

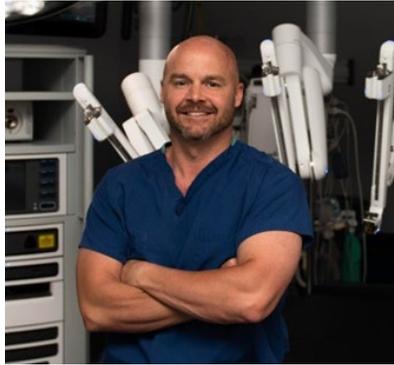


# Georgetown Bariatrics & Advanced Surgical Services

## Message from Dr. Smith

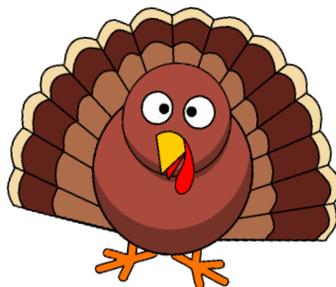
By Eric Smith, DO

Thank you to everyone who joined the Bari-Best Heart walkers and walked along with our clinic to raise money and awareness for heart disease. The clinic had a great time getting outside, stretching our legs and walking for a great cause. Check out our pictures on page 6 of the newsletter.



Did you know that the average American gains 5-7lbs between Halloween and the New Year? With Thanksgiving right around the corner, making a game plan for your success during the holidays is key to a guilt free thanksgiving meal. This is also a good opportunity to reflect on the things in our lives that we are grateful for. I am grateful for my family, my clinic and the opportunity to impact so many individuals' health in a positive way through surgery. What are you grateful for?

This Thanksgiving try adding in some new customs in with your family traditions. Try some of the Bari-friendly suggestions that you'll find in this month's newsletter. Sign up for your local Turkey Trot fun walk/run and get your steps in on Thanksgiving morning. Commit to one healthy behavior for the holiday and see it through. Don't forget to enjoy the food, friends and family that are so important to the Thanksgiving holiday.



## Newsletter

Issue: November 2021

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**“Health is like money, we never have a true idea of its value until we lose it.”**

**-Josh Billings**

# *Tips for The Bari-Best Thanksgiving Meal*

By Jaeana Tooson, RDN, LD

Worried about enjoying dinnertime during the upcoming holiday season?  
Don't fret - be thankful for these bari-friendly Thanksgiving tips this year!

## **Don't go to all the parties**

Prioritize the ones you desire to attend the most, and stick to those. If you desire to socialize, go late after the meal, or mingle away from the food table. Go into any food environment on a full stomach; we tend to eat faster and want larger portions when hungry. Prepare healthy snacks in advance. If traveling, have healthy snacks in the car or carry-on luggage.

## **Keep your hands busy**

Keep something in your hand (Crystal Light, water, mocktail drink, etc.) to stay hydrated and prevent picking up several additional foods. Avoid alcohol.

## **Speak up**

Have conversations with family and friends before the event about healthy dishes. Have the family eat out or have a healthier meal catered. Plan a high-protein, high-veggie day.

## **Stay moving**

Engage in regular physical activity before the meal and light physical activity 2 hours after the meal. Plan for plenty of physical activity all weekend.

## **Pace yourself**

Prioritize "must-have" foods. Remember: proteins first. Use the smallest plate available and avoid stacking up your food. You may try using a small deviled egg dish to sample 1 tsp. of several foods or a different kind of portioned dish. Stay out of the kitchen! This can lead to excessive sampling.

## **Give with a thankful heart**

Send leftovers home with relatives, or freeze them for later.

## **Don't count yourself out**

Forget the "all-or-nothing" or "I've already blown it" mindsets. Remember that 1 high-fat or high-calorie meal is better than a whole day.

## **Go back to the basics**

Remember the fundamentals to long-term success; food journaling and eating your protein first. Eat slowly, and chew thoroughly. Stop as soon as you are full (obey the burp)!



