



KENTUCKY BARIATRIC INSTITUTE

MAY 2023 NEWSLETTER

Message from Dr. Smith



What is your “why”? We all have one. Often it stems from our personal experience and heavily influences our goals. As humans, our reasons for doing something are often what determine our priorities. The greater the understanding we have of what motivates us the easier it is to stay on the path to success.

You may have one big “why” that motivates you at work, at home, and in your free time. Others may have many smaller “why’s” that all come into play for different aspects of life. “Why’s” can be short term, long term, or anything in-between.

If your “why” came to mind quickly, then you have probably spent a lot of time both reflecting on your past and planning for your future. If you’re unsure of your “why” I encourage you to put some thought into it. Maybe you find you are most motivated when working towards self-improvement, or maybe you’re most efficient when trying to be present for others. Whether you stumble upon a new all-consuming personal revelation or realize that your mission is much simpler and more achievable than you expected, finding your “why” may be your next step towards personal fulfillment and self-clarity.

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Support Group Reminder

Helpful Activities in the Community

6-7 PM TUESDAY, MAY 23RD

JOIN US AS WE TALK ABOUT ACTIVITIES IN THE COMMUNITY AND
ASK HOW YOU CAN BE INVOLVED!

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

8 Delicious High Protein Vegetables

By **Jane Anderson**

Updated on January 05, 2021

Medically reviewed by

By **Ayana Habtemariam, MSW, RDN, LDN**

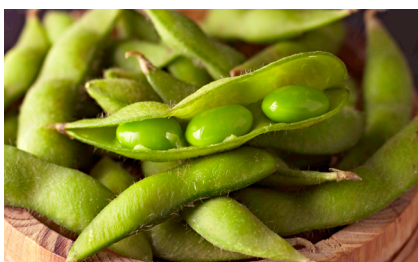
Most people don't think of vegetables as a major source of protein. But many are quite high in protein—high enough that they can add significantly to your daily protein needs. Knowing which vegetables are packed with protein is especially key if you follow a vegetarian or vegan diet. It can be tricky to make sure you get enough protein on a meat-restricted diet. Even carnivores can benefit from adding high-protein vegetables to their diets as these vegetables are very nutritious

Complete vs. Incomplete Vegetable Proteins

A crucial factor to consider when sourcing your protein from vegetables is that most of them include incomplete rather than complete protein. This matters because whole proteins provide all of the nine essential amino acids the body needs. Soybeans and quinoa are two of the only plant-based sources of complete protein. Other options still provide ample protein, but you'll need to eat a wide variety of them to end up with a diet rich in all nine of the needed amino acids.

Edamame

Edamame (immature soybeans) are versatile, simple-to-prepare beans. Half a cup of shelled edamame—about the amount in a typical serving—gets you a whopping 9 grams of protein. That's around 20% of your total protein need for the day, with dry roasted edamame containing even more protein per serving. This veggie also contains fiber, omega-3 fatty acids, vitamin C, vitamin A, and iron.



Lentils

There's a reason lentils top this list of high-protein vegetables. Ounce for ounce, these tiny legumes contain more protein than virtually any other vegetable. Each cup of lentils contains 16 grams of protein, which makes up a good portion of the protein you need each day. They are also packed with dietary fiber and micronutrients, such as folate, iron, thiamin, and phosphorus.



Asparagus

Asparagus' delicious green sprouts are among the first vegetables to appear in farmer's markets each spring. And they contain a lot more protein than you'd expect, along with lots of other nutrients, such as riboflavin and vitamin K. Just 10 spears of asparagus provides nearly 4 grams of protein. You might even find it hard to only eat 10 spears of asparagus, especially if it's fresh from the farm—they're that delicious!



8 Delicious High Protein Vegetables Continued

Beets

One cup of raw sliced beets contains 2.2 grams of protein. That's not a huge amount, but it adds up when you combine beets with other high-protein vegetables to help meet your daily requirements. What's more, beets contain only a tiny amount of fat, in the form of healthy polyunsaturated fat. Also, they are a good source of folate, manganese, potassium, and fiber.

Potatoes

Many people think they should avoid potatoes because they're high in carbohydrates. But potatoes also contain a significant amount of protein that actually helps to balance out those carbs. Just one medium-sized potato gives you over 3 grams of protein. So, if you eat a large stuffed potato or serving of mashed or sautéed potatoes, you'll get plenty of protein. Potatoes are also a good source of vitamin C and heart-healthy potassium.

