



# KENTUCKY BARIATRIC INSTITUTE

## MARCH 2023 NEWSLETTER

### Message from Dr. Smith



I know many of us are familiar with the moral of a popular fable that slow and steady wins the race. Despite being taught this, most of us from a young age, we often yearn for the quickest and simplest results. Let's take a minute to really think about that old adage.

Doing something slowly means doing it with care. The importance is placed on what you accomplish, not when or how long it takes you to do it. Doing something steady requires patience and persistence. Steadiness requires habits to be formed and efforts consistently focused. When you repeatedly doing something with care, chances are you're going to get good at it! Strive to make improvements slowly and steadily.

Frustration is normal, and perfectly okay to feel. In those moments of frustration remember that no matter how far behind you may feel, the race is not over yet! Keep pursuing progress, slow and steady.

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### Support Group Reminder:

#### Meet our Success Stories!

**6-7 PM MONDAY, MARCH 27TH**

**JOIN US TO LISTEN TO REAL PATIENT STORIES AND ASK ALL YOUR  
BARIATRIC 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](https://zoom.us/j/8825410775)

**RSVP TO**

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

# Cheese-Lover's Edition!

## What are the 'Healthiest' Types of Cheese?

Cheese is a notoriously craveable food. It has a creamy texture, it's filling, and it melts like a dream. Additionally, cheese contains casomorphin, a chemical compound of casein protein that delivers a calming, gently euphoric effect.

Because it contains saturated fat, which can be dangerous for your heart health, cheese gets a bad rap as an overall unhealthy food.<sup>1</sup> However, this isn't exactly the case, and cheese can very much be part of a healthy diet.

## What Makes A "Healthy" Choice For Cheese?

Because saturated fat is the main component of cheese, many regard it as unhealthy. However, the healthiest types of cheeses are the ones that offer enough nutrients to offset the saturated fat that cheese inherently contains.

It's worth noting that saturated fat isn't completely "bad." In addition to it being generally considered acceptable to have a small percent of the fat in our diets come from saturated fat, in recent years science has discovered that saturated fat isn't nearly as problematic as once believed.

While an excess of saturated fat in one's diet can cause health problems, consuming a moderate amount of it probably won't lead to heart disease in ways it was once thought to.<sup>2</sup> The American Heart Association recommends that most adults limit their saturated to 5%-6% of your total daily calories. For people following a 2000 calorie diet, this is about 13 grams.

Let's look at some of healthier choices you can make when it comes to selecting cheese for your next meal or snack.

## Probiotic Cheeses

Most cheeses undergo some amount of fermentation, but they do not all contain probiotics. Probiotics are tiny, beneficial organisms that live in our intestines. They are vital to our gut health and it's best to consume them from varied sources. Doing so helps you get the most diverse population of good bacteria possible to help fight against other gut bacteria that could cause harm, such as candida.

The following types of cheeses are high in probiotics:

- Gouda
- Cottage Cheese
- Cheddar
- Feta



# Cheese-Lover's Edition Continued

## High Protein-to-Fat Content Cheeses

Most cheeses are high in protein, with up to nearly eleven grams per ounce. (Though that's a general rule, there are exceptions to that, such as cream cheese, which has less than two grams per ounce.) However, many cheeses also have a high fat content, containing up to 10 grams per ounce, about five or six of which may be saturated.

Some cheeses offer more protein with less fat, making them more healthful choices when looking for foods that have a better balance of macronutrients. Here are some top choices for cheeses that are high in protein, but are lower in fat.

- Parmesan
- Romano
- Low Fat Mozzarella
- Jarlsberg

## Grass Fed Cheeses

Any cheese made from grass fed milk will offer certain benefits, such as higher omega-3 content and vitamin K29 than grain fed cheeses. Any cheese on this list can be bought grass fed, which will make it even more healthful.

Usually, brands will clearly note on the label that a cheese is made from grass fed milk. As you can see, cheese can be a nutritious addition to your diet. The key is to consume cheese in moderation, and to choose cheeses that have important nutrients such as probiotics and a good amount of protein.



