



KENTUCKY BARIATRIC INSTITUTE

NOVEMBER 2023 NEWSLETTER

Message from Dr. Smith



Perspective holds the greatest influence. It allows two people, looking at the same scene, to see two completely different scenarios. Our perspective can be a help or hinderance, and some are easier to change than others. Being able to entertain other perspectives makes us more versatile and capable people.

It may be time for a change in perspective if

- You've felt stuck in the same "rut" for too long
- You aren't feeling satisfied with your current position
- You feel you are having a different experience with a situation than others around you
- Your goals seem out of reach

If you find yourself wanting a change in perspective, you may consider; asking someone you trust for their thoughts, preparing yourself to embrace all outcomes the change could bring, look for humor in the situation, or reflect on similar past experiences and the outcomes. Avoid discouragement by giving yourself the opportunity to look through a new lens.

Support Group Reminder:

Healthy Cooking Basics

6-7 PM MONDAY, NOVEMBER 20TH

JOIN US AS WE TALK ABOUT HEALTHY COOKING BASICS AND ASK ALL YOUR HEALTHY COOKING 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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Body Composition: What It Is and Ways to Determine It

Retrieved from: ([verywellfit.com](https://www.verywellfit.com))

By: Jill Corleone, RD

Do you have a love-hate relationship with your bathroom scale? The bathroom scale may be a good tool for measuring weight, but it may not accurately reflect your true health. Body composition takes your weight measurement one step further, figuring out what percentage of your weight comes from fat, muscle, and bone.

The difference between fat mass and non-fat mass (muscle and bone) paints a more complete picture of your health and fitness. This article reviews the basics of your body composition, what it means, and what you can do about it.

What Is Body Composition?

Body composition is the phrase used by medical professionals and the health community to refer to the percentage of fat, water, bone, muscle, skin, and other lean tissues that make up the body. Knowing your body composition provides more detailed information about your health. Two people can weigh the same but have very different wellness and fitness needs because of their body composition.

Why It's Important

Body composition is important because it measures your overall health and fitness level in terms of your body fat percentage. Your bathroom scale can't tell the difference between how much of your weight comes from fat and how much from muscle. But body composition measurements can.

Less fat and more muscle tends to point toward a better level of health.

What Is Body Fat?

Body fat includes all the stored fat in your body. There are two types of body fat:

- **Subcutaneous fat:** This is the layer of fat under your skin. It insulates and protects your body.
- **Visceral fat:** This is the fat that surrounds and cushions your abdominal organs.

In addition to insulating and protecting your body, fat provides energy, carries fat-soluble vitamins, makes certain hormones, and serves as a building-block for cell membranes.

You need a certain amount of body fat to perform these functions—this is known as essential fat.

Body Composition vs. Body Mass Index

Body composition and body mass index (BMI) are tools that assess body fatness. However, the methods used to measure body composition and BMI differ. Additionally, BMI may not provide accurate results in all situations.

Body Mass Index

BMI is a tool that has been used by health professionals to assess body fatness and health. It's a mathematical equation that compares your weight to your height.

Body Composition: What It Is and Ways to Determine It

How to Measure Body Composition

There are a number of ways to measure body composition. However, you need more than a bathroom scale and calculator to figure out what percentage of your weight comes from fat and what percentage comes from muscle. A smart scale can help you monitor various key metrics.

Bioelectrical Impedance

Bioelectrical impedance (BIA) is a tool that estimates your body composition by measuring your body's resistance to a low-level electric current, or impedance. Muscles have a lower resistance to an electric current than fat.

