



**KENTUCKY  
BARIATRIC  
INSTITUTE**

# MAY 2024 NEWSLETTER

## Message from Dr. Smith



“Grab the bull by the horns”

“Jump in with both feet”

“Don't put off till tomorrow what you can start today”

All are great ways of saying, stop wasting time! If there is anything truly invaluable

in this life, it is your time. You can never get it back. You cannot buy more of it. Use your time wisely and with love. If you are not enjoying your time, don't procrastinate on making it better.

A good way to begin making better use of your time is by goal setting. This helps set your priorities and puts intention behind how you spend your time. Meeting your short-term goals can be gratifying and fill you with pride. Time is especially of the essence in meeting your long-term goals and it is okay for these ebb and flow.

Start making the most of your time. You'll never regret it.

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## 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.

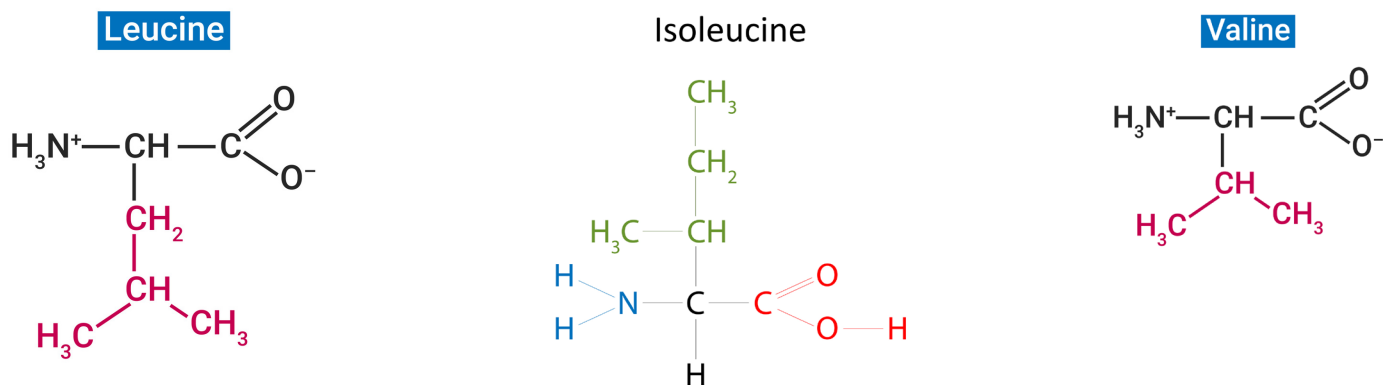
Read along over the coming months as we cover some popular supplements that may or may not provide health benefits but either way can stir a lot of controversy and questions. We will break down what you need to know and offer guidance on choosing your supplements.

### Part 3: Branched-chain Amino Acids (BCAA's)

#### *Amino Acids vs Branched-chain Amino Acids*

Before understanding BCAA's it is important to know a little about the larger family of amino acids. Amino acids are the molecules that build proteins. We know that our bodies need protein and therefore need amino acids to build and repair tissues, perform metabolic functions, and they even play a role in our immune systems and gene expression.

BCAA's are a certain group of amino acids that, as described in their name, possess a branched-like chemical structure that is unique from other amino acids. While there are 20 total amino acids used in the human body, only three of these are BCAA's--they are leucine, isoleucine, and valine.



#### *Are BCAA's important for weight loss?*

There is no definitive evidence that BCAA's cause weight loss, however, there is some correlation. In terms of overall metabolic health, BCAA's can be useful in altering body composition. BCAA's have well-established benefits for muscle growth and recovery. When consumed after resistance exercise, studies have found that BCAA's can have as much as a 20% or greater increase in muscle synthesis as those who do not get BCAA's.

Because we know that an increase in muscle mass has a direct influence on our basal metabolic rate (the calories our bodies burn in a resting state), it is easy to see why BCAA's correlate with weight loss. Although, we know BCAA consumption is not the direct cause of the weight loss, when used in conjunction with regular resistance exercise, they can be useful in optimizing a person's efforts of losing weight.

## Supplement Spotlight Series

### *Should I be supplementing BCAA's?*

Now that we've covered the good news, let's dive into deciding whether to supplement these BCAA's. Of the 20 amino acids our bodies metabolize, there are nine of these that we must consume via our diets because our bodies cannot produce them on its own. These nine are known as essential amino acids. All three BCAA's are included in these 9 essential amino acids.

While we know that people who consume BCAA's for muscle recovery, do see a greater increase in muscle mass, there is very similar evidence for those who consume sources of complete protein. This makes sense, considering BCAA's are present within that complete protein—however, it does incline nutrition professionals to recommend focusing on intake of complete protein as opposed to BCAA's alone.

### *Sources of complete protein*

Most animal-based proteins offer a source of complete protein. This includes foods like fish, poultry, eggs, red meats, and dairy products. If you are choosing complete protein in hopes of facilitating weight loss, it is best to choose low-fat meat and dairy sources to assist in meeting your protein needs while also being mindful of total calorie intake.

