

Roger Williams Life Changers

Weight loss for a healthy life

Want the latest news and information from our program?

Visit Facebook and search for:

**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

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 RDN

June 23, 2022

July 28, 2022

1st Thursday of the month at 7:00-8:00 pm with Carmen Diaz-Jusino

July 7, 2022

August 4, 2022

To join a support group, please email Diana at diana.beaton@chartercare.org You will receive a link to join the call. 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.



Roger Williams
MEDICAL CENTER

A Better Way to Better Health Care



Premier Clear Popsicles

www.premier.com

1. Pour Premier Clear tropical punch into popsicle mold.
2. Add fresh or frozen fruit.
3. Freeze & enjoy!

Strawberry Sorbet

www.bariatricfoodcoach.com

– makes 4 servings

1. Add the following ingredients to a high-power blender and blend until smooth:
 - 10 oz frozen strawberries
 - 2 Tbsp fresh lime juice
 - 2 Tbsp no calorie sweetener of choice (optional)
 - 1 scoop unflavored whey protein powder
2. Scoop and serve! Store leftovers in a sealed container in the freezer.

Greek Yogurt Popsicles

courtesy of

www.lexiscleankitchen.com

– makes 6 popsicles

1. Add the following ingredients to a blender and blend until smooth:
 - 2 cups cleaned fruit (strawberries, bananas, blueberries, raspberries, etc.)
 - 2 cups vanilla Greek yogurt
2. If your fruit has seeds in it (such as blackberries), strain the mixture.
3. Pour into popsicle molds. Freeze overnight. Enjoy!

Adapted from www.boone.health.com, Bariatric Friendly Summer Treats, July 22, 2021.

Hydrate the right way!

Did you know? About 70% of our body is made of water, so keeping hydrated is important for many reasons. Everyone should aim to consume at least 64oz of clear liquids daily to avoid dehydration. Dehydration may occur in those who have had weight loss surgery because of smaller portion sizes, feeling full fast, and increased physical activity. Dehydration can also occur with nausea, vomiting or diarrhea. Signs of dehydration may happen quickly or occur over time, watch out for: feeling thirsty, changes in urine color, dry mouth, nausea, dizziness, sleepiness, and extreme weight loss. Be mindful on very warm days to always carry a water bottle with you.

Here are some tips to help you stay hydrated:

1. Choose clear liquids that are low-calorie, low-sugar, caffeine-free and non-carbonated.
2. Avoid thick and dark liquids, they have less water and will not help you stay hydrated.

Stay hydrated with these:	Avoid these:
Water	Juices
Propel 0 or Gatorade 0	Smoothies
Crystal Light	Flavored Creamers/Syrup
Chicken/Beef/Vegetable broth	Milk
Diet/sugar-free Jello	Ice Cream Shakes
Herbal tea	Soda
Fruit2O	Alcohol

3. Always have a water bottle or cup that holds at least 8oz that you can sip on and refill throughout the day. Keeping track of your clear liquids can help you avoid dehydration.
4. After weight loss surgery you will feel full fast, so do not consume liquids with meals. Wait 30 minutes before and after meals to continue drinking clear liquids.

If you notice signs of dehydration or are unable to consume the recommended amounts of clear liquids daily, please contact your doctor or surgeon.



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