

St. Paul Surgeons Newsletter-June Edition

Research Corner

Disappearance of Diabetes: Why Weight Loss Surgery is so Effective

An article published in April 2011 brings to light to the strong correlation between weight loss surgery and reduced incidence of diabetes.

The study separated individuals into two groups, people who underwent bypass surgery and people who followed a diet. Both groups lost 20 pounds.

Research found that physical reduction in stomach size resulted in significant metabolic changes which reduced diabetes symptoms and medication usage. The exact mechanism is still under review, but the message is clear.

Bottom Line: Bypass surgery, through stomach reduction alters the body's metabolism process, decreasing diabetes incidence and medication usage by individuals.

Ask the Dietitian:

What is the difference between white and brown eggs?

Walking through the grocery store, you may notice white and brown eggs and wondered the difference. When it comes to the color of eggs, the chicken does come before the egg.

The answer is simple. White eggs come from white-feathered chickens, while brown eggs are produced from brownish-red feathered eggs. There is technically no nutritional difference between either egg.

Some egg cartons have the words "high in omega-3's." But consumer be warned. Omega 3's do necessarily occur naturally in chickens or their eggs. Chickens fed food such as flaxseed can increase omega-3 content of the egg.

However "The most beneficial omega-3 fatty acids come from fish, fish oil, and algae," said CSPI senior staff attorney Ilene Heller.

Eggs are an excellent source of protein and rich fat soluble vitamins. Limit egg yolks to three per week. Egg whites contain a large majority of the protein. So when making breakfast next Sunday morning, try a three egg omelet, with one whole egg and two egg whites.



Support Group Information

WHAT:

Come gather with other patients in the weight loss surgery process. Meet and support those pursuing or have already had surgery!

WHEN:

Tuesday, June 21st
2011

WHERE:

Wildwood Lodge
8511 Hudson
Boulevard
Lake Elmo, MN 55042

- This month's topic:
St. Paul Surgeon:
Make Over Edition



Food of the Month: EDAMAME

Edamame which means “beans on a branch” in Japanese are technically soybeans, harvested in the “green” stage. It is described as having a nutty, creamy and crunchy flavor and consistency.

Edamame is rarely eaten raw. It can mainly be found in the freezer section of the grocery store in either pods or individual beans. Marge Perry and Kathy Baruffi from CookLight magazine describe your culinary experience perfectly ... “You simply use your teeth to squeeze the beans out of the salted pods, which are picked while young and look like large, fuzzy sugar snap peas. The beans themselves are similar in color to fresh fava or lima beans.”

Edamame is a great source of protein. A half of cup contains only 95 calories and over 9 grams of protein.

Crispy Edamame

Ingredients

- 1 (12 ounce) package frozen shelled edamame (green soybeans)
- 1 tablespoon olive oil
- 1/4 cup grated Parmesan cheese
- salt and pepper to taste

Directions

1. Preheat the oven to 400 degrees F (200 degrees C). Place the edamame into a colander and rinse under cold water to thaw. Drain.
2. Spread the edamame beans into the bottom of a 9x13 inch baking dish. Drizzle with olive oil. Sprinkle cheese over the top and season with salt and pepper.
3. Bake in the preheated oven until the cheese is crispy and golden, about 15 minutes

Allrecipe.com



Farmer's Market

Shopping at local farmers markets are a great, interactive and fun way to integrate most fresh product into your diet. Below is a list of local farmers markets in the area.

- **Inver Grove Height:** @ Veterans' Memorial Community Center: 8055 Barbara Ave, 55077. Thursdays from 3:30-6:30 (June - Oct)
- **South St. Paul:** 7th Ave & Marie Ave, 55075. Wednesday from 3:00-6:30 (June-Aug)
- **Maplewood:** Aldrich Arena: 1850 White Bear Ave N, 55109. Wednesdays from 8:00 a.m. to noon (May-November)
- **St. Paul Downtown:** 290 E 5th St. 55101. Saturdays from 6:00 a.m. to 1:00 p.m. and Sundays from 8:00 a.m. to 1:00 p.m. (April - November)
- **St Paul (7th Place):** 7th Place Mall & Wabasha. 55101. Tuesdays and Thursdays from 10:00 a.m. to 1:30 p.m. (June - October)
- **West St. Paul:** Signal Hills Mall, 1201 S. Robert, 55118. Fridays from 8:00 a.m. to noon (June-October)
- **Oakdale:** Hadley Ave & 15th St. in R. Walton Park. Wednesdays from 3:00 p.m. to 7:00 p.m. (June-October)
- **Woodbury:** Central Park/YMCA lot on Radio Drive, 55125. Sundays from 8:00 a.m. to 1:00 p.m. (June-October)