Pros:

- Painless, quick, and easy
- You can purchase scales with BIA technology to use at home

Cons:

- Not a good predictor of body fat percentage in all people
- Hydration affects results



Factors to Consider

Body composition provides valuable information about body fat percentage. However, your body shape is unique to you and there are uncontrollable factors that affect your body composition including:

- **Age:** You lose muscle as you get older, which affects your body composition. However, age-related muscle loss is most often due to a decrease in physical activity.
- **Genes:** Your genes determine your body type and composition and your inherited body type may have more body fat that's hard to lose.
- **Hormones:** Hormones also influence body composition. Testosterone is a male sex hormone that increases muscle mass.
- **Sex:** Due to a combination of genetics and hormones, women have more body fat than men.

Changing Your Body Composition

To change your body composition, you need the right balance of physical activity and nutrition to reach your goals. Slow and steady changes work best when you want to increase muscle and lose fat. It's important to remember that some factors will remain out of your control.

Before making any changes to your diet or workout routine, consult with your primary care provider or a registered dietitian for guidance.

Turkey Nutrition Facts and Health Benefits

Retrieved from: ([verywellfit.com](https://www.verywellfit.com))

By: Malia Frey, M.A., ACE-CHC, CPT

The nutritional value of turkey varies greatly depending on the cut of meat and how it's prepared. Minimally processed turkey is a great source of protein, vitamins, and minerals. However, processed turkey can be high in sugar, unhealthy fats, and sodium.

Turkey Nutritional Facts

The following nutrition information is provided by the USDA for 3 ounces (85g) of roasted turkey leg with the skin.

- Calories: 177
- Fat: 8.4
- Sodium: 65.4mg
- Carbohydrates: 0g
- Fiber: 0g
- Sugars: 0g
- Protein: 23.7g

Carbs

Turkey doesn't contain any carbohydrates unless it is breaded, marinated, or coated in a sauce that contains sugar, or sugar is added during processing (as with some lunch meats). Choosing fresh turkey rather than processed food products (like turkey bacon or sausage) can make a big difference in sugar content.

Protein

Turkey is an excellent source of complete protein, with almost 24 grams in a 3-ounce serving. Leaner cuts (like skinless turkey breast) have a larger proportion of protein by weight.

Health Benefits

Turkey offers several health benefits, particularly when used as a replacement for red meat. Here are some conditions where turkey can be especially helpful.

Promotes Muscle Retention

Sarcopenia, or muscle wasting, commonly leads to frailty in seniors. That's why getting enough protein at every meal is essential for older adults to maintain muscle mass and physical independence. As a complete source of protein, turkey can help meet current guidelines which suggest the consumption of lean meat 4–5 times per week to maintain muscle health with aging.

Reduces Diverticulitis Flare-Ups

Diverticulitis is a painful inflammation of the colon. Dietary factors that influence the risk of diverticulitis include fiber intake (lowers risk), processed red meat intake (raises risk) and intake of red meat with higher total fat (raises risk).

Researchers who studied 253 men with diverticulitis determined that replacing one serving of red meat with a serving of poultry or fish reduces the risk of diverticulitis by 20%. The study's limitations

Fats

Turkey doesn't contain any carbohydrates unless it is breaded, marinated, or coated in a sauce that contains sugar, or sugar is added during processing (as with some lunch meats). Choosing fresh turkey rather than processed food products (like turkey bacon or sausage) can make a big difference in sugar content.

Vitamins and Minerals

Turkey provides vitamin B12, folate, selenium, potassium, magnesium, iron, phosphorus, and calcium. Dark meat is higher in iron than white meat.

included the fact that meat intake was recorded in men only, the intake was self reported, and the amount of meat consumed at each eating episode was not recorded. Turkey may be a helpful substitution for anyone at risk for diverticulitis.

Prevents Anemia

Turkey offers fundamental nutrients required by blood cells. It provides heme iron, which is easily absorbed during digestion to prevent iron-deficiency anemia. Turkey also contains folate and vitamin B12, which are needed for the proper formation and functioning of red blood cells. Regular consumption of turkey can help maintain strong and healthy blood cells.

Supports Heart Health

High-fat meats have been basically blacklisted when it comes to heart-healthy eating guidelines. Although all foods can fit into a nutritious meal plan, many cuts of meat provide high amounts of saturated fat and raise cholesterol levels.

