



New Hope Surgical Weight Loss Center Newsletter

June Edition

The importance of Protein and Nutrients for Gastric Bypass patients.

Next to water, protein is the most abundant substance in the human body. The word "protein" is derived from the Greek word meaning "of first importance." This is literally true for the bariatric surgery patient. Protein is undeniably *the most important nutrient* in the bariatric diet.

Weight loss surgery causes severe trauma to the body. After bariatric surgery, you must take in sufficient protein every day to speed wound healing, preserve your lean body mass, enhance your fat-burning metabolism and minimize hair loss. Foods that are high in protein should always be eaten first during meals. The recommended long term post-surgery protein intake may be 60 grams per day, depending on your individual needs and the bariatric diet provided by your surgeon or dietitian. The generally accepted *minimum* protein requirement for patients is about 60 grams per day and men need at least 60 to 70 grams of protein per day. The preferred sources of protein from food include poultry, lean meats, fish, low fat cheese, skim milk, beans and lentils. Some red meats such as beef, pork, lamb or veal can be difficult for a bariatric surgery patient to digest.

It's very difficult to consume enough protein from foods alone during the first several months after weight loss surgery. Most bariatric surgery patients integrate [liquid protein supplements](#) such as cold drinks, hot drinks, soups and puddings into their diet after surgery, and many continue to use them as a balanced, convenient source of protein and nutrition for the rest of their lives.

Protein provides many important benefits to the bariatric surgery patient:

- **Protein aids in proper wound healing after bariatric surgery.** It helps to build and repair body tissues including skin, muscle and major organs.
- **Protein helps keep your hair, skin, bones and nails healthy.**
- **Protein helps form hormones, enzymes**

Recipe of the Month

Fruit Sorbet

8 servings

Ingredients

- 2/3 cup (150 mL) water
- 2/3 cup (150 mL) SPLENDA* Granular
- 4 tsp (20 mL) lemon juice
- 1 medium honeydew melon, cantaloupe or pineapple

Raspberry Sorbet:

- 4 cups (1 L) fresh or frozen raspberries

Directions

In small saucepan, combine water, SPLENDA* and lemon juice. Bring to boil; boil 1 minute. Cool to room temperature, about 15 minutes.

Remove rind and seeds from fruit. Place fruit in food processor or blender and purée until smooth. (There should be 2 1/2 - 3 cups (625 - 750 mL) purée.) Add SPLENDA* mixture, process until blended. Pour into 8 X 8 X 2 inch (20 X 20 X 5 cm) metal pan. Freeze at least 4 hours or overnight. Cover pan for longer storage.

Let stand at room temperature about 15 minutes to soften slightly before serving. Scoop into dessert dishes.

Raspberry Sorbet:

Purée as above. Press through sieve to remove seeds. Proceed as above

Ingredients:

Nutritional Information

and immune system antibodies to help your body function properly.

- **Protein helps your body burn fat instead of muscle for a healthier weight loss.** When you are trying to lose weight after bariatric surgery, you reduce calories. Unfortunately, the human body tends to view fat stores as more precious than lean muscle tissue, and will burn or "catabolize" muscle tissue, before it goes to fat for energy. By consuming sufficient protein each day, you will spare and preserve your muscle tissue, which forces your metabolism to go to your fat for energy. This particular benefit of protein is often referred to as "protein sparing" or "anti-catabolic".
- **Protein supports your natural metabolism so you lose weight quicker.** The more muscle you have on your body, the *higher your metabolism* and the more fat calories your body will burn, even while at rest. Pound for pound, your lean *muscle burns 25 times more calories* than fat! Conversely, less muscle tissue means a slower metabolism. To illustrate this, one pound of muscle can burn 30 to 50 calories in a day, or 350 to 500 calories a week. On the other hand, one pound of fat only burns about 2 calories a day, or 14 calories a week. Therefore, building and preserving lean muscle tissue not only makes fat loss easier, put more permanent.
- **Protein curb's your hunger between meals and avoid "snacking temptation".** One of the amino acids in protein, tryptophan (a precursor of serotonin) has been shown to work on the satiety (hunger) center in the brain.

Your body is actually made up of thousands of different proteins. Because your body is constantly making new proteins and because you don't store amino acids (the building blocks of protein) as you do fats, you need to intake a new supply of protein each day. The body can make 13 amino acids, but 9 amino acids are *essential*, meaning they cannot be made by your body and must come from food sources. There are both *complete* and *incomplete* protein sources. Complete proteins contain all the essential amino acids needed for the body to make new protein. Incomplete proteins are lacking one or more essential amino acids. A good source of complete proteins is *animal protein* which includes meat, fish, eggs and dairy products. Vegetable or *plant protein* is incomplete protein.

As you follow your bariatric diet, keep in mind that

Honeydew Sorbet:
per serving

- Energy: 32 Cal
- Protein: 0.6 g
- Fat: 0.2 g
- Carbohydrates: 7.8 g

Cantaloupe Sorbet:
per serving

- Energy: 65 Cal
- Protein: 0.7 g
- Fat: 0.2 g
- Carbohydrates: 17.0 g

Raspberry Sorbet:
per serving

- Energy: 31 Cal
- Protein: 0.4 g
- Fat: 0.3 g
- Carbohydrates: 7.6 g
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HELP WANTED:



New Hope News is looking for some interested people to help with our monthly newsletter. We need you to share your ideas, concerns and any questions you think would benefit our readers. See Denise Robinson for more information

New Hope Surgical

7411 Lake Street Ste# 2100
River Forest IL 60305

NEEDED: New Hope Testimonials for our Web Site.

plant proteins are not "complete" proteins. (A

complete protein is one food item that contains all of the essential amino acids). Plant proteins should be used together with animal protein sources to provide you with all of the essential amino acids you need.

News:

New Hope Surgical Group Monthly Newsletter is to keep us informed with our questions and concerns and sometimes yummy recipes. To keep this going we are asking for your help. We are all busy with our own lives, and we understand this. But this is a very important part of our lives too. So please help us keep our newsletter going

VITA MIST

With Vita Mist being one of the easiest ways to take your daily-required vitamins an opportunity has come to the New Hope Surgical Support Group. As a Group we would need to order 3 tubes a month for a cost of \$15.96 a tube or \$ 47.88 a month. With our goal being to order at least 16 tubes for our group members a month, this covers the cost of the order and a small profit for the group that could cover the cost of the supplies we need to hold our monthly meetings. In the month of May we have Melissa Birriell as the guest speaker for Vita Mist, so she can remind us of the different types of vitamins they have to offer. I think that this would be a great opportunity for the group to be able to help support itself. If any of us are ready to order we can do this with Melissa.

Commitment.

Definition of Commitment: *To pledge or assign to a particular course or use*

This is what all of us have done by choosing to have either the lap band or bypass surgery. We must all remember that no matter which one we have chosen, it will only be a "tool" that we need to learn how to stay committed to for the rest of our lives. We have made this commitment to change our lives to become healthier, more active and be able to live a longer life. Now making the changes we need to stay committed and this can sometimes be a challenge. By coming to your support meetings once a month and finding support with others who have made the same life's change is always one positive way to keep up with your commitment.