

Basics and Beyond



River Campus
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SPECIAL POINTS OF INTEREST:

Maintenance & Reduction support groups

Phone Apps

Serving sizes

Support Group dates/times

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MAY 2015

Seminar Dates

May Seminars

Thursday, May 7—3 pm—River Campus
Monday, May 11—2:30 pm—River Campus
Monday, May 11—4:30 pm—River Campus
Thursday, May 21—3 pm—River Campus
Thursday, May 21—5 pm—River Campus

To register, please call 320-240-2828 or visit our website at centracare.com.

Medical Weight Management MAINTENANCE Support Group

This group is available for those currently in **balance phase or weight maintenance**. The group will be held every **second Thursday** of the month from 5-6 p.m. at CentraCare Clinic—River Campus in the Medical Weight Management Classroom (Conference Room A/B, unless otherwise noted).

Date	Time	Location	Leader
Thursday, May 14	5-6 p.m.	Conference Room A/B	Denell Kruse
Thursday, June 11	5-6 p.m.	Conference Room A/B	Denell Kruse
Thursday, July 9	5-6 p.m.	Conference Room A/B	Denell Kruse
Thursday, August 13	5-6 p.m.	Conference Room A/B	TBD

Medical Weight Management REDUCTION Support Group

Starting this month, we will have a medical weight management support group for those currently in the **Reduction Phase**. The group will be held **every Thursday** of the month from 10:30-11:30 a.m. at CentraCare Clinic—River Campus in the Medical Weight Management Classroom (Conference Room A/B, unless noted otherwise).

Date	Time	Leader
Thursday, May 7	10:30-11:30 a.m.	Kelly Bauman
Thursday, May 14	10:30-11:30 a.m.	Kelly Bauman
Thursday, May 21	10:30-11:30 a.m.	Bry Schyma
Thursday, May 28	10:30-11:30 a.m.	Bry Schyma
Thursday, June 4	10:30-11:30 a.m.	Bry Schyma
Thursday, June 11	10:30-11:30 a.m.	Bry Schyma JOURNEY SPEAKER!

HOW TO GET THE MOST FROM YOUR FOOD JOURNAL

By: Katrina Weller

1. Track what time of day you're eating—this can help you determine if meal times are spread out too far or if you need to make adjustments to your meal times.
2. Document portion sizes – instead of writing *chicken*, write that you had *3 oz of chicken*.
3. Be specific: If you ate a salad, don't just write *salad*, include what was on your salad. For example: *1/2 cup of tomatoes, 1 oz cheese, 3 oz chicken, etc.*
4. Track food exchanges—when documenting your food exchanges, mark how many you had instead of use a checkmark. For example, if you have 3 oz of chicken, you would put a “#3” in your protein exchange.
5. Include beverages and track how much water you're drinking daily. Not drinking enough water can lead to dehydration, hunger and other health issues.

REMINDER: Writing down EVERYTHING you eat is not going to get you in trouble. It's a tool to help you with your weight loss journey and we need to know what you're eating so we can help you.

“Many of life's failures are people who did not realize how close they were to success when they gave up.”

- Thomas Edison

USING PHONE APPS TO BETTER YOUR HEALTH

By: Jake Webber, Iowa State University Dietetic Intern

In today's hectic day-to-day life sometimes it can be difficult to always make the best choices when it comes to food and nutrition. Often times, it proves difficult to be health conscious when we have a million other things on our minds. Thankfully, with the advances of technology, there are many different phone applications that can help take the guessing out of what we eat.



Applications such as AllRecipes—Dinner Spinner can help you pick out meals based on your food preferences, cooking time and dish type.



Fooducate is another great tool that allows users to scan barcodes when grocery shopping and gives them an overall grade for that food item. This makes buying healthy foods quicker and easier.



On the other hand, there are applications available that will help keep you motivated with your diet and exercise. MyFitnessPay allows users to track their meal records with the touch of a button and keeps record of your workouts as well. The great thing about this app is that it keeps all of your data on file so you can go back and track your progress.

Apps are great tools to help you achieve your goals in weight management and maintaining a healthy lifestyle.

Medical Program

By Christina Lafleur, Iowa State University Dietetic Intern

Portion Potion

Is portion size a magical potion for weight loss? Maybe not magical, but being mindful of portion size is a valuable skill when making changes toward weight loss.

What is the difference between portion size and serving size?

Portion is the amount that is served or eaten in one eating occasion. An example would be a plate of spaghetti which has a serving size of one cup of pasta.

What increases portion size?

The container that food is served in greatly impacts the portion. Large containers increase portion size. Small containers and plates decrease the amount of portion available to eat. To become mindful of portion size, reach for the small container or plate.

20 Years Ago



270 calories,
5 cups

Today



630 calories,
11 cups



Learning the serving size.

Does the label on the snack bag give a serving size of 1/2 cup? Why not reach for the 1/2 cup and measure that amount into a bowl? Seal up the large bag and put it out of sight. I challenge you to pick one of your favorite snacks or foods and learn the serving size. Practice measuring the serving size into a small container every time you want that snack.

What portion will you choose to eat today? Small portion size? A serving size? Just be mindful of the portion size you are consuming.



Surgical Program

Bariatric Surgery Support Group

Date	Time	Topic	Place	Leader
Thursday, May 7	5:15-6:15p.m.	Journey Speaker: Diana	Aspen Room	Rachel Haller, RN
Thursday, June 4	5:15-6:15p.m.	TBD	Aspen Room	Alyssa Monson, RD, LD
Thursday, July 2	5:15-6:15p.m.	TBD	Aspen Room	Rachel Haller, RN
Thursday, August 6	5:15-6:15p.m.	TBD	Aspen Room	Alyssa Monson, RD, LD

Directions to Support Group: Surgical Support Group is held at the St. Cloud Hospital in the Riverside Conference Center. Please enter the hospital through the **North Entrance**, use the **Lakes elevator** to **Floor A** and follow the signs for **“Weight Loss Surgery Support Group”** to the meeting room.

Grab & Go Protein

We’ve all been there...A meeting that went into your lunch break or a jam-packed schedule with no time to stop and eat a meal before your children’s evening activities; leaving you hungry and tempted to stop at the closest fast food chain.

Having a Plan B (or even a Plan C!) can help you stave off hunger and keep you from eating the first thing in site when you get home.

Check out these [grab & go protein options](#) that you can use to get through your day without snacking. Just pair these on-the-go proteins with a fiber food to help you achieve fullness and stay there!

- ◇ **Beef Jerky**
 - ◇ Chicken, Turkey and Salmon jerkies are available.
 - ◇ You can also choose a lower sodium version too!
- ◇ **Soy Nuts**
 - ◇ Be mindful of the serving size!
- ◇ **Low fat string cheese**
 - ◇ Make sure to choose a low fat variety!
- ◇ **Protein bar**
 - ◇ Eat to keep in your gym bag, desk or car on those days you are stuck without a protein choice.
- ◇ **Hard cooked/Boiled eggs**
 - ◇ Just make sure to keep them chilled!
- ◇ **Greek Yogurt**
 - ◇ Place in the freezer the night before for a refreshing, high protein option.

Want to get connected to others who have had Weight Loss Surgery?

Central MN WLS has a private group on Facebook (so no one will know you are in the group, except those in the group, and will not see what you write on your regular page).

Come to support group so that we can get your information and add you!

[Hope to see you join us real soon!](#)

Would anyone like to be a Journey speaker?
If you would like to share your weight loss surgery story with others, please contact Alyssa at 320-255-5883.