

Mercy Bariatric Center Newsletter – February 19, 2010

Protein Intake is crucial to your weight loss success. I know that we at Mercy Bariatric Center are constantly asking how many grams of protein you take in per day, but there are some very good reasons for our concern. Generally, it is accepted that most Bariatric surgeons advise their patients to get *at least 60 - 80 grams of quality protein per day*. The goal is to maintain lean muscle mass, as well as to support successful weight loss.

What are the signs of protein insufficiency?

- The first sign is often fatigue or weakness. Not the feeling that you didn't get enough sleep last night, but deep fatigue, where it's difficult to get through the day.
- The second sign is weight loss plateau. When we don't ingest enough protein, there is increasing evidence that the body tries to store calories rather than to burn them. Patients who DO get plenty of protein are actually more successful in their weight loss efforts.
- The third sign is hair loss, which we know also can occur with rapid weight loss.

How to get 60-80 grams of protein?

- An ounce of meat (the weight after the shrinkage of cooking) provides an average of 7 grams of protein.
- An egg contains about 7 grams of protein.
- An 8-ounce glass of skin milk provides 8 grams of protein.
- A 1/2 cup serving of fat-free refried beans provides 8 grams of protein
- An ounce of chicken provides 9 grams, where as an ounce of turkey provides 8 grams
- Canned tuna (in water) provides 9 grams per ounce.
- 1/4 c. of egg beaters provides 6 grams of protein
- 1/4 c. of cottage cheese provides 7 grams.

How to increase your protein intake?

- Use a high-protein, sugar-free product such as HMR or Unjury as a meal replacement. Unjury makes an unflavored powder that can easily be stirred into other foods for added protein content.

Support Groups:

Mason City: We had a very good turnout for the first Saturday afternoon support group session. Thanks to all who participated and shared.

Monday, February 22 - West Campus, Classroom #1 at 6:30 -7:30 p.m. Julie Thilges, Bariatric Center dietitian, will present a short program on "Making Meal Planning Easy."

Saturday, March 13 - East Campus, Jan Walter's Conference Room (second floor, Mercy Cancer Center) 12:30 - 1:30 p.m. There will be a taped presentation - Julie Thilges, "Making Meal Planning Easy."

Fort Dodge: The support group is led by Dr. and Mrs. Kyle VerSteeg. Monday, March 1 - Fort Dodge Public Library 6:30 p.m.

Recipe Box:

Quick Spinach Dip

1 10 oz package chopped frozen spinach, thawed and well drained

8 oz. light sour cream

8 oz. nonfat plain yogurt (for more protein, substitute non-fat cottage cheese or greek yogurt)

1/2 package (0.7 oz package) dry vegetable soup mix

2 green onions, chopped finely

1/4 tsp garlic powder

Combine all ingredients in bowl and mix well. Chill in refrigerator. Makes 16 servings.

Per serving: 35 calories, 2 gms protein, 2 gms sugar, 1.5 gms fat.