

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.



Roger Williams
MEDICAL CENTER

A Better Way to Better Health Care

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

August 18, 2022 (moved from August 25)

September 22, 2022

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

October 6, 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.

Use Kitchen Tools to Your Advantage After Bariatric Surgery



Vegetable Spiralizer



Slow Cooker or Crock Pot

One of the challenges after bariatric surgery is transitioning from liquids to puree foods, from puree to soft, ground or cut-up food to regular foods. Be sure to follow the guidelines from your bariatric team. When you get to the stage where you can tolerate softer, tender, cut-up foods- a slow cooker can be your friend. In addition to being able to prepare foods ahead of time, slow cookers make meats very tender and moist. Meat, fish and eggs are all good sources of protein after bariatric surgery. Moist, tender foods are tolerated better than food that is dry. Give the slow cooker a try! If you don't have a slow cooker (or don't have room on your counter for one more item!) you can get the same effect by roasting or baking meat at a very low temperature in your oven and/or marinating the meats prior to cooking.

Another tool you may like is the Vegetable Spiralizer. It's one of the greatest inventions for vegetables! There are many different spiralizers – from small, hand-held devices to larger appliances that sit on your countertop. Either way, the end product is spaghetti-like noodles made from vegetables. On the fancier models, you can change the blade and create different looking vegetable “noodles.” I love zucchini noodles sautéed in butter (or extra virgin olive oil) with fresh garlic. Top it with grated Parmesan or Romano cheese and it is a delicious side dish to your meal.



Voluntary Recall of Certain Premier Protein and Glucerna Shakes

Certain Premier Protein shakes and Glucerna shakes have been voluntarily recalled. No consumers have been reported ill by these shakes but the manufacturer is recommending that you do not drink them. You can return items where

they were purchased or just discard it. All other flavors of Premier Protein shakes or those not listed are not part of this recall. For more information, check the FDA website: [Lyons Magnus Voluntarily Recalls 53 Nutritional and Beverage Products Due To The Potential For Microbial Contamination | FDA](#) (updated 8/5/2022).



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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



Lemony Lentil Salad with Feta

This healthy lentil salad comes together in just 30 minutes and makes a wonderful hot-weather meal. Serve with whole-wheat pitas, if desired. Makes 6 servings.

Ingredients:

- 1/3 c. lemon juice
- 1/3 c. chopped fresh dill
- 2 t. Dijon mustard
- ¼ t. salt, or to taste
- 1/3 c. extra virgin olive oil
- Freshly ground pepper, to taste
- 3 c. cooked green or brown lentils
- 1 c. crumbled feta cheese (about 4 oz.)
- 1 medium red bell pepper, seeded and diced (about 1 cup)
- 1 diced cucumber (without seeds)
- ½ c. finely chopped red onion

Directions:

Whisk lemon juice, dill, mustard, salt, and pepper in a large bowl. Gradually whisk in oil. Add lentils, feta, bell pepper, cucumber, and onion; toss to coat. The salad will keep, covered, in the refrigerator for up to 8 hours.

Nutrition Facts (per serving):

280 calories, protein 13g; carbohydrates 24g; dietary fiber 11g; fat 16g.

From www.eatingwell.com