

The Bariatric Scoop

March 2024 www.sarahbush.org

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NATIONAL NUTRITION MONTH



Make nutrition your focus and feel the difference! March is National Nutrition Month, which makes it the perfect opportunity to pause and think about what you're eating, and your mindset around your food choices.

This year's theme, **Beyond the Table**, was selected to help encourage awareness to food choices, where food comes from, and places we eat. Here are just a few important tips to help you stay focused or become more focused on your nutrition.

- 1. Watch Portions Sizes:** Use half your plate for vegetables and fruits, and the other half for lean proteins, and small amounts of grains. Measuring cups and small plates can really help with portion control.
- 2. Eat Your Vegetables and Fruit:** Fruits and vegetables add flavor and texture to a meal, and they offer vitamins, minerals, and fiber that are important for health. All forms count, so be open to using fresh, frozen, or canned options.
- 3. Get Cooking:** Preparing foods at home can be healthy, rewarding, and cost effective.
- 4. Fix Healthy Snacks:** Healthy snacks can sustain your energy level between meals, prevent overeating at meals, and offer opportunities to maximize your nutritional intake, especially when they include a combination of foods such as a protein-rich food paired with a vegetable, fruit, or grain. For example, cottage cheese and vegetables, yogurt and fruit, nuts and fruit.
- 5. Drink Water:** Quench your thirst and stay hydrated with water. Strive to make at least half of your fluid intake water. Avoid sugary beverages that only add calories and no nutritional value to your diet.

SUPPORT GROUP MEETINGS

6 - 7 pm
Center for Healthy Living Conference Room or via Zoom.
Open to all bariatric patients.

- March 19
- April 16
- May 21



Zoom Meeting Link

EASY READY-TO-EAT SNACKS

1. 1 medium apple and 1 cup yogurt.
2. Spread a thin layer of fat free cream cheese on one slice of salami, add a pickle, and roll up.
3. Slice of mozzarella cheese topped with a slice of pepperoni and air fry for 5 minutes. Dip in sugar-free marinara sauce



HOMEMADE RAVIOLI

For this recipe, the mozzarella cheese is the ravioli shell, not pasta.

INGREDIENTS:

- 4 slices of mozzarella cheese
- 1/4 cup ricotta cheese
- 1/4 cup ground Italian sausage
- Garlic powder and Italian seasoning to taste

DIRECTIONS:

After cooking the Italian sausage, mix it well with the ricotta and a little garlic powder and Italian seasoning. Slice the mozzarella slices in half, making 8 slices on a piece of parchment paper on a baking sheet. Bake just the mozzarella slices at 350 degrees for 6 minutes. Take

out of the oven, wait 1 minute. Scoop a small ball on one side of each slice of mozzarella and fold it, pressing down on the ends with a fork to shape it closed. It's important to do this one minute after taking the mozzarella slices out of the oven so the "ravioli" will close at the ends. Top with parsley and put back in the oven for about 4 minutes. Use sugar-free marinara sauce to dip them in or put on them.



WORD SEARCH

Apples	S	L	Y	O	H	C	K	O	B	L	I	N	A	I
Bok Choy	E	C	Y	R	P	A	E	S	Q	C	M	V	Y	S
Blueberries	I	U	I	H	E	G	G	P	L	A	N	T	B	A
Carrots	R	A	D	S	N	G	C	I	L	R	G	R	D	E
Cauliflower	R	I	B	L	U	E	B	E	R	R	I	E	S	W
Eggplant	E	W	S	H	N	M	T	G	C	O	N	G	E	N
Green beans	B	O	O	K	E	S	L	S	A	T	S	W	O	A
Kale	P	R	R	I	A	T	E	R	U	S	N	I	T	T
Mushrooms	S	E	S	W	N	L	A	N	L	D	A	N	A	N
Nectarine	A	B	P	A	P	O	E	I	I	A	E	L	T	E
Okra	R	K	C	P	S	U	K	M	F	C	B	M	O	C
Onion	L	W	A	T	E	R	M	E	L	O	N	E	P	T
Potatoes	O	B	L	I	V	R	U	L	O	V	E	D	N	A
Peppers	R	E	N	D	M	U	S	O	W	Y	E	R	A	R
Raspberries	S	I	E	Y	L	O	H	A	E	E	R	I	M	I
Swiss Chard	C	T	H	C	N	G	R	I	R	G	G	N	E	N
Tomatoes	A	K	O	O	L	E	O	T	B	L	L	O	C	E
Watermelon	R	P	I	R	S	E	O	T	A	M	O	T	E	C
	K	N	P	A	U	C	M	Y	U	I	P	G	B	O
	O	M	U	S	W	I	S	S	C	H	A	R	D	R

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Beyond the Table

This year's theme for National Nutrition Month® inspires us to look *Beyond the Table* when thinking about our health and the environment. Choices we make daily, including what we're going to eat and drink, can make a big difference — both now and in the future.



School and family meals are important, but healthy choices go beyond the foods and drinks we enjoy while sitting at the lunch or dinner table. They include our snacks, breakfasts on the go, eating out with friends, and even where foods are grown and how they're prepared.

Our food choices also can affect the health of our planet. Have you ever thought about the work that goes into producing the foods we eat? This includes how food is grown or raised, where and how it is made, as well as its safety. It's important to think about the foods we eat and the nutrition they provide, but is there more we could be doing to improve our health and the environment?

These are a few tips to help you reach Beyond the Table:

Focus on a healthy eating routine

Making healthy food choices may seem difficult at times, especially when eating away from home, but it doesn't have to be. Many eating places provide nutrition information right on the menu or online to help you choose healthier options. When purchasing food from a store, use a grocery list and pay attention to sales. You also can learn about resources in your community that offer access to healthy foods, such as food banks.

Seek the help of a Registered Dietitian Nutritionist (RDN)

Registered dietitian nutritionists, also known as RDNs, are food and nutrition experts who help people live healthier lives. RDNs can help you explore ways *Beyond the Table* to reach your health goals. Make an appointment with an RDN who specializes in your specific needs to jumpstart your plan for personal wellness.

A LITTLE LAUGH

Why did the apple stop in the middle of the road?
He ran out of juice.

What did the burger name her daughter?
Patty

What did the lettuce say to the celery?
Quit stalking me