

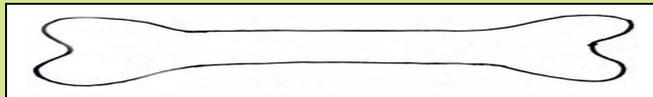
Research Corner

Weight-Loss Surgery Linked to Rise in Fracture Risk

Researchers at Mayo Clinic in Rochester found that in a specific study, people who underwent weight loss surgery have a 2.3-times greater risk of having a bone fracture than the general population.

With malabsorptive procedures (like Roux-en-Y gastric bypass) or in cases of poor intake, lack of Vitamin D and/or calcium can make bones more prone to fractures.

What can you do? Aim for 1200-1500 mg calcium each day, but take only 500 mg at a time for maximum absorption. Remember to take your calcium at least 2 hours apart from your multivitamin. Consider getting your Vitamin D levels checked to see if you need a supplement. Remember to be active as well, as those who are more active have a lower risk of fracture than those who aren't.



Source: Endocrine Society, news release, June 4, 2011

Ask the Dietitian:

What's up with the USDA's new "food plate"?

Gone with the pyramid! Michelle Obama unveiled the USDA's latest nutrition tool: the food plate.

Critiques of the original food pyramid were that it recommended too many servings of grain (6-11!).

The latest food pyramid emphasized physical activity in addition to the food groups.

This new plate is intended to be a more practical teaching tool as to what our own plates should look like.

While this might be helpful for Americans, it emphasizes too many grains for a typical post-bariatric surgery patient. Remember to focus on protein at each meal, followed by fruits/vegetables, and lastly carbohydrates/starch.



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!

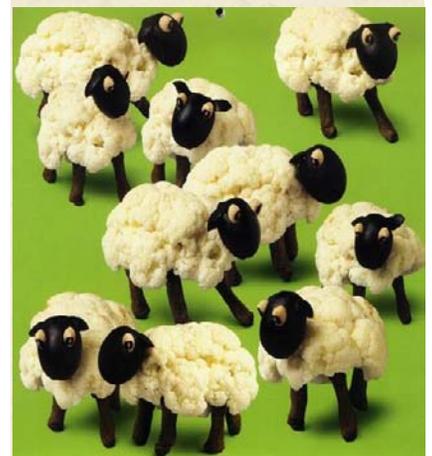
WHEN:

Tuesday, July 19th
2011 at 7:00 p.m.

WHERE:

Wildwood Lodge
8511 Hudson
Boulevard
Lake Elmo, MN 55042

- This month's topic:
Summertime Eating-
Farmer's Markets &
Recipes



Food of the Month: Peaches

- 1. Peach origins:** The fuzzy peach is actually a member of the rose family and originated in China.
- 2. Peaches on the Silk Road:** The peach's scientific name, *Prunus persica*, is a direct reference to the fruit's travels to Persia along the Silk Road.
- 3. Peach varieties:** You can buy two main varieties of peaches: *clingstone* (the flesh sticks to the stone) and *freestone* (the stone is easily separated from the flesh).
- 4. Peach colors:** The peach can have yellow or white flesh, which is sweeter and less acidic than its more traditional golden counterpart.
- 5. Top peach growers:** China is the largest producer of peaches, followed by Italy.
- 6. Peach nutrition:** A large peach has fewer than 70 calories and contains 3 grams of fiber. It's also a good source of vitamins A and C.
- 7. Biggest peach cobbler:** "The world's largest peach cobbler" is made every year in Georgia, which is known as the Peach State. That cobbler measures 11 feet by 5 feet.
- 8. "The Peach State":** That would be the nickname for Georgia.
- 9. Peach season:** Peaches are best from June to the end of August.
- 10. Peach ripeness:** The flesh of a peach should have a slight give, but use your whole hand vs. fingertips to check since the fruit bruises so easily. Also, check for an even coloring of golden or creamy yellow.

Peachy Chicken Salad- *makes 5 servings*

Ingredients

- 3 boneless, skinless chicken breast halves
- 2 large peaches, peeled and chopped
- 1/2 cup shredded carrots
- 1 cup shredded cabbage (Napa, red, green, or substitute broccoli slaw)
- 4 large Bibb lettuce leaves
- 2 tablespoons crumbled goat cheese
- 2 tablespoons chopped walnuts, toasted

Dressing

- 1/4 cup champagne vinegar (or white wine vinegar)
- 2 tablespoons extra virgin olive oil
- 1 teaspoon lemon juice
- 1 tablespoon Dijon mustard
- 1 tablespoon minced shallots
- 1 tablespoon fresh chopped basil
- 2 teaspoon honey
- 1/4 teaspoon salt
- 1/2 teaspoon pepper

Directions

1. Heat grill pan or grill to medium-high heat.
2. Spray the pan or grill with cooking spray, and place the chicken on it. Grill 5 to 6 minutes on each side until done.
3. Shred or chop the chicken and add it to the mixing bowl along with peaches, carrots, and cabbage.
4. Place the dressing ingredients in a separate mixing bowl; whisk to combine.
5. Pour the dressing over the chicken mixture and toss gently.
6. Arrange one leaf of Bibb lettuce on each plate. Divide the peachy chicken salad among the four plates.
7. Garnish with goat cheese and toasted walnuts. Serve immediately.

Per serving: 309 calories, 25 g protein, 18 g carbohydrate, 16 g fat (3 g saturated fat), 60 mg cholesterol, 3 g fiber, 12 g sugar, and 308 mg sodium.

Source: <http://www.webmd.com/food-recipes/features/peach-10-healthy-facts>

