

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

Due to new hospital guidelines regarding Covid, we will be continuing our support groups online.

4th Thursday of the month at 5:00-6:00 pm with
Diana Beaton RD

February 23, 2023

1st Thursday of the month at 7:00-8:00 pm* with
Carmen Diaz-Jusine (in Spanish)

March 2, 2023

* Please note: NEW time and day of week.

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. We welcome people to join the call who have had surgery already and also for those who are pre-surgery or still deciding.

Fitting Fiber in After Weight Loss Surgery

Following a healthy eating plan before and after weight loss surgery is very important. You may have heard that fiber is an essential part of a healthy diet, but why? High-fiber foods take longer to break down in the digestive tract, which makes you feel full longer. Fibrous foods typically require more chewing as well, which can help slow your pace of eating and prevent overeating. High fiber foods also contain fewer calories which helps with weight loss and maintenance.

Here are a few reasons why you should include fiber-rich foods in your eating plan:

1. It keeps you feeling full longer.
2. It helps regulate digestion (regular bowel movements, free from straining)
3. It helps improve blood sugar and cholesterol levels.

Many bariatric patients may have high cholesterol or high blood sugars prior to weight loss surgery. Including more soluble fiber in your diet can help to lower these. Foods like beans, oats, flaxseed, vegetables and some fruits can help lower cholesterol levels as well as improve blood sugar levels.

TIP: Adding too much fiber too quickly can cause bloating, gas, and cramping. Be sure to gradually add fiber into your diet.

TIP: Be sure to drink plenty of water or other zero calorie beverages while increasing your fiber intake.

High Fiber Foods

1. **High fiber cereals** - look for the fiber content on the Nutrition Facts label. A serving that has 7g of fiber or more is a good choice. Be sure to avoid buying cereals that have a lot of added sugars.
2. **Beans, lentils, peas** - These foods are very versatile and can be added to soups, spreads, salads or other dishes.
3. **Whole grains** vs. refined grains - when you can, select foods that contain more of the whole grain - meaning that the nutritious part of the grain has not been removed. Examples of these include: whole grain breads, brown rice, quinoa, barley, etc.
4. **Fruits and vegetables** - Many fruits and vegetables are a great source of fiber. Try switching out crackers or chips for some carrots and hummus, or sweets for fruits like apples and berries.

TIP: Avoid packaged, processed foods. These types of foods generally do not have fiber and include added sugars and fats that can lead to weight gain over time. Examples of processed foods include: Pop tarts, Hot Pockets, Breakfast bars (cookies), sweetened cereal, cookies, cake, etc.

FOR MORE RECIPES using beans, peas and lentils, see <https://pulses.org/us/pulse-recipes/>



Tuna Casserole with Peas

Ingredients:

- 12 ounces egg noodles, preferably whole-wheat
- 2 (11 ounce) cans condensed cream of mushroom soup
- 3 (5 ounce) cans water-packed chunk light tuna, drained and flaked
- 1 medium onion, finely chopped
- 1 cup frozen green peas, rinsed under cold running water
- 1 cup plain dry breadcrumbs, preferably whole-wheat
- 1 cup shredded Cheddar cheese

Directions:

- Preheat oven to 375°F. Coat a 9-by-13-inch baking dish with cooking spray. Bring a large pot of water to a boil.
- Cook noodles in the pot of boiling water according to package instructions. Drain and rinse under cold running water. Transfer to a large bowl.
- Add mushroom soup, tuna, onion and peas to the noodles; stir until combined. Scrape the mixture into the prepared baking dish. Combine breadcrumbs and cheese in a medium bowl; sprinkle over the casserole.
- Bake until bubbly and lightly browned, 20 to 25 minutes.

Nutrition Facts:

Serving Size: 1 cup; 356 calories, 23g protein, 46g carbohydrate, 9g fat.

www.eatingwell.com October 2022.



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 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