



Georgetown Bariatrics & Advanced Surgical Services

Message from Dr. Smith

By Eric Smith, DO

We've had a great month of May this year! Our second Davinci Xi robot was delivered to Georgetown Community Hospital and we had a record number of patients say "yes" to the first step in starting their surgical weight loss journey.



So what's next for our bariatric community? A competition of course! I don't doubt that there are creative individuals in our clinic's community and I need your help. I would like to come up with a hashtag for our clinic. Something unique to us, so we can use it to tag pictures of all the progress happening in our lives as we share on social media. I want us to come together to support each other, to share ideas and successes, and how obstacles were overcome.

The winner will get to announce the winning hashtag to the group by being featured in our newsletter and on my social media page. As a big congratulations and thank you, the winner will receive a gift basket full of protein products and swag from your friends at the Georgetown Bariatric clinic.

To submit your ideas, email your name, number and hashtag to chelsea.smitson@lpnt.net between now and July 31st. Top five hashtags will appear in the August newsletter with instructions on how you can cast your vote! I can't wait to see what you come up with!

Newsletter

Issue: June 2021

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**“It is health that is real wealth and not pieces of gold or silver.”
– Mahatma Gandhi**

Chicken Kebabs



Ingredients:

- 1 lb (453g) chicken breast (cubed)
- 2 medium (228g) bell peppers (any color)
- 1 cup (149g) cherry tomatoes
- 1 medium zucchini (217g)
- ½ medium (64g) red onion

Marinade:

- ⅓ cup (81g) lemon juice
- ¼ cup (20g) Dijon mustard
- 3 tablespoons (41g) olive oil
- ½ teaspoon salt
- Freshly ground pepper



Instructions:

1. Mix the marinade ingredients (lemon juice, mustard, olive oil, salt, and pepper) in a small bowl. Set aside 3 tablespoons of the marinade.
2. Slice the chicken into 1-inch cubes. Do the same with the onion and bell peppers. Slice the zucchini into thick slices. Add to a plastic gallon-sized zip-top bag along with the marinade (reserve the other 3 tablespoons for later) and seal tightly.
3. Marinate in the refrigerator for at least 30 minutes and up to 3 hours. While the chicken and veggies are marinating, soak 10 wooden skewers in a shallow pan of water (if using metal skewers you can skip this step.)
4. When ready to assemble the kebabs, alternate veggies and chicken pieces on each skewer, making sure to fit about 3 pieces (45g) of chicken per skewer. Evenly distribute the onion, tomatoes, zucchini, and bell pepper between the chicken.
5. Heat the grill over medium-high heat. Place the skewers on the grill and cook for about 10-15 minutes, turning every 3-5 minutes. Brush with the reserved marinade about halfway through cooking. The kebabs are done when the chicken is no longer pink in the middle and the veggies have char marks.
6. Serve over a salad or alongside couscous or baked sweet potato

Notes:

1. You can also cook the skewers indoors using the “broil” setting on your oven. Place kebabs on a lined baking sheet and broil on high for about 5 minutes on each side, or until the chicken is cooked through.
2. Optional garnishes include grilled lemon halves and chopped parsley. If using lemons, slice in half and grill face-down along with the skewers until caramelized (about 3-5 minutes total).

Nutrition Facts: 215 calories / 6.5g carbs / 22g protein / 11g fat

<https://www.macrostat.com/recipes/chicken-kebabs>

Hobby Gardening

Learning a new hobby can have many benefits for our emotional and mental well-being. Hobbies can be a great stress relief and bring joy to our lives, especially when that hobby includes physical activity and nutrition. Growing your own fruits and vegetables can be very rewarding, in fact nothing will taste as good as a vine ripened tomato that you grew yourself. In the past several years gardening has picked up in popularity. According to the National Gardening Association, about 35% of US households grow their own food at home or in a community garden. Gardens can be as simple as a few pots on the back porch of an apartment to acres of land on a hobby farm. Anyone can develop their green thumb.



Growing your own food can help you eat healthier. After a fruit or vegetable is picked, it begins to lose some of its nutrition. Nutrients such as protein, calcium, phosphorus, iron, riboflavin and ascorbic acid will start to decline. The longer it takes for the fruit or veggie to get to your plate, the less nutrients it will offer. Gardening your own veggies is a way to maximize their nutritional value.