Broccoli

One cup of raw broccoli contains nearly 2 grams of protein and only 24 calories, and 1 cup of steamed broccoli contains nearly twice that amount at almost 4 grams. While this is only a fraction of the protein you need each day, don't discount it. There are so many other health benefits of eating broccoli, which contains practically no fat and is high in fiber. Plus, research has shown that a diet high in broccoli may help to reduce your risk of certain cancers including breast cancer, prostate cancer, and lung cancer.

Bok Choy

Bok choy is extremely nutritious with plenty of fiber, vitamin C, folate, calcium, vitamin B-6, and beta carotene in every stalk. Plus, bok choy contains a significant amount of protein: 1 cup of cooked bok choy has over 2.5 grams. As with broccoli, you can't meet all your daily protein needs with bok choy. But this leafy green vegetable adds a protein boost to any dish, with practically no calories or fat.

Green Peas

Green peas are tiny but pack a significant amount of vitamins and nutrients, including vitamin C, thiamin, and folate. They're also one of the most versatile vegetables around. Since green peas are a legume, they're also pretty high in protein. One-half cup of raw green peas contains about 2 grams of protein and over 4 grams of dietary fiber. If you make a habit of adding peas to any vegetable dish, those nutrients will add up fast.

A Word From Verywell

There are plenty of high-protein vegetables that can help you meet your daily protein requirements, regardless of whether you follow a plant-based diet or if you eat meat. If you're looking for more options, kale, sprouts, artichokes, chickpeas, corn, and pumpkin seeds are also good protein sources.

Ideally, mix and match vegetables and experiment with salads, stir-fries, and other dishes to add variety (and extra protein) to your diet.

Recipes

By **Rebecca Jaspan, MPH, RD, CDN, CDCES**

Medically reviewed by **Melissa Rifkin, MS, RD, CDN**

Published on July 19, 2022

Adapted from "8 Creative Ways to Eat Edamame"

One cup (160 grams) of shelled, cooked edamame contains 224 calories, 18 grams of protein, and 8 grams of dietary fiber. They are also a good source of potassium, folate, and vitamin K. You can buy edamame fresh in the pod, shelled, or frozen. They have a mild, slightly sweet, and buttery flavor.

Edamame is high in plant-based protein and fiber, and an excellent addition to a plant-based diet. It provides all of the essential amino acids that the body cannot produce itself and is a good source of omega-3 fatty acids and antioxidants.

Asian Edamame Salad

In a large bowl, combine one head chopped romaine lettuce, 12 ounces shelled edamame, 1 cup diced cucumbers, 1 diced red pepper, 2 thinly sliced green onion, and 2 teaspoons sesame seeds. In a small bowl, whisk together 2 tablespoons rice wine vinegar, 2 tablespoons olive oil, 1 teaspoon sesame oil, 1 teaspoon soy sauce, 2 teaspoons honey, 1/2 teaspoon sriracha, and 1/4 teaspoon ground ginger. Pour the vinaigrette over the salad and toss to coat.



Nutrition per serving:

- 110 calories
- 5g total fat
- 14g carbohydrates
- 4g protein

Edamame Avocado Dip

In a food processor, place 12 ounces cooked and shelled edamame, 1/2 cup fresh cilantro, 1/2 cup plain yogurt, 1 peeled and pitted avocado, 1/2 cup water, 1/4 lime juice, 1 teaspoon salt, a few shakes of hot sauce, and 3 drops of sesame oil. Pulse several times until ingredients are well pureed. Add more water for a smoother consistency and adjust seasonings to taste. Serve with pita, chips, or vegetables.



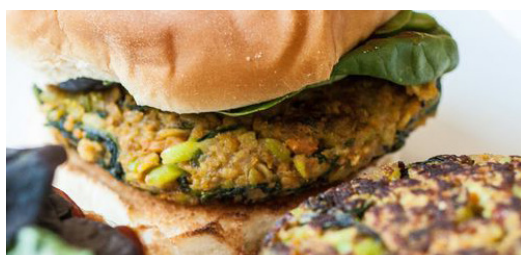
Nutrition per serving:

- 150 calories
- 3g total fat
- 3g fiber
- 4g protein

Recipes Continued

Edamame Veggie Burger

In a large saucepan over medium-high heat, saute 6 ounces of chopped mushrooms, 1 chopped zucchini, and 1/2 chopped yellow onion. In a food processor, pulse 12 ounces shelled edamame, 1/4 cup chia seeds, 1 tablespoon mustard, 1 tablespoon tomato paste, 1 tablespoon liquid aminos, and 1/3 cup water until it forms a smooth paste. Add edamame mixture to vegetables and add in 1/2 cup almond flour and 1 tablespoon psyllium husk. Mix together until fully incorporated. Divide the mixture into 6 patties and bake in a 325-degree oven for 40 minutes.



