



KENTUCKY BARIATRIC INSTITUTE

JUNE 2023 NEWSLETTER

Message from Dr. Smith



June is here, which means the weather is finally nice and all our favorite outdoor activities can begin. Whether you are a golfer or gardener, spend your days by the pool or curled up with a good book, make sure you celebrate this sunny and lively month!

This month also marks the halfway point of 2023. Remember the themes we set for this year—patience and determination. A little determination will carry you a long way, but lifelong change does not happen overnight, we must be patient in reaching our long-term goals. Remember that our lives are made up of the sum of our choices and the strength of our commitment.

Determination, patience, choices, commitment—these are not just words, they are actions. I believe this second half of 2023 is the perfect time to take action and venture further than ever before down your path to success!

Support Group Reminder:

Understanding Carbohydrates

6-7 PM MONDAY, JUNE 26TH

JOIN US AS WE TALK ABOUT THE IMPORTANCE OF UNDERSTANDING CARBOHYDRATES AND ASK ALL YOUR CARBOHYDRATE RELATED QUESTIONS!

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

AUDREY.LEWIS@LPNT.NET OR JAEANA.TOOSON@LPNT.NET

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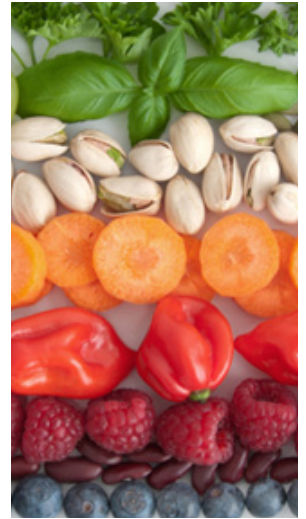
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Phytonutrients and the Importance of Fruits and Vegetables

Sources: [What are Phytonutrients? - Have a Plant \(fruitsandveggies.org\)](#)

We've all been told a million times—it's the most basic and accurate dietary advice that anyone can give—eat more fruits and vegetables! We focus on them being low calorie, and full of vitamins and minerals. A lesser known, but super powerful part of plant foods, are phytonutrients.

Phytonutrients are compounds found in plants and plant-based foods. There are thousands of types of phytonutrients and most are classified by their color. While we know a lot about a few of these phytonutrients—such as antioxidants and carotenoids—there are many that have yet to be studied in depth. What we know for sure is that phytonutrients play a protective role in the health of all our bodily systems, from our immune systems, heart health, and even our hair, skin, and nails.



Check out the list below to decide which phytonutrients you'll be eating today!

Resveratrol

Benefits- can fight of inflammation and protect lung health

Foods- a variety of foods provided from plants including red wine, dark chocolate, peanuts, and berries

Lycopene

Benefits- cardiovascular health, cancer prevention

Foods- red and deep pink foods such as tomatoes, grapefruits, red peppers, and watermelon

Lutein

Benefits- cardiovascular health, cancer prevention, eyes and vision

Foods- varying shades of greens including Brussel sprouts, artichokes, various types of lettuce and kale

Beta-Carotene

Benefits- supports the immune system, vision, and bones

Foods- orange foods and leafy greens such as pumpkins, carrots, sweet potatoes, spinach, kale, and collards

Anthocyanidins

Benefits- support cardiovascular health and help maintain healthy blood vessels

Foods- very deep reds, purples, and blues such as blueberries, blackberries, plums, red onions, and radishes

Isoflavones

Benefits- cancer and inflammation fighting, improves cholesterol levels, support bone and joint health

Foods- exclusively in members of the bean family of foods, especially soybeans

Do Bananas Cause Weight Gain or Help With Weight Loss?

By: Lisa Lillien

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

Updated on June 28, 2021

You may have heard some reports that say bananas make you gain weight, while others say that bananas are beneficial for weight loss. Who is right, and what do you need to know if you're counting calories?

Those who warn against eating bananas for fear of weight gain are looking at carbohydrate content, particularly sugar. Bananas are fairly high in sugar, which can turn to body fat more quickly than other nutrients. Another reason bananas get a bad rap is that their calorie count is higher than many other fruits. A cup of apple slices has about 60 calories, while a cup of banana slices has around 135 calories.

Those in the pro-banana camp say the neatly packaged fruit has the perfect amount of carbohydrates and calories for a satisfying and healthy snack choice. The amount of sugar isn't high compared to most sugary snacks—like cookies and candy—and bananas have the added benefit of fiber.

Some people even say you can eat an unlimited amount of bananas (or any fruit) and not gain weight, since the fruit itself is so good for you. Fruits are rich in vitamins, minerals, and nutrients.