Knowing where your food comes from is also important. Growing your own food will allow you to have organic produce, free of harmful chemical pesticides, larvacides, herbicides and fertilizers, without the organic price tag paid at the grocers. Eating your vegetables raw also help us retain more water, which benefits our hydration. Eating healthy, nutritious foods is the single most important thing we can do to stay healthy.

It can be overwhelming starting a garden. There are many options in how to garden and what to garden. A recent study by Bioversity International scientists revealed that there are a total 1,097 vegetable species cultivated worldwide. The possibilities and varieties to explore are endless.

Start by trying to grow foods you enjoy eating. Walk around your local garden center and see what varieties they have. You can get inspiration and some extra steps at the same time.

Many of the local county extension offices will have educational materials or events about gardening, sometimes for free. There are books and websites you can reference. Look up YouTube videos for beginner vegetable gardeners. There are some great channel to watch when you're starting out. Put some plants in the ground or in a pot and see what happens. Have fun, enjoy the process and tag us in your pictures!



June's featured superfood: Avocado

The following nutrition information is provided by the USDA for one half of an avocado (about 100g) without skin or seed: Calories: 160, Fat: 14.7g, Sodium: 7mg, Carbohydrates: 8.5g, Fiber: 6.7g, Sugars: 0.7g, Protein: 2g, Fiber: 2.4 grams, Fat: 0.3 grams

Avocado is superfood because it possesses a lot of nutrients and antioxidants, such as folic acid, Omega 3, magnesium, potassium, lutein and fiber. Avocado is rich in A, C, D, E, K vitamins and B Group vitamins too. And that's not all, as it has an important amount of copper, manganese and iron. It is technically a fruit rather than a vegetable. Very technically, it's a large berry.

Fun Facts: The avocado is also called an Alligator Pear because of its pear-like shape and green skin. Avocado is a derivative of the Spanish word aguacate, which in turn comes from the Aztec word ahuacatl. A single Avocado tree can produce on average about 60 pounds or 150 fruit a year. Think of all the guacamole!

To learn more about Avocados: https://www.healthline.com/nutrition/12-proven-benefits-of-avocado#TOC_TITLE_HDR_12



How much sugar do you eat?

Two hundred years ago, the average American ate only 2 pounds of sugar a year. In 1970, the total amount of sugar jumped to 123 pounds of sugar per year. Today, the average American consumes almost 152 pounds of sugar in one year and that number is still on the rise. That averages out to about 3 pounds or 6 cups of sugar per week! Nutritionists suggest that a healthy diet should consist of no more than 10% of their calories from sugar. This equals 13.3 teaspoons of sugar per day (based on 2,000 calories per day). The current average sugar intake in an American diet is 42.5 teaspoons per day! That is over 3 times the recommended amount of sugar.

With an increase in the amount of processed foods that have entered the American diet, it's no surprise we are having a sugar problem beyond a sweet tooth. It is a popular ingredient to most foods in the US. We know it is found in cookies, cakes, candy and sweets, but is surprisingly hidden in foods like Ketchup, crackers, bread, soups, cereals, peanut butter, cured meats and salad dressings. Foods that we think of as healthier choices.

Reading labels is a start to discovering how much sugar is in your diet. But sugar can be tricky and hidden in the ingredients. Food labels can refer to sugar in different forms and a variety of names. All of the following sweeteners provide you with calories but have little or no nutritional value. Sugar, dextrose, maltose, glucose, fructose, corn sweetener, honey, corn syrup, sucrose, sorghum syrup, sorbitol, brown sugar, lactose, molasses, syrup, fruit juice concentrate, and high-fructose corn syrup are all considered to be a form of sugar.



Consuming too much sugar can have a negative impact on your health. Sugar can feed the bacteria that cause cavities in your mouth. Sugar can worsen joint pain because of the inflammation it causes in our bodies, especially in rheumatoid arthritis. Some inflammation caused by sugar can damage our skin and make us look older. Too much sugar in your diet can affect the liver, the heart, the pancreas, and the list goes on. The more sugar you consume the more you will weigh because excess amounts of sugar can inflame fat cells causing them to release chemicals that increase weight.