Nutrition per serving:

- 169 calories
- 9g total fat
- 11g carbohydrates
- 6g fiber
- 12g protein

Roasted Edamame

On a sheet pan, toss together 1 pound shelled edamame, 1 tablespoon olive oil, and 1 teaspoon salt. Mix well and spread them evenly on the sheet pan. Roast in a 375-degree oven for about 30 minutes, stirring every 10 minutes.



Nutrition per serving:

- 169 calories
- 9g total fat
- 11g carbohydrates
- 6g fiber
- 12g protein

Chili Garlic Edamame

Sauté 2 cloves of minced garlic in sesame oil. Add garlic to a medium bowl with chili sauce (like sriracha) and 1 tablespoon of soy sauce. Toss steamed edamame in garlic chili sauce and season with sesame seeds.



Nutrition per serving:

- 149 calories
- 8g total fat
- 9g carbohydrates
- 5g fiber
- 12g protein

Reminder from KBI:

For anyone who may have missed our email on April 28th, we wanted to re-broadcast some important announcements from our office.

Hello KBI Family,

As many of you know, our office has been going through some exciting changes lately! We're getting better—from our name, to the way we look and the way that we serve you.

In an effort to keep everyone up to date on these and other changes, the staff here at KBI have two announcements:

Sale of Supplements

Effective Friday April 21st, supplements at our office will no longer be available for retail purchase. This is a temporary halt of sales while we work to expand and improve our current offering and storefront. We will keep you informed on our plans for a new and improved platform. In the meantime, if you are in need of products and supplements, we are happy to provide you with information on how to order and discount codes if they are available.

RNY Gastric Bypass Post-Operative Diet

Research and information in the medical field is constantly evolving. We have recently been adjusting our expectations for patients who are planning to have or have undergone a RNY gastric bypass procedure. After much review with Dr. Smith, our providers, and our registered dietitians, the diet progression has been revised. Please see the attachment if you are planning to have a RNY procedure or have had a RNY in the past 6 weeks. The attached information should take the place of any other diet progression you may have previously received in a manual or handout. PLEASE

NOTE THAT THIS CHANGE IS ONLY FOR THE RNY GASTRIC BYPASS PROCEDURE AND DOES NOT APPLY TO SADI-S OR SLEEVE PATIENTS, OR THOSE WITH A RNY WHO HAVE ALREADY COMPLETED THEIR POST-OPERATIVE DIET.

As always, we appreciate being part of your community and will continue to keep you informed as we continue to grow and improve.

Sincerely,
Dr. Smith and the
whole team at KBI

Stage	Name	Options
Days 8-14: Stage 2	Full liquids/pureed	<p>Start with: Full liquids, cream soups, fat-free yogurt, no-sugar added applesauce</p> <p>Then Try: cottage cheese, creamy no sugar added peanut butter, smoothies (may blend in fruit), pureed bananas</p> <p>PUREED FOODS SHOULD BE BLENDED SMOOTH WITH NO CHUNKS (CONSISTENCY OF STAGE 2 BABY FOOD)</p>
Days 15-21: Stage 3	Mechanical Soft	Add eggs, beans, soft cooked vegetables, peas, no sugar-added soft canned fruit, sweet potatoes, oatmeal, cream of wheat
Days 22-28: Stage 4	Soft Proteins	Add baked or canned fish, tuna, chicken
Days 29-35: Stage 5	Solid Proteins	Add protein bars, beef/lean ground beef, turkey/lean ground turkey, etc. Slowly progress to roast beef, ham, and turkey sausage
Day 36 and beyond	Crunchy	<p>Add wholegrain toast/crackers, brown rice, protein/granola bars, deli meats, chickpea/red lentil pasta (sparingly), salads and fresh produce</p> <p>Steak should be last.</p>