Retrieved from What Are the 'Healthiest' Types of Cheese? (verywellfit.com)  
Written by Ariane Resnick, CNC

# Recipes

## Parmesan Zucchini Tots

Makes: 24 tots

Serving Size: 6 tots

### Ingredients:

- 1 cup zucchini, grated
- 1 egg
- 1/4 yellow onion, diced
- 1/4 cup cheese (cheddar or parmesan work the best)
- 1/4 cup breadcrumbs - I used Italian style
- Salt and pepper

### Instructions:

1. Preheat oven to 400F. Spray a 24-ct. mini-muffin tin with non-stick spray, set aside.
2. Grate the zucchini and then place in a dish towel to squeeze out the excess water- like when using frozen spinach; if you skip this part, the middle of the zucchini tots will be soggy while the outside gets crispy, and no one wants that.
3. In a bowl combine, the egg, onion, cheese, bread crumbs, zucchini, salt and pepper.
4. Using a spoon or a cookie scoop, fill the muffin cups to the top. Bake for 10-15 minutes, or until the top is browned and set.

### Nutrition Facts

Serving size: 6 bites

Servings: 4

Amount per serving	
<b>Calories</b>	<b>116</b>
	% Daily Value*
<b>Total Fat</b> 6.5g	8%
Saturated Fat 3.8g	19%
<b>Cholesterol</b> 63mg	21%
<b>Sodium</b> 450mg	20%
<b>Total Carbohydrate</b> 6.9g	2%
Dietary Fiber 0.8g	3%
Total Sugars 1.3g	
<b>Protein</b> 7.7g	
Vitamin D 4mcg	19%
Calcium 301mg	23%
Iron 1mg	5%
Potassium 143mg	3%



## Caprese Salad

Makes: 4 servings

### Ingredients:

- 8 oz. of mozzarella balls
- 1 cup of cherry tomatoes
- 1/4 cup chopped red onions
- 2 tsp extra virgin olive oil
- 2 tsp balsamic vinegar
- 6-8 basil leaves



### Instructions:

1. Combine all ingredients in bowl and stir or shake well
2. Add salt and pepper to taste
3. Divide into 4 equal servings

Notes: For some additional fiber and iron, add 2 handfuls of spinach!

### Nutrition Facts

Servings: 4

Amount per serving	
<b>Calories</b>	<b>172</b>
	% Daily Value*
<b>Total Fat</b> 11.5g	15%
Saturated Fat 5.3g	27%
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 383mg	17%
<b>Total Carbohydrate</b> 2.5g	1%
Dietary Fiber 0.8g	3%
Total Sugars 1.5g	
<b>Protein</b> 16.6g	
Vitamin D 0mcg	0%
Calcium 313mg	24%
Iron 0mg	2%
Potassium 130mg	3%



# National Nutrition Month

## National Nutrition Month: Fuel for the Future

In addition to St. Patrick's Day and Womens History Month, March is the host of National Nutrition Month. This year's Nutrition Month theme is Fuel for the Future. Read on for tips on eating while saving the planet for future generations:

### **Eat with the environment in mind.**

- Eat more plant-based meals and snacks
- Buy food with little packaging
- Shop in season and locally
- Start a garden

### **See a Registered Dietitian.**

- If you are a bariatric patient, call us today! If not, request a referral
- Learn how nutrient needs change with age

### **Stay nourished and save money.**

- Plan your meals and snacks before heading to the grocery
- Check your shopping list against the inventory of your pantry or fridge to prevent duplicate purchases
- Learn about community resources, such as your local Cooperative Extension office, SNAP, WIC, and local food banks

### **Eat a rainbow of foods.**

- Try a new food from each food group (protein, fruit, vegetable, grain, dairy, and fat/oil) this month
- Avoid fad diets with unnecessary restrictions
- Be kind to your body and give it the fuel it needs

### **Make tasty foods at home.**

- Try out a cooking class
- Try new flavors from around the world
- Be creative with leftovers

## Welcome Our Newest KBI Team Member: Mark George



In February, Kentucky Bariatric Institute welcomed Mark George as our new Director of Bariatric services. Mark worked in Medical Imaging for over 22 years and most recently spent some time in Physician Services before transitioning to this new role. He holds an associate degree in radiologic technology from Kettering College of Medical Arts, a bachelor's degree in biology from the University of Cincinnati, and a master's in business administration from Franklin University.

Mark is originally from Ohio where he was raised on a farm and lived for most of his life. However, Mark says he is not completely new to Kentucky having spent a few summers in Lexington and Louisville some years ago.

Mark says he sees this new role as a challenge and looks forward to improving and expanding the current performance of KBI while maintaining the quality of operations that Dr. Smith and the team have in place.

In his free time, Mark enjoys gaming of any kind, reading, culinary experiences, and traveling. His travels have taken him across the world to places such as England, Italy, France, and Hawaii. Other fun facts about Mark are that he used to work for King's Island—an amusement and water park in Mason, Ohio—and that he used to own horses when he was younger.

If you catch Mark around the office, give him a warm welcome!

