

In the news:

Type II Diabetes surgery?

Recently two separate studies confirmed the positive effect that Roux-en-Y gastric bypass surgery has in curing diabetes. This surgery was proven to lower blood sugar levels immediately in patients with type 2 diabetes, even before the weight loss begins.

One of the studies enrolled obese patients to undergo either intense drug therapy for their diabetes or bariatric surgery. Of patients who had Roux-En-Y surgery, the most common type of bariatric surgery in the United States, 75 percent showed no evidence of diabetes and were off their medications. The improvement in diabetes started 15 days after surgery. No one in the drug treatment group was free of diabetes.

The second study (from the Cleveland Clinic) found that 42 percent of patients who underwent gastric bypass surgery showed no evidence of diabetes one year later, compared with 12 percent of patients who received drug therapy.

This is very promising news for the millions of people with type II diabetes, and the rising healthcare costs that diabetes brings.



“Our Changing Image”
Weight Loss surgery
support group

Tuesday, May 15th
7:00 PM
Wildwood Lodge
8155 Hudson Blvd
Lake Elmo

This month’s topic:
To Be Determined

Keep your eyes open for
an email coming soon
with the topic
announcement!

Gross-out Food Fact:

Castoreum is a compound used in making perfumes and flavoring food items. Found in North American beavers, the castoreum is the yellowish secretion of the castor sac, in combination with the beaver's urine, used during scent marking of territory. The castor sacs are found in both male and female beavers near the anal glands, under the skin between the pelvis and base of the tail.

The Food and Drug Administration considers it a safe additive. Since it is “natural” you will not find it listed as an ingredient. Rather in many fruit or vanilla-flavored foods and drinks, you will see “natural flavorings” listed.



Food of the Month: Pistachios

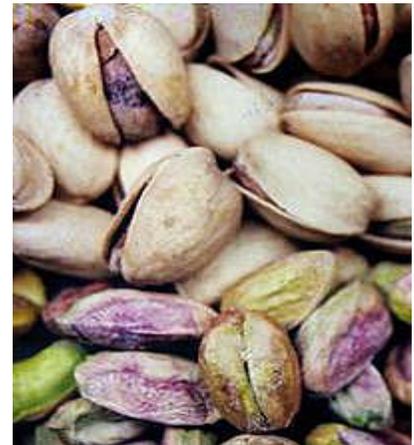
Pistachio Facts:

Pistachios grow well under hot, dry climates with cool winters. They are currently being cultivated in large scale in the orchards in the USA, Iran, Syria, Turkey, and China. The plant takes approximately eight to ten years until it produces its first major crop. Once established, it keeps bearing fruits for centuries. The seed kernel is actually the edible portion. They are borne in heavy clusters somewhat like that of grapes bunch.

The nuts are rich in mono-unsaturated fatty acids like **oleic acid** and an excellent source of antioxidants. Regular intake of pistachios in the diet help to lower total as well as bad LDL cholesterol and increase good HDL cholesterol levels in the blood.

Pistachios are calorie-dense. A quarter-cup shelled pistachio serving contains 160 calories, 14 grams of fat, and 6 grams of protein.

The shell of the pistachio is naturally a beige color, but it is sometimes dyed red or green in commercial pistachios. Originally, dye was applied by importers to hide stains on the shells caused when the nuts were picked by hand. Most pistachios are now picked by machine and the shells remain unstained.



Pistachio-Crusted Baked Chicken

Serves 5

- 1 cup chopped pistachios
 - 1/2 cup bread crumbs
 - 2 tablespoons Dijon mustard
 - 2 tablespoons olive oil
 - 2 tablespoons honey
 - salt and pepper to taste
 - 2 large skinless, boneless chicken breast halves, cut into 1-inch strips
1. Preheat oven to 500 degrees F (260 degrees C). Lightly coat a baking sheet with cooking spray.
 2. Mix together pistachios and bread crumbs in a shallow bowl. In a separate bowl, stir together Dijon mustard, olive oil, honey, salt and pepper until smooth. Dip chicken into Dijon mixture to coat, then coat with bread crumbs. Place onto prepared baking sheet.
 3. Place into preheated oven and turn the oven down to 375 degrees F (190 degrees C). Bake until the chicken is no longer pink and the pistachio coating is golden brown, about 20 minutes.

Per serving: 400 calories, 18 g carbs, 23 g fat, 31 g protein