



KENTUCKY BARIATRIC INSTITUTE

AUGUST 2023 NEWSLETTER

Message from Dr. Smith



"The scale may tell you how much weight you've lost, but it cannot measure the vibrant health, the gift of longevity, and the joy of living life to the fullest that you've gained."

I recently shared the above statement on my Instagram and felt it important enough to emphasize again. A component of bariatric surgery that is not highlighted often enough is what we like to call "non-scale victories." There is no denying that weight is a focus in the world of bariatrics, and anyone who gets to see that goal number they worked so hard for should feel pride in that.

But what if you don't see that number right now? It can be easy to become discouraged or feel like you aren't doing enough. Do not make the mistake of overlooking those non-scale victories—breathing easier, living longer, doing things you never thought possible for yourself.

Support Group Reminder:

GROCERY SHOPPING GUIDANCE

6-7 PM MONDAY, AUGUST 28TH

in person at
**1002 LEXINGTON RD., STE. 25B
GEORGETOWN, KY 40324**

or
watch and ask questions
VIA ZOOM at **zoom.us/j/8825410775**

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What Are the Healthiest Types of Bread?

By Sarah Garone, NDTR

Updated on April 27, 2021

Medically reviewed by Barbie Cervoni MS, RD, CDCES, CDN

Bread doesn't exactly have a reputation for being slimming—or, for that matter, healthy in general. Considering the popularity of low-carb and gluten-free diets, you may find it difficult to think of bread in a positive light for health.

But despite criticism that it's fattening or too high in carbs, the right kind of bread can actually be an extremely healthful food. After all, many breads have a simple ingredient list that begins with whole grains—and eating more whole grains is associated with lower weight and reduced risk of heart disease, cancer, and death by any cause.

To set the record straight on which are healthiest, we've evaluated various types based on amounts of fiber, protein, micronutrients, and total calories, as well as what research says about their health benefits.

100% Whole Wheat Bread

It's no surprise that 100% whole wheat bread packs an abundance of fiber and nutrients—and is one of our picks for the healthiest variety. An average slice of bread made with all whole wheat flour provides 80 calories, 5 g protein, 0 g fat, 20 g carbohydrates, and 3 g fiber.

One hundred percent whole wheat breads also contain varying amounts of essential minerals like selenium, manganese, calcium, thiamin, and phosphorus.

Increasing whole grains (like those in 100% whole wheat bread) has been shown to reduce the risk of multiple chronic diseases, including type 2 diabetes, cancer, and heart disease.

Plus, several studies have demonstrated the positive effects of whole grains on weight control. A 2018 study found that when adults replaced refined wheat with whole wheat in their diets, they experienced a significant loss of visceral fat.

Pay Attention to Labels

Practice diligent label reading to determine whether a store-bought bread was made only with whole wheat flour. A 100% whole wheat bread will either be labeled as such, or will have whole wheat flour as its first ingredient (and won't list other flours like "wheat flour" or "enriched bleached flour").

Multigrain Bread

Wheat isn't the only grain that deserves its fair share of glory for health benefits. Other whole grains like oats, amaranth, buckwheat, barley, and millet can find their way into multigrain breads for added fiber, protein, and micronutrients.

That said, navigating your way to a healthy multigrain bread can be somewhat tricky. When breads are labeled as multigrain, it can be difficult to tell whether the grains that went into them were actually whole, or have been refined. Look for a multigrain bread labeled as "100% whole grain."

Sprouted Grain Bread

Whole grains are healthy to begin with, but harvesting them at the point of germination—as in, when they sprout—drives their nutrient content even higher. Sprouted grains contain higher amounts of vitamins and minerals like folate, iron, vitamin C, zinc, and magnesium, making them another healthy building block for bread.

In addition to upping the micronutrients in bread, sprouted grains has an effect on macronutrients, too. Sprouted grains are higher in protein, which means they may keep you fuller longer (potentially giving weight management a boost).

Meanwhile, if you're trying to keep carbs to a minimum, sprouted grains can help. They tend to be lower in carbohydrates, since the germination process breaks down starch.

With their high protein and fiber, sprouted grain breads also have a relatively low glycemic index. This means they won't raise your blood sugar as quickly as some other breads, like white bread.

Oat Bread

Oats aren't just for oatmeal! These whole grains can supplement whole wheat in healthy store-bought and homemade breads. Oats contain a special type of fiber called beta glucan, which boasts benefits like lowering bad cholesterol, steadying blood sugar, and bringing down blood pressure. They're also especially high in soluble fiber, which can help reduce constipation.

It's important to be label-savvy when choosing a healthy oat bread. Look for brands that list oats and whole wheat flour as the first ingredients and contain minimal added sugars.

Flax Seed Bread

Flaxseeds aren't grains, but that doesn't mean they aren't packed with nutrients. These little seeds are high in fiber and healthy polyunsaturated fats. Adding flaxseed to your diet might help protect against some cancers, as well as improve heart health.

Plus, the seeds are naturally gluten-free, so breads made with them (instead of wheat) can be a good choice for those with celiac disease or gluten sensitivity.

Sourdough Bread

The iconic bread of San Francisco isn't just delicious—it actually has hidden health benefits. Sourdough bread is made via a fermentation process that adds healthy probiotics to its finished product.

A diet rich in probiotics from fermented foods has been linked with all sorts of positive health outcomes, like improved digestion and better immune function. And since many experts believe it's best to get probiotics from foods, rather than supplements, sourdough can add to your daily dose.

