



# KENTUCKY BARIATRIC INSTITUTE

## FEBRUARY 2024 NEWSLETTER

### Message from Dr. Smith



For most of us, the path to our goal is not usually linear. For most of us, it is an uneven terrain that may have gentle flourishing valleys we pass through, but somewhere along the way we must also cross some mountains or swim the rapids. It is during those hurdles that our progress

may slow, we start to get weary, and struggle to keep the end in sight.

It is often those who have the clearest source of motivation who are the most persistent in overcoming these challenges. Staying motivated can help you overcome fears, be appreciative of your progress, and persevere. Look for motivation within yourself, your support system, and by welcoming the challenges. Replace feelings of fear or intimidation with feelings of excitement and intent.

Always remember that for every time you climb uphill, there is a time ahead where you walk back down. You may not be at the finish line yet, but you are closer than yesterday!

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### Support Group Reminder:

**6-7 PM MONDAY, FEBRUARY 26**

**JOIN US AS OUR NEW TEAM MEMBER, ANNE-MARGARET BROWN,  
MSN, APRN, FNP-C INTRODUCES HERSELF AND TALKS ABOUT  
OUR MEDICAL WEIGHT LOSS OPTIONS!**

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

or  
watch and ask questions  
VIA Zoom at <https://zoom.us/j/8825410775>

**RSVP TO**  
LYNDSAY.DIXON@LPNT.NET OR MARY.MORGANI@LPNT.NET

# Supplement Spotlight Series

There is no question that proper nutrition and physical activity are the key components of achieving and maintaining a healthy weight. However, for many people who are working to make these lifestyle changes, any extra assistance towards their goal is welcomed. One popular form of that “extra assistance” is dietary supplements.

Read along over the coming months as we cover some popular supplements that may or may not provide health benefits but either way can stir a lot of controversy and questions. We will break down what you need to know and offer guidance on choosing your supplements.

## Part 2: Electrolytes

*What are electrolytes?*

Electrolytes are types of minerals that hold a natural electrical charge. When consumed, this charge works within the fluids in your body to maintain important functions including metabolic reactions, pH regulation, muscle relaxation and contraction, and fluid balance. Some common electrolytes include magnesium, phosphorus, potassium, calcium, and sodium.

*Do electrolytes play a role in weight loss?*

There are very few scientific indications that electrolyte supplementation directly leads to weight loss. However, electrolyte imbalances can worsen the effects of certain obesity-related conditions such as hypertension, neuropathy, and fluid retention.

Different electrolytes serve different functions in our metabolic health. In general, they regulate nutrient absorption and bowel habits. They also serve other purposes aside from our digestive health, including hormone regulation, heart health, and neurological function.

You may be at an increased risk of electrolyte imbalance if you experience any of the following:

- Poor diet quality or history of other micronutrient deficiencies
- Vomiting and diarrhea
- Take certain medications such as diuretics, laxatives, proton pump inhibitors, ACE inhibitors
- Have been diagnosed with kidney, heart disease, or other chronic health conditions

These conditions may require you to increase or decrease certain electrolytes in your diet. For example, people with heart disease may need to be placed on a sodium restriction to prevent fluid retention. On the other hand, someone with a stomach bug may need to supplement electrolytes to replenish those lost through vomiting or diarrhea.

*How and when to supplement electrolytes*

Remember that electrolytes are readily available through nutritious and balanced food choices. Prioritize consuming adequate amounts of fruits and vegetables, eating a diverse diet, and staying hydrated as your primary source of electrolytes. If you fall into one of the categories mentioned above or if you are experiencing symptoms of electrolyte imbalance, then consider supplementation after discussing with your healthcare provider. The most accurate way to determine if you have an imbalance of electrolytes is by a blood test called a basic metabolic panel.

# Supplement Spotlight Series

## *Recommended Daily Intake of Electrolytes*

Electrolyte needs can vary after bariatric surgical procedures, amounts recommended by your provider should take precedence over the general recommendations included below.

