



- April 2007 -

## **Recipe of the Month**



DaVinci Gourmet sells numerous sugar-free syrups that can be added to foods and drinks for additional flavor. Try adding some to your protein drink for a new twist. They carry over fifty different sugar-free syrups including sugar-free caramel, crème de menthe, dulce de leche, cinnamon, Irish cream, peach, and pineapple. The syrups do not have any calories are sweetened with Splenda. They can be purchased at [www.davincigourmet.com](http://www.davincigourmet.com) or [www.bariatriceating.com](http://www.bariatriceating.com).

### **Iced Chocolate Caramel Latte**

#### **Ingredients:**

½ oz DaVinci Gourmet sugar-free chocolate syrup  
½ oz DaVinci Gourmet sugar-free caramel syrup  
1 shot espresso  
8oz non-fat milk  
Ice cubes

Fill a 12oz glass  $\frac{3}{4}$  full of ice, add other ingredients, mix well, and enjoy!

**Nutrition Tip:** It has been suggested by some studies that Americans get over 20% of their total calories from beverages! Take time this week to consider the liquids you are consuming – are you sipping down unnecessary calories?

Starbucks Mocha: 400 calories  
Starbucks Vanilla Frappuccino Light: 360 calories

## **Behavior Modification Tip**

### **Participate in TV-Turnoff Week April 23-29**

“There’s not enough time in the day” is a common phrase uttered. However, the average American watches over four hours of TV daily! And, as more children are struggling with weight related health problems, it is becoming even more important to take control of the televisions in homes. Children with a TV in their bedroom are at greater risk for becoming overweight, and the chances continue to increase with every additional hour they spend watching.

#### **Tips for reducing TV time from the Center for Screen Time Awareness**

- Move your TV to a room not often used by the family.
- Hide the remote!
- Only watch TV while you exercise.
- Plan family activities inside or outside of the home.
- Designate certain days of the week as no TV days.
- Do not use TV as a reward!
- Avoid eating while watching TV. More calories are often consumed in front of the TV than if the meal/snack were eaten at the dining table.
- Remove TV sets from bedrooms.

#### **Hint: Don’t believe everything you read!**

There are numerous weight loss products on the market today, but these products often fall short of the promises they make. The Federal Trade Commission has recently reprimanded several companies for false advertising. Bayer received the largest penalty for their Weight Smart multivitamin, which had added green tea extract. Cortislim and TrimSpa were also penalized. Remember, losing weight and maintaining weight takes effort! There is no substitute for exercise and healthy eating.

**Website of interest:  
[www.obesityhelp.com](http://www.obesityhelp.com)**

## **Vitamin Corner...**

### **Magnesium**

**Main Functions:** Magnesium plays a role in energy metabolism, muscle contraction, nerve impulses, and bone mineralization. Magnesium is important for the regulation of calcium balance, and it is also required for the activation of numerous enzymes.

**Major Sources:** Some magnesium sources include nuts and seeds, beans, tofu, spinach, and wheat germ.

**Deficiency:** Magnesium deficiency usually accompanies other health related issues such as alcohol abuse and use of diuretics rather than poor dietary intake. Symptoms include confusion, muscle weakness, tremors, hallucinations, and swallowing difficulties.

**Fact:** When whole grains are processed, the magnesium content is reduced by 80%!

***Remember to take your multi-vitamin daily!***

## **Exercise Tip**

### **Exercise for bone health**

Lack of physical activity may contribute to lower bone density. Weight bearing exercise and resistance exercise are good for bone health. For specific information regarding such exercises, you may consider purchasing the Be BoneWise Exercise publication promoted by the National Osteoporosis Foundation.



This program includes five sections: the warm-up and aerobic sections, and the wall, chair and floor sections. Each section has a different focus. The program avoids movements that are unsafe for people with Osteoporosis, such as twisting or jarring the spine or bending forward from the waist. In addition to the tape, you will receive an exercise band and safe movement handbook. As always, talk to your physician before beginning any new exercise program.

More information is available at [www.nof.org](http://www.nof.org)

## **Support Group Schedules:**

### **Pre-operative to 2 Years post-operative WLSC Support Group meeting:**

- May 9 at 7 p.m. at Sentara Careplex Hospital Conference Center (York River Entrance)
- **Topic:** Patient Stories

### **Lap Band WLSC Support Group meeting:**

- May 17 at 6:30p.m. at Sentara Careplex Conference Center (York River Entrance)
- **Topic:** Patient Stories

### **2+ Years post-op WLSC Support Group meeting:**

- May 24 at 6:30 p.m. at Sentara Careplex Conference Center (York River Entrance)
- **Topic:** Patient Stories

## **WLSC staff**

Thomas W. Clark, MS, MD, FACS  
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Nancy Ritchie, CFNP  
Dewey Steele, Physician Assistant  
Susie Rohling, RN, Bariatric Prog. Coord  
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