The only naturally occurring plant-based source of complete protein is soy. Soy products include tofu, edamame, and tempeh. You may see other plant-based protein supplements that are advertised as complete proteins. These supplements can be produced when proteins from multiple varieties of plant sources are combined to provide all nine essential amino acids.



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### Resources:

1. BCAAs: Health Benefits, Uses, Safety Information, Dosage, and More ([webmd.com](https://www.webmd.com))
2. Complete vs. Incomplete Proteins and Examples ([clevelandclinic.org](https://www.clevelandclinic.org))



# Recipe

## Grilled Salmon Kabobs

Adapted from: [Grilled Salmon Kebabs - Skinnytaste](#)

**Makes:** 8 kabobs (nutrition facts generated per 1 kabob)

### Ingredients:

For the peppers:

- 2 tbsp chopped fresh oregano
- 2 tsp sesame seeds
- 1 tsp ground cumin
- 1/4 tsp crushed red pepper flakes
- 1-1/2 pounds skinless wild salmon fillet, cut into 1-inch pieces
- 2 lemons, very thinly sliced into rounds
- olive oil cooking spray
- 1 tsp kosher salt
- 16 bamboo skewers soaked in water 1 hour

### Instructions:

1. Heat the grill on medium heat and spray the grates with oil.
2. Mix oregano, sesame seeds, cumin, and red pepper flakes in a small bowl to combine; set spice mixture aside.
3. Beginning and ending with salmon, thread salmon and folded lemon slices onto 8 pairs of parallel skewers to make 8 kebabs total.
4. Spray the fish lightly with oil and season with kosher salt and the reserved spice mixture.
5. Grill the fish, turning occasionally, until salmon is opaque throughout, about 8 to 10 minutes total.

Salmon Kabobs		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
<b>Calories</b>	<b>164.5</b>	
		% Daily Value*
Total Fat	7.4 g	9 %
Saturated Fat	1.1 g	6 %
Trans Fat	0 g	
Cholesterol	60.4 mg	20 %
Sodium	49.1 mg	2 %
Total Carbohydrate	1.6 g	1 %
Dietary Fiber	0.4 g	1 %
Total Sugars	0.3 g	
Added Sugars	0 g	0 %
Protein	21.9 g	
Vitamin D	7.4 mcg	37 %
Calcium	29.6 mg	2 %
Iron	1.2 mg	7 %
Potassium	563.2 mg	12 %

\* 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.



# Recipe

## Grilled and Marinated Vegetables

Adapted from: [incredible BBQ grilled vegetables - marinated!](#) | [recipetin eats](#)

**Makes:** 10 servings

### Ingredients:

#### Vegetables:

- 2 red capsicum/bell peppers, cut into 1/3" strips
- 2 yellow capsicum/bell peppers, cut into 1/3" strips
- 2 red onions, wedged
- 1 eggplant, halved lengthwise, then 1.25cm/ 0.5" thick semi circles
- 2 zucchini, 0.7cm / 1/3" thick slices on diagonal
- 2 bunches asparagus, ends trimmed
- 200g/ 7oz button mushrooms
- 1/4 cup (65ml) extra virgin olive oil
- 1 tsp each salt and pepper
- 3 cloves garlic, minced
- 1/4 cup parsley, roughly chopped (or chives)

#### Marinade Instructions:

1. Place ingredients in a jar and shake well. Set aside 10 minutes

#### Grilling/roasting vegetables:

1. Brush the grill lightly with oil, then preheat to high. Or oven 250°C/480°F.
2. Place vegetables in a very large bowl or use a big tray. Drizzle with oil, sprinkle with salt, pepper and garlic. Toss with hands.
3. Place on grill and cook until tender crisp with charred edges - cook times below. Then remove into large bowl.

#### Cook times:

1. Asparagus, zucchini - grill 2 min each side. (Oven - 10 min, no flipping)
2. Capsicum, mushroom, onion - grill 3 min each side (oven 15 min, flip at 10 min)
3. Eggplant - grill 4 min each side. Jab in middle to ensure soft but not soggy! (Oven 18 min)

#### Marinating:

1. While vegetables are still hot, drizzle over dressing and toss.
2. Set aside 10 minutes before serving, sprinkled with parsley.

#### Nutrition:

Serving: 2 kabobs

Calories: 206cal | Carbs: 14g | Protein: 3g | Fat: 16g | Saturated Fat: 2g | Potassium: 537mg | Sodium: 301mg | Fiber 3g | Sugar: 7g | Calcium: 31mg | Iron: 1mg

#### Grilled vegetable marinade (dressing)

- 1/3 cup (85ml) lemon juice
- 1/3 cup (85ml) extra virgin olive oil
- 2 garlic cloves, minced
- 1/2 tsp each salt and pepper
- 1/2 tsp each dried basil, parsley, oregano, thyme
- 1/2 - 1 tsp chili flakes

