

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

July 28, 2022

August 18, 2022 (moved from August 25)

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

August 4, 2022 (canceled)

September 1, 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

Creating Healthy Recipes

The summer months bring family and friends together for barbecues and gatherings that are often filled with tempting treats. Many times, these treats are filled with added fats and sugars that are not suitable for a healthy diet, especially after weight loss surgery. You want to be able to join in and enjoy get-togethers without stressing too much. Try these strategies to reduce the added sugar and fats in your favorite recipes.

- 1. Add fruits and vegetables:** Use grated or pureed apple, carrot, banana or pumpkin to your recipes to add nutrients, flavor and moisture so you can cut some of the sugar, oil or butter.
- 2. Include whole grains:** Swap all-purpose flour for whole-wheat flour 1:1 to boost fiber and vitamin content.
- 3. Use low-fat dairy:** Low-fat milk, buttermilk, or yogurt can be used to cut the fat in many dairies. Low-fat Greek yogurt can be used in place of mayonnaise, cream cheese or sour cream for dips or even tuna salad for added protein and reduced fat.
- 4. Cut the sugar:** Reduce sugar in recipes by 25 percent.
- 5. Reduce the fat:** Unsweetened applesauce can be used instead of oil or butter 1:1 to reduce the fat content.



9 Tips For Eating Healthy On A Budget

Check out 9 Tips for Eating Healthy on a Budget, from the Rhode Ahead, bcsri.org.

<https://www.rhodeahead.com/food-recipes/9-tips-eating-healthy-budget>



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



Vegetarian Stuffed Zucchini

Ingredients:

- 2 medium zucchini squash
- 3 tablespoons extra virgin olive oil, divided
- ½ cup sweet onion, diced
- 1 tablespoon fresh garlic, minced
- 1 cup sweet red bell pepper, ½ inch diced
- 1 cup Crimini (Baby Bella) mushrooms, ½ inch diced
- 1 teaspoon dried oregano (or 2 t. fresh)
- 1 teaspoon dried basil (or 2 t. fresh)
- 3 tablespoons fresh flat leaf parsley, chopped
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 cup plain panko bread crumbs
- ¼ cup + 2 Tbsp. Parmesan or Romano cheese grated, plus additional grated cheese to sprinkle over cooked zucchini

Directions:

Preheat oven to 375 degrees F.

Line a small sheet tray or baking dish with foil or parchment paper.

Trim stem end from squash and cut a small sliver from one long side so the squash will sit flat without rolling. Then cut one third off the top and dice that long cut piece into half-inch dice. Set aside.

Using a small knife, cut around inside of squash; then using a melon-baller, scoop out inside until the squash resembles a canoe. Leave a ½" edge all the way around so it stands up when baked.

In a large frying pan heat 2 tablespoons of oil over medium heat. Add onion and cook two minutes. Add garlic, red pepper, mushrooms and cut up, diced zucchini tops. Mix to combine and sauté two more minutes. Remove from heat, pour into a large bowl and mix in oregano, basil, parsley, salt, pepper, panko crumbs and grated cheese.

Divide the filling between each zucchini boat. Press the filling into each squash. Forming the top in a rounded shape with your hand.

Place onto the prepared dish or pan and drizzle the remaining olive oil over the tops. Bake for 35 to 40 minutes uncovered until slightly browned on top. Do not overcook. Sprinkle the tops with additional cheese when they come out of the oven. Serve warm.

Makes 4 servings. Per serving: 298 calories, 11g protein, 25g carbs, 17g fat, 2.5g fiber

Recipe courtesy of www.afamilyfeast.com