

In the news: President Clinton adopts a vegan diet

When President Clinton entered the White House in January 1993, his diet consisted of cheeseburgers, fried chicken, French fries, and doughnuts. Fearing for his health, Hilary Clinton worked with White House chefs to create lower calorie, lower cholesterol meals for the Clinton family.

Despite these efforts, over the course of his presidency he gained nearly 20 pounds, but more dangerous was the building up of plaque in his arteries. In 2004 he underwent quadruple bypass heart surgery to repair clogged blood vessels. Just last year, he required a second surgery on his heart.

Since that time, he has consulted with various cardiologists and specialists who recommended he follow a plant-based vegan diet. The former president now says he consumes no meat, no dairy, no eggs, almost no oil. The former president's goal is to avoid any food that could damage his blood vessels. His dietary guides are Dr. Dean Ornish, and Dr. Caldwell Esselstyn Jr., who directs the cardiovascular prevention and reversal program at The Cleveland Clinic Wellness Institute. Both doctors have concluded that a plant-based diet can prevent and, in some cases, actually reverse heart disease.

While a vegan diet certainly has health benefits, for people who have undergone a bariatric procedure, this diet can be too low in protein and iron. A more reasonable diet would be to include a variety of lean and low-fat proteins- from lean poultry to low-fat dairy to nuts and legumes, and also aim for 5 servings of fruits and vegetables a day.

Story from

http://www.cnn.com/2011/HEALTH/08/18/bill.clinton.diet.vegan/index.html?hpt=he_t2

Ask the Dietitian:

Q: Which cooking method preserves vitamins the best?

A: Vitamins are somewhat fragile, and the best way to preserve is to use cooking that minimizes the time, temperature, and amount of water.

Microwave cooking is one of the best ways to preserve nutrients because it needs

minimal water, and the cooking time is very short. Pressure cooking under steam is the next best method because it too minimizes time, and it requires little water. Other methods that are also good to use for the purpose of maximizing nutrient retention are steaming with little water, stir frying, or boil in bag.

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, Sept 20th at 7:00 pm

WHERE:

Wildwood Lodge
8511 Hudson Boulevard
Lake Elmo, MN 55042

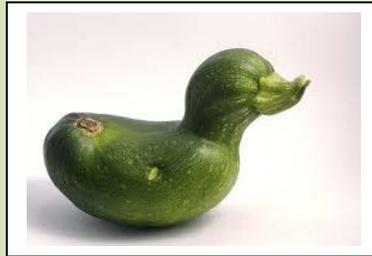
- This month's topic: Post operative vitamin needs- Ben Pogue from Bariatric Advantage



Food of the Month: Zucchini

Zucchini Facts:

- One zucchini has just 25 calories
- The world's largest zucchini on record was 69 1/2 inches long, and weighed 65 lbs. Bernard Lavery of Plymouth Devon, UK, grew the humongous veggie.
- A zucchini has more potassium than a banana.
- The word zucchini comes from 'zucca' the Italian word for squash.
- Biggest is NOT best. The most flavorful zucchinis are small- to medium-sized.



Zucchini boats on the grill

Serves 4

- 2 medium zucchini
- 1 slice whole grain bread, torn into very small pieces
- 1/4 cup turkey bacon bits, cooked & patted dry
- 1 tablespoon minced black olives
- 1 jalapeno pepper, minced
- 3 tablespoons diced green chile peppers
- 1/4 cup minced onion
- 1/4 cup chopped tomato
- 6 tablespoons shredded sharp 2% Cheddar cheese
- 1 pinch dried basil
- seasoned salt to taste
- ground black pepper to taste



Directions

1. Prepare the grill for indirect heat.
2. Place the zucchini in a pot with enough water to cover. Bring to a boil, and cook 5 minutes. Drain, cool, and cut in half lengthwise. Scoop out the pulp to about 1/4 inch from the skin. Chop pulp.
3. In a bowl, mix the zucchini pulp, bread pieces, bacon bits, olives, jalapeno, green chile peppers, onion, tomato, and Cheddar cheese. Season with basil, seasoned salt, and pepper.
4. Stuff the zucchini halves with the pulp mixture. Seal each stuffed half in aluminum foil.
5. Place foil packets on the prepared grill over indirect heat. Cook 15 to 20 minutes, until tender.

Nutrition Facts: 120 calories, 6 g fat, 2 g fiber, 8 g protein

Recipe from: <http://allrecipes.com/Recipe/Zucchini-Boats-on-the-Grill/Detail.aspx>