Sugar isn't all bad. Natural sugars, like the ones found in fruit can give you an immediate burst of energy when you are needing a pick-me-up. Sugar was designed to be stored as energy for later use when we didn't know when our next meal would come. The sugars found in naturally sweet chocolate can help improve thinking skills. When you select natural sources of sugar, they usually include healthy nutrients alongside their sweet taste. Dairy products, fruits, and veggies all provide natural sugars in addition to fiber, antioxidants, vitamins, minerals and hydration. Despite all the benefits, sugar consumption has to be limited or it can do more harm than good.

What can you do to slow your consumption of sugars? Know what's in your food and drinks by reading the labels. Choose water, unsweetened tea and diet sodas over sugary drinks. Grab fresh or dried fruit over a candy bar. Make a fruit salad instead of baking a cake. Switch out the sugary breakfast items for the non-sugared wholegrain cereals and top with sliced berries or bananas for sweetness. There are many small steps you can do to have a big impact on the amount of sugar you eat.

For more statistics on sugar consumption check out <https://www.thediabetescouncil.com/45-alarming-statistics-on-americans-sugar-consumption-and-the-effects-of-sugar-on-americans-health/>

Resources: <https://www.dhhs.nh.gov/dphs/nhp/documents/sugar.pdf>, <https://www.webmd.com/diabetes/features/how-sugar-affects-your-body#:~:text=When%20you%20eat%20excess%20sugar,%2C%20heart%20attacks%2C%20and%20strokes,> <https://www.the1thing.com/blog/the-one-thing/the-5-unexpected-benefits-of-sugar/>

Creamy Avocado Banana Green Smoothie



Creamy, nutritious, 5-ingredient Avocado Banana Green Smoothie loaded with greens, healthy fats, and protein. The perfect plant-based way to start your day.

Author: Minimalist Baker

SMOOTHIE

- 1 large frozen banana (ripe // peeled // sliced)
- 1/4 – 1/2 medium ripe avocado (more avocado = creamier, thicker smoothie)
- 1 scoop plain or vanilla protein powder
- 1 large handful greens of choice (spinach, kale, rainbow chard)
- 3/4 – 1 cup unsweetened plain almond milk (or any dairy-free milk)

ADD-INS optional

- 1 Tbsp seed of choice (hemp, flax, sesame, sunflower, chia, etc.)
- 1/2 tsp adaptogen of choice (maca, ashwagandha, etc.)
- 1/2 cup sliced frozen (or fresh) cucumber or berries (organic when possible)

Instructions

1. To a high-speed blender, add frozen banana, avocado, protein powder of choice, greens, and dairy-free milk. At this time, add any desired add-ins, such as adaptogens, seeds, or additional fruits and vegetables (such as berries or cucumbers).
2. Blend on high until creamy and smooth, scraping down sides as needed. If smoothie is too thick, add more dairy-free milk to thin. If too thin, add more frozen banana or avocado.
3. Taste and adjust flavor as needed, adding more banana for sweetness, avocado for creaminess, or greens for vibrant green color. Protein powder can also be used to add more sweetness (depending on brand / flavor).
4. Divide between serving glasses and enjoy! Best when fresh, though leftovers will keep covered in the refrigerator up to 24 hours or in the freezer up to 2 weeks.

*Nutrition information is a rough estimate calculated with vegan protein powder and without additional add-ins.

Nutrition Per Serving: 1 smoothie Calories: 146 Carbohydrates: 18.2 g Protein: 6.9 g Fat: 6 g Saturated Fat: 1 g Trans Fat: 0 g Cholesterol: 0 mg Sodium: 138 mg Fiber: 5.3 g Sugar: 7.4 g

<https://minimalistbaker.com/creamy-avocado-banana-green-smoothie/>



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Interested in starting your weight loss journey with us? Come to our live seminar for more details! Sign up online or call 502.735.4589.

Date: June 14, 2021 @ 5:30pm at our clinic. (Address below) Or July 12, 2021 @ 5:30pm.

Already started your journey and would like to tap in to more resources? Come to our Support Group!!

Date: July 15, 2021 @ 6:00pm at our clinic or September 16, 2021.

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