

In the news:

## Weight loss seen in family members

People who have weight loss surgery aren't alone in slimming down after the procedure -- family members do so, too, a study in the Archives of Surgery shows.

Surgeons at Stanford University School of Medicine found that one year after a person had undergone surgery, obese family members had shed an average of eight pounds, dropping from 234 to 226.

"Obesity is really a family disease," said Dr. John Morton, the surgeon who led the study. "When you invest in the (weight loss surgery) patient, you not only get benefits for the surgery patient, but for the family as well."

Adult family members, limited to those living with the patient, also cut the number of alcoholic drinks they had from about 11 per month to just one and trimmed their waistlines about three inches.

Patients' kids didn't lose weight, but Morton said they staved off expected weight gain. More kids also said they were on a diet after their parent's surgery -- up from a quarter to half.

This small study involved 35 participants, but it is a positive indicator for other research that may expand upon this. When someone undergoes bariatric surgery, their family and friends are involved as well.

It is our job to help support everyone around us with choosing healthful foods, getting plenty of activity, and living an overall healthy lifestyle.

SOURCE: <http://bit.ly/rkrrHe> Archives of Surgery, October 17, 2011.

## 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, November 15th at 7:00 pm

WHERE:

Wildwood Lodge  
8511 Hudson Boulevard  
Lake Elmo, MN 55042

- This month's topic: Holiday recipe sampling and "Open Forum" group Q&A



## Ask the Dietitian:

**Q: What is better: butter, or margarine?**

**A:** Both have their nutritional flaws- butter tends to be high in saturated fat and cholesterol. Margarine is made from vegetable oils, so it doesn't have any cholesterol. However, in order to make it into a stick-form, trans fats must be used. Trans fats should be avoided because they lower your good cholesterol (HDL) and raise your bad cholesterol (LDL), which increases your risk of heart disease.

Not all margarines are stick-form. Tub spreads are becoming increasingly popular. Some brands claim to actually reduce your LDL levels (such as Promise Activ and Benecol). Other tub spreads contain part yogurt for a low-cal, low-fat, low-cholesterol topping.

The bottom line? Be sure to read the label and check for saturated fat, trans fat, and cholesterol.

# Food of the Month: Potato

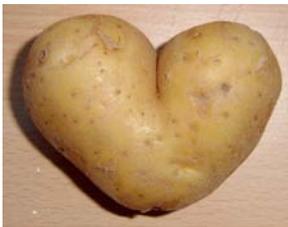


## Spud Nutrition Facts:

- 160 calories per medium (8 oz) potato
- 4 grams fiber, 4 grams protein
- Good source of Vitamins C, B6, and potassium

## Spud Fun Facts:

- The average American consumes 140 pounds of potatoes and potato-products each year.
- The potato is 80% water
- Potatoes are the 4<sup>th</sup> most abundant crop in the United States
- The potato was introduced to Europe (from South America) in the 1500s, and many Europeans refused to eat it because the potato is not mentioned in the Bible



## Loaded Baked Potatoes

*Serves 4*

- 2 large baking potatoes
- 1 6-oz container plain nonfat Greek yogurt
- 2 cups broccoli (frozen or fresh), chopped & fully cooked
- 4 Tablespoons reduced fat shredded Cheddar cheese
- 2 Tablespoons Brummel & Brown buttery spread

1. Scrub potatoes under running water. Using a fork, puncture the potato on all sides (for venting steam).
2. Rub 2 teaspoons olive oil over the potato skin and sprinkle with 1 teaspoon sea salt (optional).
3. Bake in a pre-heated oven at 350 degrees for one hour, or until the skin is crispy and the flesh underneath feels soft.
4. Cut each potato in half, lengthwise, and top with butter spread, broccoli, and cheese. Return to the oven for another 5-10 minutes, or until cheese is melted.
5. Top with plain Greek yogurt & enjoy!

Per serving: 240 calories, 11 grams protein, 6 grams fiber

## Sneaky Mashed Potatoes

*Serves 6*

Using low-cal cauliflower cuts the total calories in half!

- 3 medium/large red potatoes (about 3 cups), rinsed, cut into 1 ½" pieces
- 3 cups raw cauliflower, rinsed, cut into 1 ½" pieces.
- 1/4 – 1/3 cup milk (you may need more depending on your preferred texture and you can substitute cream or half and half for a richer taste)
- 2-4 tablespoons buttery spread
- Salt & pepper to taste
- Garlic (jarred), if desired

1. Bring a large pot filled 3/4 full of water to a boil. Add pinch of salt and potatoes and cook for 17-20 minutes, until potatoes are fork-tender.
  2. When the potatoes have 7-8 minutes left of cook time, add the cauliflower. This will allow the potatoes and cauliflower to finish cooking at the same time.
  3. Drain potatoes and cauliflower in a colander. Add the potatoes and cauliflower back to the empty pot and put the pot back on the burner you were just using, but make sure it's off. The residual heat will help the potatoes and cauliflower to dry out a bit. Let rest 2-3 minutes.
  4. Add 2 tablespoons butter, 1/4 cup milk, salt, and pepper to the pot and mash with a handheld potato masher (or use a blender, immersion blender, or food processor for a smoother texture) till the vegetables are to your preferred texture. Add additional milk and/or butter till the mixture reaches your desired texture. Add additional salt/pepper till the mixture reaches your desired flavor.
- Per serving: 125 calories, 4 g fiber, 30 g carbs, 4 g protein