The Truth About Bananas

There's no conclusive evidence that bananas make you gain or lose weight. No one food is responsible for weight loss or weight gain. Instead, consider your overall daily nutrient intake. Weight loss occurs when you create a calorie deficit, either through consuming less calories, burning more calories, or a combination of both.

If you are simply trying to eat a healthier diet, eating a banana (or 1/2 of a medium banana which is considered one whole serving of fruit) can be a good way to boost nutrition. Replacing high calorie, high fat items such as cookies or cake with fresh fruit like bananas can increase satiety while decreasing calories.

If you like the way bananas taste, you should eat them. Add bananas to your meal plan to help you reach your fruit and vegetable goals. You can even plan to replace some less-nutrient dense snacks with bananas to increase your vitamins, minerals and fiber intake and improve satiety.

Do Bananas Cause Weight Gain or Help With Weight Loss?

Benefits of Bananas

One medium banana (7 to 8 inches long) has about 105 calories, half a gram of fat, 27g carbs, 3g fiber, 14.5g sugars, and 1g protein. Bananas are chock full of nutrients. They're good sources of potassium (for heart health) and vitamin C (a powerful antioxidant).



Banana Snack Idea

Go beyond peel-and-eat with these meal and snack options for bananas.

- **Oatmeal:** Add sliced bananas to your morning oatmeal. You can also mash the fruit and add it your oatmeal while it cooks.
- **Cinnamon-sprinkled:** Bananas are great with cinnamon. Just slice one up, dust it with cinnamon, and enjoy.
- **Yogurt:** Mix chopped banana into fat-free plain Greek yogurt along with some cinnamon. You can also layer bananas and yogurt with high-fiber bran cereal and sliced almonds.
- **Frozen coins:** Many people love the texture of frozen banana. It also takes a bit longer to eat, which means you're more likely to feel full by the time you're finished. Top banana slices with no-sugar-added strawberry yogurt and chopped peanuts before freezing them—it's like a nutritious, deconstructed banana split.

There isn't any evidence that bananas contribute to weight gain or weight loss. Like any other food, bananas have calories, and calories add up. As a healthy snack, bananas may be more nutritious than options with the same number of calories and can be a healthy replacement for sugary treats. If you like bananas, enjoy them as part of a balanced diet.

Healthy Waffle Recipe

Healthy Waffle Recipe - Banana Oat & Blueberry

By: My Kids Lick the Bowl

Makes: 8 waffles

Healthy Waffle Recipe (Refined Sugar Free) - My Kids Lick The Bowl

Ingredients:

- 1 cup wholemeal flour 130g
- 1 cup rolled oats 100g
- 1 teaspoon cinnamon
- 2 teaspoon baking powder
- 2 bananas approx 220g
- 2 eggs
- 1 cup milk 250 ml
- 1 cup blueberries 150g



Instructions:

1. Place the dry ingredients (flour, oats cinnamon and baking powder) into a large mixing bowl
2. Mix the dry ingredients so they are evenly distributed
3. Place the bananas, milk, and eggs in a blender or smoothie maker (I use a nutribullet)
4. Blend
5. Add the smoothie mix to the dry ingredients, mix with a wooden spoon
6. Stir the blueberries into the waffle batter
7. Prepare your waffle iron as per it's instructions. I find a medium heat best for this recipe
8. I use spray oil on the waffle before adding the waffle batter
9. Cook as per your waffle iron instructions

Serving: 1 waffle | Calories: 161kcal | Carbohydrates: 29g | Protein: 6g | Fat: 3g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Trans Fat: 0.004g | Cholesterol: 45mg | Sodium: 135mg | Potassium: 273mg | Fiber: 4g | Sugar: 7g | Vitamin A: 140IU | Vitamin C: 4mg | Calcium: 118mg | Iron: 1mg

Welcome to the KBI Family: Maria McJessy

A new addition has joined the crew at Kentucky Bariatric Institute. Maria McJessy is our newest insurance coordinator and will be working with patients as they navigate their way towards surgery approval.

Maria is a 2015 graduate of Ohio State University where she received a Bachelor of Human Nutrition and Business and minored in dance. She comes to KBI with 10 years of experience in healthcare that she obtained both from Ohio State and the University of Kentucky.

Aside from her new role as an insurance coordinator, Maria has a passion for dance. This passion has led her to become the dance fitness instructor at Toyota and the head dance coach at Scott County High School. Maria is also a mother of two boys and two rescue dogs.



Maria says she has enjoyed the raw approach taken by both patients and staff at KBI. She says, "the people are friendly, welcoming, and real" and she enjoys seeing the unfiltered journey for people both before and after surgery.



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