

Roger Williams Life Changers

Weight loss for a healthy life

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**Roger Williams
Medical Center Weight
Loss Surgery**



What's an Anti-Inflammatory Diet?

“A little bit of inflammation contributes to healing, but when inflammation becomes chronic, it can trigger disease processes. Chronic inflammation can damage your heart, brain and other organs, and it plays a role in nearly every major illness, including cancer, heart disease, Alzheimer’s disease and depression.

Just like inflammation happens after an injury, that same process can happen within your body. Certain foods and health conditions can cause inflammation.”¹

The term ‘anti-inflammatory diet’ doesn’t refer to a specific diet regimen but to an overall style of eating. *Continued on back.*



Roger Williams
MEDICAL CENTER

A Better Way to Better Health Care

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

October 27, 2022

November 15, 2022 *Please note that it’s on a Tuesday night, one week prior to Thanksgiving

(Spanish) 1st Thursday of the month at 7:00-8:00 pm with
Paula Arroyo

November 3, 2022

December 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.

Anti-Inflammatory Diet Continued



1. Reduce or avoid processed foods and foods with added sugar.

The first key to minimizing inflammation is to avoid highly processed foods. That typically means staying away

from anything that comes in a box or a bag, or anything that has a long list of ingredients — especially if they include sugar, salt or a processed oil and include ingredients you don't recognize.

Examples of processed foods include:

- **Sweets**, like commercial baked goods, pre-packaged desserts, ice cream and candy.
- **Snack foods**, like potato chips, chips, and crackers.
- **Sweetened cereals**
- **Processed meats**, including bacon, sausage, hot dogs, bologna, pepperoni and salami.
- **Processed cheeses**, like nacho cheese dip and American cheese slices.
- **Sugary beverages**, including soda and sports drinks.
- **Fried foods**, like fried chicken and French fries.

2. Focus on whole or minimally processed foods

A whole food is a food in its original state. It usually doesn't have a lot of added ingredients. Some examples include:

- Brown or wild rice.
- Chicken or turkey.
- Eggs.
- Fish (especially oily fish, such as salmon, tuna, herring or mackerel).
- Legumes, like dried beans and peas, and lentils
- Nuts and seeds.
- Oats.
- Extra virgin olive oil

Some packaged and minimally processed foods can be healthy too. The key is to review the ingredient list to see what's in the product. Store bought hummus, dried fruit and nuts, or pasta sauce are examples of minimally processed foods.

3. Try to make small changes in your diet to reduce inflammation.

There's no 'one-size-fits-all' anti-inflammatory diet but the choices you make can affect your health and how you feel.

¹ *Why and How to Start an Anti-Inflammatory Diet, Cleveland Clinic, February 2, 2022.*



Chicken Parmesan & Quinoa Stuffed Peppers

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1 cup quinoa, rinsed
- 1 ¼ cups water
- 3 cups shredded cooked chicken breast
- 1 ½ cups marinara sauce
- ½ cup grated Parmesan cheese
- ¾ cup sliced fresh basil, divided
- 4 large red bell peppers
- 2 ounces part-skim mozzarella cheese, shredded (about 1/2 cup)

Directions:

1. Preheat oven to 350 degrees F. Heat oil in a saucepan over medium-high heat. Add onion and garlic; cook, stirring occasionally, until the onion is translucent, 4 to 5 minutes. Add quinoa; cook, stirring occasionally, for 30 seconds. Add water; increase heat to high and bring to a boil. Reduce heat to medium; cover and cook for 15 minutes. Remove from heat; let stand, covered, for 5 minutes. Stir in chicken, marinara, Parmesan and 1/2 cup basil.
- Trim top 1/2 inch from peppers; remove seeds and membranes. Arrange the peppers, cut-sides up, in an 8-inch-square glass baking dish. Cover with plastic wrap; microwave on High for 3 minutes. Remove plastic wrap. Spoon the quinoa mixture evenly into the pepper halves (about 1 1/4 cups each).
- Bake the stuffed peppers until they are softened, about 15 minutes. Sprinkle evenly with mozzarella. Continue baking until the cheese is melted, 5 to 7 minutes. Sprinkle evenly with the remaining 1/4 cup basil.

Nutrition Facts:

Serving: 1/2 stuffed bell pepper, 280 calories, protein 24g, carbohydrates 25g, fiber 4g, fat 9g.

EatingWell.com, October 2019



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Email Diana.Beaton@chartercare.org