center in the Greene conference room (next to the cafeteria). For more information or to sign up, please email diana.beaton@chartercare.org

The Spanish support group for September has been cancelled. Please join us on October 7 from 7:00-9:00 pm for our in-person support group.



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A Better Way to Better Health Care

8 Tips to Improve Your Immune System

1. Add Fruits and Vegetables. You may have heard the phrase “eat a rainbow.” This refers to the fact that vegetables and fruits are very colorful. Aim to eat several servings of fruits and vegetables a day.
2. Add a probiotic. Probiotics enable your body to maintain or increase the variety of “good bacteria” in your gut (or large intestine). Probiotics are naturally found in cultured dairy products and fermented foods.
3. Eat enough protein foods. Protein foods are needed to build new cells and fight off disease. Your body doesn’t store protein, so you require some every day. Examples include: yogurt, eggs, chicken, beef, seafood, beans and lentils. Nuts and nut butters can also contribute to a person’s total protein intake.
4. Add exercise or physical activity. Exercise can help to improve your immune status. Regular exercise can help with weight loss and maintenance and can improve mood, sleep and well-being.

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5. Decrease your stress. Let's face it. We can't control all the stress in our life but we can develop better ways to cope with the stress we have. When the body is under stress, your immune system responds. But responding continually taxes the immune system. Participate in activities that allow you to feel less stressed—listen to music, get outdoors, write down your thoughts, exercise, meditate, practice yoga, color, clean your house—whatever works for you!
6. Get enough sleep. Sleep is very important for overall health. Lack of sleep affects our mood, performance and overall ability to cope. Adults require 7-9 hours of sleep each day. Google “sleep hygiene” to learn more about what you can do to improve your sleep habits.
7. Get enough fluids. Many people don't realize how important hydration is to feeling your best. We recommend 64 oz. of water or other clear, sugar-free liquids every day. If you can't get 64 oz., start with 48 oz. and try to increase it. Develop a habit of carrying a water bottle with you wherever you go.
8. Reduce your alcohol intake. Some people find that when they decrease their alcohol intake, they feel better and sleep better too. Alcohol can be dehydrating and also adds calories. Try to limit your intake if you find it interferes with all of the above.

Note: Having a healthy immune system can't prevent you from getting Covid 19. Please follow your doctor's, the CDC's and the Department of Health's advice.



My Bariatric Dietitian


I recently found a website called My Bariatric Dietitian. www.mybariatricdietitian.com. You can download a 7-day meal plan for free. For more detailed meal plans, after surgery, see The Complete Bariatric Cookbook and Meal Plan. It's a great way to get cooking ideas and prepare what you may need after your surgery. I'll have a copy available at the support group meeting on August 24th.



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Stay Connected!

 Join us on Facebook at www.facebook.com/RWMCWeightLossSurgery. Have a good tip or recipe to share. Tell us about your success. What you've discovered may be helpful to others.

Email Diana.Beaton@chartercare.org



Crunchy Roasted Chickpeas

Makes 4 servings/Prep: 10 minutes/ Cook: 20 minutes/

Extra virgin olive oil spray
1 can chickpeas (15.5 oz.)
2 t. extra virgin olive oil
1 t. garlic powder
1 t. onion powder
Dash of ground cayenne pepper (or black pepper)
dash of salt

1. Preheat oven to 400 F. Coat a large rimmed baking sheet with oil spray and set aside.
2. In a colander or sieve, drain and rinse the chickpeas.
3. In a medium bowl, mix the chickpeas with the olive oil, garlic powder, onion powder, and cayenne pepper.
4. Spread the chickpeas in a single layer on the baking sheet. Roast for 15 to 20 minutes, giving them a stir at least once halfway through the roasting time. The chickpeas are done when they are lightly browned and crispy.
5. Serve immediately.

Serving tip: Snack on these alone or toss them on a salad to add flavor, fiber and protein.

Substitutions: omit garlic and onion powder and use 1 t. toasted sesame oil and decrease olive oil to 1 t. Add salt and pepper to taste.

Per serving (1/3c.): Calories 136, Protein 5g., Carbs. 20g., Fat 4g.

Photo courtesy of www.loveandlemons.com
Recipe from Fresh Start Bariatric Cookbook by Sarah Kent RD.