Luckily, turkey is a lean alternative to other meats that's low in sodium, especially if you remove the skin and cook it fresh. Turkey is also high in the amino acid arginine. As a precursor to nitric oxide, arginine may help keep arteries open and relaxed.

How to Prepare

When choosing a whole turkey for a big family meal, be sure to get a bird big enough to feed all of your guests (with some extra for leftovers). The USDA recommends 1 pound of turkey for each person. That means a family of five needs a 5-pound turkey, while a group of 12 warrants a 12-pounder.

Turkey leftovers are great for sandwiches or making soup. If you buy ground turkey, experiment with turkey burger and meatball recipes. You can also use turkey cold cuts to make roll-ups with cheese for a high-protein snack or chop it up to add to a chef's salad.

Leftover Turkey Stew

Adapted from [Leftover Turkey Stew \(eatingwell.com\)](#)
By: Robin Bashinsky, reviewed by Jessica Ball, M.S., RD

Serving: 1 cup

Makes: 8 servings

Ingredients:

- 1 tablespoon olive oil
- 1 ½ cups chopped yellow onion
- 4 cups unsalted chicken broth
- 2 cups leftover gravy
- 4 cups leftover roasted vegetables, cut into bite-size pieces
- 3 cups shredded cooked turkey
- 2 tablespoons chopped fresh flat-leaf parsley
- ¼ teaspoon salt
- ¼ teaspoon ground pepper



Directions:

1. Heat oil in a large, heavy pot over medium-high heat.
2. Add onion; cook, stirring occasionally, until softened and starting to brown, about 6 minutes.
3. Add broth and gravy; let the mixture come to a boil, stirring occasionally.
4. Stir in leftover vegetables and turkey; cook, stirring occasionally, until heated through, 2 to 3 minutes.
5. Stir in parsley, salt and pepper.

Recipe

Mexican Stuffed Acorn Squash

Adapted from Mexican Stuffed Acorn Squash (eatingwell.com)

Serving: 1 stuffed squash **Makes:** 6 servings

Ingredients:

- 3 acorn squash (11/4 pounds each), halved and seeded
- Nonstick cooking spray
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons canola oil
- 12 ounces 93%-lean ground turkey
- 3/4 cup chopped green sweet pepper
- 1/2 cup chopped onion
- 1 1/4 cups cubed yellow summer squash
- 1 (14.5 ounce) can no-salt-added diced tomatoes, drained
- 1 teaspoon salt-free fiesta lime seasoning, such as Mrs. Dash brand
- 1/4 teaspoon crushed red pepper (Optional)
- 6 tablespoons crumbled queso fresco
- 3 tablespoons snipped fresh cilantro



Instructions:

1. Preheat oven to 400 degrees F. Pour 1/2 inch water into a large roasting pan; add acorn squash, cut sides down. Bake 30 minutes. Turn squash halves cut sides up; coat with cooking spray and sprinkle with 1/4 tsp. of the salt and the pepper. Bake 20 to 25 minutes more or until tender.
2. Meanwhile, in a 10-inch nonstick skillet heat 1 Tbsp. of the oil over medium. Add ground turkey; cook until browned. Remove turkey.
3. In skillet heat remaining 1 Tbsp. oil over medium. Add green pepper and onion; cook 5 to 7 minutes or until onion is tender, stirring occasionally. Add summer squash; cook and stir 3 minutes or just until squash is tender. Stir in turkey, remaining 1/2 tsp. salt, and the next three ingredients (through crushed red pepper); heat through.
4. Spoon turkey mixture into squash cavities. Bake 10 minutes. Top with queso fresco and cilantro.

Nutrition estimate: 1 serving

Calories: 263 | **Total Fat:** 11g | **Protein:** 15g | **Carbohydrates:** 29g | **Fiber:** 5g