**Potassium:** 2,600-3,400 milligrams

**Sources:** 1 banana (422 mg), 1 oz of salmon (178 mg), juice of 1 lemon (48mg)

**Symptoms if high:** typically asymptomatic, common with kidney disease or due to certain medications

**Symptoms if low:** constipation, arrhythmia, muscle cramps

**Sodium:** 2,300 milligrams

**Sources:** 1 cup coconut water (64mg), 1 oz catfish (34mg), 12 cherry tomatoes (10g)

**Symptoms if high:** dry mouth, agitation, edema

**Symptoms if low:** fatigue, confusion, changes in reflexes



Retrieved from: electrolytes - Search Images (bing.com)

**Phosphorus:** 700 milligrams

**Sources:** 1 cup skim milk (382mg), 1 medium egg (75mg), 1 tbsp chi seeds (86mg)

**Symptoms if high:** brittle nails, dry skin, tingling in fingers or feet

**Symptoms if low:** muscle pain or weakness, changes in reflexes, confusion

**Calcium:** 1,000-1,200 milligrams

**Sources:** 1 cup skim milk (305mg), ½ cup almonds (175mg), 1 oz mozzarella cheese (197mg)

**Symptoms if high:** kidney stones, constipation, bone pain

**Symptoms if low:** muscle cramps, fatigue, numbness or tingling

**Magnesium:** 310-420 milligrams

**Sources:** 1 cup of oatmeal (220mg), 1 oz dark chocolate (65mg), 1 avocado (40mg)

**Symptoms if high:** low blood pressure, muscle weakness, changes in reflexes

**Symptoms if low:** gastrointestinal changes, common in those taking acid reducing medications

## References

1. Cronometer: Eat smarter. Live better. (n.d.). <https://cronometer.com/#search-foods>
2. JustRunLah, T. (2020, October 29). 4 Sources OF Electrolytes You should be taking daily | JustRunLah! JustRunLah! <https://www.justrunlah.com/2020/10/29/4-sources-of-electrolytes-you-should-be-taking-daily/>
3. Lee, A. R., MD. (2022, January 24). What are electrolytes? Verywell Health. <https://www.verywellhealth.com/electrolytes-5211041#toc-monitoring-and-treating-electrolyte-imbalance>
4. Rd, R. J. M. (2023, November 20). What happens to your body when you use an electrolyte powder daily? Verywell Fit. <https://www.verywellfit.com/using-electrolyte-powder-daily-8356603>

# Bariatric Friendly Electrolyte Drinks

## Body Armour Lyte


Exact electrolyte content can vary by flavor but in general Body Armour Lytes are a low-calorie, no added sugar beverage with plenty of electrolytes that come in a wide variety of flavors.

### PEACH MANGO LYTE 16oz





NATURAL FLAVORS AND SWEETENERS



COCONUT WATER




ELECTROLYTES:  
POTASSIUM: 700mg  
TOTAL BLEND: 820mg



ANTIOXIDANTS  
VITAMINS A, C, & E



B VITAMINS  
B3, B5, B6, B7, B12



NO SUGAR ADDED  
LOW CALORIE

NO COLORS FROM ARTIFICIAL SOURCES  
10% Coconut Water

Nutrition Facts	
Serving size	1 Bottle
Amount per serving	
<b>Calories</b>	<b>20</b>
	% DV*
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Potassium 700mg 15%	Vitamin A 630mcg 70%
Vitamin C 63mg 70%	Vitamin E 10.5mg 70%
Niacin 32mg 200%	Vitamin B6 3.4mg 200%
Folate 800mcg DFE 200%	Vitamin B12 4.8mcg 200%
Pantothenic Acid 10mg 200%	Magnesium 70mg 15%
Zinc 7.7mg 70%	

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium and iron.  
\*%DV = % Daily Value

## Fat Free Skim Milk

Milk is often knocked for having fat and carbs; however, even fat free skim milk can be a great addition to your diet as a source of electrolytes and protein.