For the healthiest sourdough bread, choose a variety made with whole wheat flour. Not only will you soak up the bread's natural probiotics, you'll get extra fiber, protein, and minerals, too. You can also make your own sourdough bread at home. It's easier than you might imagine and it allows you to control some of the ingredients.

Low-Calorie Smoothie Ideas

By Lisa Lillien

Updated on January 06, 2021

Medically reviewed by Marisa Moore, RDN, MBA

Despite their healthy reputation, smoothies are often high in sugar. Some store-bought versions pack as much as 64 grams of this sweetener per bottle. That's more than two times the amount of sugar found in many candy bars.

Additionally, some of these blended beverages are intended to be meal replacements, yet people drink them the same as ordinary thirst quenchers like water or iced tea. Over time, this can easily increase your daily calorie intake—and your waistline.

Luckily, it's easy to whip up a sippable snack that won't derail your diet. If you have a blender and some ice, you can make a tasty frozen drink. Start with one of the low-calorie bases below, add a mix-in or two, throw in an extra, and you'll have a delicious smoothie that still allows you to maintain a healthy weight.

A Low-Calorie Smoothie Base

The base is the foundation of your smoothie. It's where your ice-cold sweet drink begins to take shape. One option is to use one of many different types of milk. A few that are healthy, low in calories, and low in sugar or sugar-free are:

- **Unsweetened almond milk:** Almond milk is sugar-free and available both refrigerated and in shelf-stable cartons. At about 30 calories a cup, it is great for creamy drinks.
- **Unsweetened coconut milk:** Another sugar-free starter for creamy blended drinks that offers roughly the same amount of calories is coconut milk. It has a hint of coconut flavoring and a mild creaminess.
- **Light soymilk:** The stats for soymilk are a little higher than the others at around 105 calories per cup and up to six grams of sugar, but it is also higher in protein, which is good for feeling full.



Soy
MILK



Coconut
MILK



Almond
MILK

You don't have to use milk as your base, though. You can also use reduced-calorie fruit juice drinks. These come in many flavors, with natural ones containing half the sugar and calories of standard juice.

Another coconutty option that is refreshing without the creaminess is coconut water. One cup has about 44 calories and it's high in both potassium and electrolytes. It pairs really well with cherries, pineapple, and other sweet, yet tart fruit flavors.

Low-Calorie Smoothie Ideas Continued

Healthy and Nutritious Smoothie Mix-Ins

Here's where your smoothie can get an extra kick of flavor and nutrients for a satisfying, but still nutritious drink. Good mix-ins to try include:

- **Frozen fruit:** Fruit that's been frozen is ideal for blended beverages because it makes them thick and flavorful. Pick unsweetened versions to keep the sugar content low. Partially thawing the fruit before adding it to your smoothie helps it blend better.
- **Vegetables:** Feeling adventurous? Veggies give smoothies a huge nutrient boost. Kale and spinach are popular add-ins. Cucumbers are too. The trick is to mix veggies with sweet fruit to balance out the flavor.
- **Light yogurt:** For even more creaminess, add in a fat-free yogurt that offers no more than 100 calories per serving. Greek yogurt creates creamy smoothies with a touch of tartness. It also adds a lot of protein.



No-Calorie Smoothie Extras

You've already got the base and a mix-in or two. The right extras can heighten the flavor and texture of your smoothie even more. Which ones are low in calories or calorie-free?

- **Ice:** Try one to two cups of crushed ice or five to eight cubes if you like a smoothie with a lot of ice shavings. Crushed ice is best, since it blends more evenly.
- **No-calorie sweetener:** If you're using an unsweetened base, tart fruit, or veggies and you're looking to satisfy your sweet tooth, adding a no-calorie sweetener can help. There are plenty of natural options made from stevia or monk fruit. Compare them and see which one you like best.
- **Lemon or lime juice:** Add a splash of one of these citrus fruits to bring another dimension to your blended drinks. Both lemon and lime juice can wake up your taste buds.
- **Flavor extract:** A drop or two of vanilla or coconut extract is all you need for a tasty smoothie. This extra can really heighten the flavor, though, so use it very sparingly.

Recipes

Low-Calorie Smoothie Recipes

Not sure how to put all of your options together to make a delicious low-calorie smoothie? Try one of these suggestions.

Berry Mango Smoothie

In a blender, combine:

- 3/4 cup frozen unsweetened mango chunks
- 1/2 cup seedless cucumber
- 5 frozen unsweetened strawberries
- 12 mint leaves
- 1/2 teaspoon lime juice
- 1 no-calorie sweetener packet
- 1 cup crushed ice

You'll get a jumbo serving of blended deliciousness for around 120 calories.



Tropical Morning Smoothie

For this smoothie, blend:

- 3/4 cup light peach yogurt
- 1/4 cup canned crushed pineapple in juice (not drained)
- 1/2 banana, sliced and frozen
- 1/2 teaspoon lime juice
- 1 cup crushed ice

Blend and sip for a 185-calorie drink.



Coconut Berry Smoothie

Combine:

- 1 cup unsweetened vanilla coconut milk beverage
- 3/4 cup frozen unsweetened raspberries
- 1/8 teaspoon coconut extract
- 2 no-calorie sweetener packets
- 1 cup crushed ice

Blend away and enjoy for just 105 calories.