## Bake with These Flours

Whole-Wheat Flour

Almond Flour

Coconut Flour

\*Flax-Seed Flour

\*Oat Flour

\*Chia Flour

\*Mix with another flour

## Bread/Crust with These Options

Pork Rind Dust (buy or make your  
own)

Low-Carb Bread Crumbs

Crushed Nuts/Seeds

Parmesan Cheese and Herbs



## Replace These

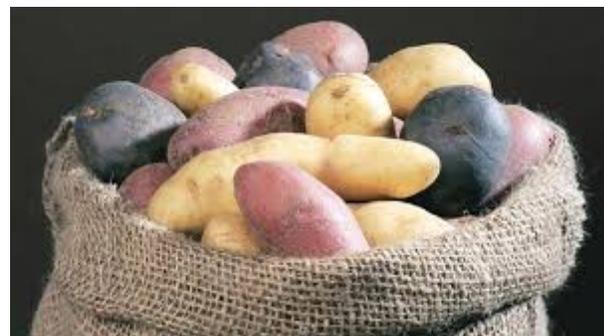
Fried turkey  
Stuffing made with regular bread  
Roasted Potatoes  
Mashed Potatoes  
Mac 'n' Cheese with Wheat Pasta  
Greens with Ham Hocks/Bacon  
Regular Banana Pudding  
Apple Pie  
Butter, Lard, Tallow, Margarine, Shortening

## With These

Roasted Turkey  
Stuffing with low-carb bread or vegetables  
Deviled eggs  
Garlic Herb Cauliflower Mash  
Mac 'n' Cheese with Chickpea or Lentil Pasta  
Greens with Garlic and Onion  
Sugar-Free Banana Pudding  
Baked Apples  
Olive / Canola / Safflower / Avocado Oils

## November's Superfood: The Sweet Potato

Nutritious, easy to grow, and with an exceptionally long life span (if stored properly, some can last months), root vegetables are packed with healthy carbs and starches that provide energy. Research on sweet potatoes suggests that this root veggie may contribute to preventing diabetes, obesity, cancer, and other health conditions thanks to their anti-inflammatory, antioxidative, and antimicrobial properties. As a bonus, root veggies including sweet potatoes are also gluten-free, making a great dietary alternative for those with celiac disease, or other gluten intolerances.



The sweet potato is a high-carbohydrate, low-fat, and fiber-rich food. Many nutritionists value their high beta carotene (a precursor of vitamin A), vitamin C, and potassium content. The food is also a decent source of vitamin B5, vitamin B6, vitamin E, and manganese. Although starchy, the sweet potato has the potential to improve the regulation of blood sugar. This is because they contain high amounts of fiber.

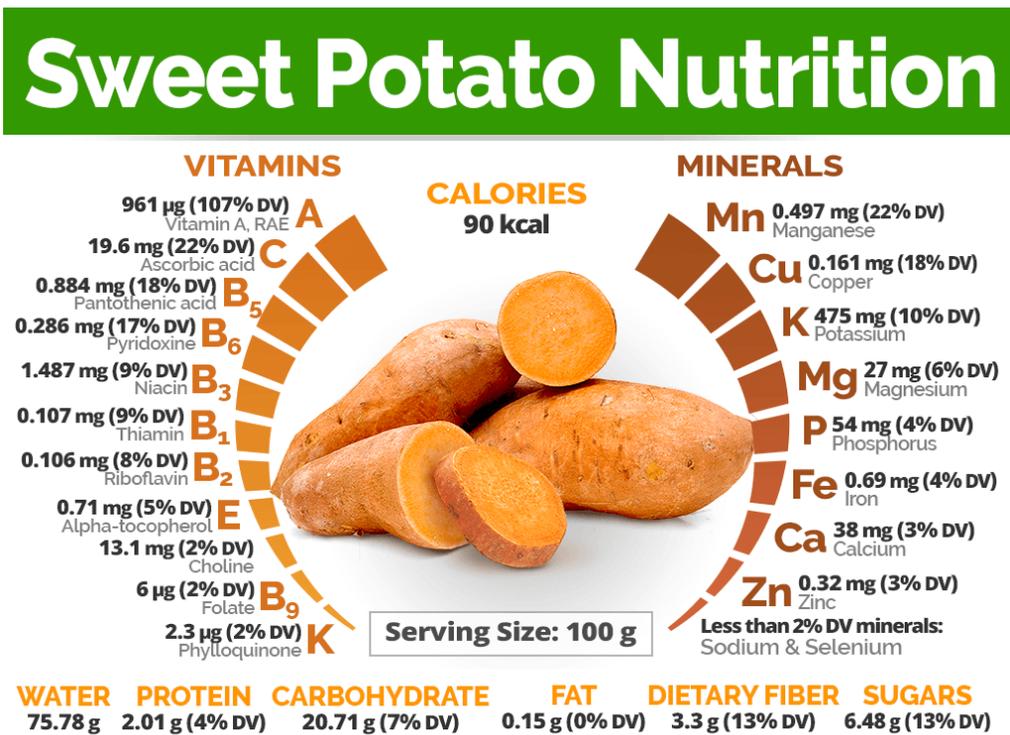
Sweet potatoes usually have orange flesh, but you can also encounter purple sweet potatoes as well. These potatoes are a special cross-breed which contain high levels of anthocyanins (which give the potatoes their distinctive purple color). These anthocyanins are thought to be powerful antioxidants and may have a number of other beneficial health effects. This may mean that purple sweet potatoes are even more "super" than their orange cousins!