### Nutrition Facts

4 servings per container  
Serving size 8 fl oz (240mL)

Amount per serving	
<b>Calories</b>	<b>80</b>
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> less than 5mg	<b>2%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Total Sugars</b> 13g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 2.5mcg 10%	Calcium 300mg 25%
Iron 0.1mg 5%	Potassium 390mg 8%
Vitamin A 150mcg 15%	

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Pedialyte

While we may think of Pedialyte as a supplement for kids, it can be beneficial for people of any age who need an electrolyte boost. The label included below is for the pictured powdered mix, however, Pedialyte is available in many forms including premade drinks or as sports drinks. Exact nutrition and electrolyte content varies by product type.

### Nutrition Facts

8 servings per container  
Serving size 1 Packet (9g)

Amount per serving	
<b>Calories</b>	<b>30</b>
	% DV*
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Total Sugars 6g	
Incl. 6g Added Sugars	<b>12%</b>
<b>Protein</b> 0g	
Potassium 180mg	<b>4%</b>
Chloride 290mg	<b>15%</b>

Not a significant source of Saturated Fat, Trans Fat, Cholesterol, Dietary Fiber, Vitamin D, Calcium, and Iron.  
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** DEXTROSE, CITRIC ACID, MALIC ACID, POTASSIUM CITRATE, SALT, SODIUM CITRATE, NATURAL FLAVOR, LESS THAN 2% OF: CALCIUM SULFATE, SUCRALOSE, ACESULFAME POTASSIUM, RED 40, AND BLUE 1.

## STRAWBERRY

# 3 KEY

## ELECTROLYTES FOR REHYDRATION

180mg POTASSIUM  
290mg CHLORIDE  
260mg SODIUM

PER SERVING





# Recipe

## Sausage Stuffing Balls

Adapted from: Sausage Stuffing Balls - Juicy And Delicious - Inside The Rustic Kitchen

Nutrition information is generated per 1 sausage ball

**Makes:** 16 sausage balls

### Ingredients:

- 1 6oz ground pork sausage
- 1 small Sweet Apple
- 2 tablespoon Fresh Breadcrumbs
- 1 small Red/Purple Onion
- 2 cloves Garlic, minced
- 1 tablespoon Fresh Rosemary, finely chopped
- 1 teaspoon dried oregano
- 1 teaspoon fennel seeds
- Salt and pepper to season
- 1 tablespoon olive oil , for frying



### Instructions:

1. Preheat the oven to 350F/180°C.
2. Grate the apple and onion using a box grater or shredding attachment on a food processor.
3. Place all ingredients apart from the olive oil in a large mixing bowl. Using your hands mix all ingredients together until thoroughly combined.
4. Shape the sausage stuffing mixture into meatballs using your hands (this makes around 16 balls). Place in the fridge for 10 minutes.
5. Put 1 tablespoon of olive oil in a pan and brown the stuffing balls all over. Place the balls on a baking tray and cover with tin foil. Bake the balls for 25-30 minutes until cooked through and juicy.

## Nutrition Facts

Serving Size 1 Serving

Amount Per Serving

**Calories 100.4**

		% Daily Value*
<b>Total Fat</b>	6.7 g	9 %
Saturated Fat	2.3 g	11 %
Trans Fat	0.1 g	
<b>Cholesterol</b>	23 mg	8 %
<b>Sodium</b>	201.6 mg	9 %
<b>Total Carbohydrate</b>	3.5 g	1 %
Dietary Fiber	0.4 g	2 %
Total Sugars	1.3 g	
Added Sugars	0 g	0 %
<b>Protein</b>	6.2 g	
<b>Vitamin D</b>	0.4 mcg	2 %
<b>Calcium</b>	12 mg	1 %
<b>Iron</b>	0.7 mg	4 %
<b>Potassium</b>	107.5 mg	2 %

## Support Group Reminder



# February Support Group

*Featuring*

Anne-Margaret Brown, MSN, APRN, FNP-C

## Medical Weight Loss Options

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