Despite its Latin American origin, farmers throughout the globe produce between 90 to 100 million metric tons of sweet potatoes every year, most of which come from Asia. According to the International Potato Center, sweet potatoes are the sixth most essential food crop, after cassava (a nutty-flavored, starchy root vegetable or tuber), corn, potatoes, wheat, and rice. In developing countries, it moves up to the fifth spot thanks to its nutritional, carb-rich composition.

The crop even became a staple in our Thanksgiving meal, one of America's most popular holidays. The tradition started as early as 1887 when Sarah Josepha Hale, the famous anti-slavery writer often regarded as the godmother of Thanksgiving, mentioned sweet potato pies in a magazine publication.

The Spaniards, who introduced the sweet potato to Europe in the late 1490s, called it "patata" (or potato in English). It wasn't until the 1740s that the "sweet" part was added by American colonists to distinguish it from the popular Irish potato. Often in the United States, 'yams' and sweet potatoes are interchangeable, but an actual yam is a different tuber altogether.

So whether you boil, steam, air fry or bake, the sweet potato is a superfood you won't want to miss out on!





# The Bari-Best Heart Walkers!

Research shows there is a direct link between obesity and heart disease because a high Body Mass Index (BMI) promotes sleep apnea, thromboembolic disease (blood clots) and onset or worsening of metabolic diseases that are major cardiovascular disease risk factors. These diseases include dyslipidemia (elevated cholesterol or fats), type 2 diabetes, high blood pressure and metabolic syndrome. Metabolic syndrome includes high blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol levels. The syndrome increases a person's risk for heart attack and stroke.

This year, the Georgetown Bariatric Center took part in the American Heart Association's 2021 Heart Walk for Scott County. Check out our fun pictures where we got outside and got our steps in!



## Drive-Thru Dietitian is running for the border to Taco Bell

Cindy Jester, MS, RD, LDE



Are you an unpaid Uber driver like myself? If you have kids, I know you find yourself in the drive-thru from time to time. I do my best to eat more meals made at home, but it doesn't always happen. Good news - with a little investigating, we can find some decent options while eating out. This month, join me while we look at Taco Bell!

Did you know that nearly  $\frac{3}{4}$  of their menu items are less than 500 calories? And if you're looking to cut more calories, you can order your item "Fresco style". Almost any menu item can be customized "Fresco style," which replaces items typically higher in calories and fat, like mayo-based sauces, cheeses, and reduced-fat sour cream with freshly prepared diced tomatoes. With this quick customization tool, you can reduce calories and fat by up to 25%. Mind = blown.

Here are a few of our favorite menu items that with just a few customizations, are perfect for anyone counting their calories.

### Burrito Supreme chicken or beef, 'Fresco Style'

340-350 Calories

### Crunchy Taco "Fresco Style"

140 Calories

### Bean Burrito

350 Calories

### The winner is....

### Power Bowls Chicken or Beef

450-460 calories and  
26g protein and 8 grams of fiber.



Check out Taco Bell's Nutrition Calculator (<https://www.tacobell.com/nutrition/calculator>). The Nutrition Calculator gives you nutrition facts in seconds and is so easy to use. All you have to do is choose your meal then add or remove ingredients to meet your lifestyle needs.



## Georgetown Bariatrics & Advanced Surgical Services

*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:** Live seminars are currently on hold. The online seminar is available anytime. Please go to <https://georgetownbariatricsadvancedsurgical.com/online-seminar/> to sign up.

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

**Date:** Support group is currently on hold.

### Special Edition Q&A with Dr. Smith

Join us **November 17, 2021** from **5:30-6:30 pm** on a zoom presentation with Dr. Smith. This Q&A forum is your opportunity to ask Dr. Smith questions about weight loss surgery. For more information on the Q&A, including the zoom link, or to submit questions for Dr. Smith, email [chelsea.smitson@lpnt.net](mailto:chelsea.smitson@lpnt.net).

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