



KENTUCKY BARIATRIC INSTITUTE

OCTOBER 2023 NEWSLETTER

Message from Dr. Smith



One reminder I give patients often is that you can't help others until you help yourself. Many of us find it easier to make sacrifices for others than for ourselves. While this is not a poor quality to possess, we owe it to ourselves to prioritize our health and wellbeing.

Self care can be as simple as scheduling 30 minutes of alone time each day, or as complex as taking the leap to schedule a surgery you have been putting off for too long. Including yourself in your own budget, whether that be financially, mentally, or just in your daily schedule, is never selfish. Because a well-rested you will be happier to spend time with others. A financially stable you, will have more to offer others. A healthier you, will be better able to care for others.

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Support Group Reminder:

Q&A On Skin Removal Procedures

6-7 PM MONDAY, OCTOBER 23RD

**JOIN US AS WE HAVE A Q&A ON SKIN REMOVAL PROCEDURES
AND ASK ALL YOUR UNANSWERED 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

Don't Get Tricked By All The Treats - Be Smart About Halloween Candy Choices

Retrieved from [Candy Nutrition Facts: Calories and Carb Counts \(verywellfit.com\)](https://www.verywellfit.com/candy-nutrition-facts-calories-and-carb-counts)

Halloween – a holiday best known for its abundance of candy! It can feel overwhelming for those working to stick to a structured diet. Read on for tips on enjoying your candy-filled holiday without busting your sugar budget.

Lower Calorie Candies

No candy is really “healthy,” but if you want to indulge in store-bought sweets, there are many low-calorie candies to choose from. These options contain a fair amount of sugar but are low in fat, and all contain less than 100 calories per serving.

Most gummy and hard candies fit into this category and, when eaten in moderation, will have the least impact on your empty calorie intake. Here is a sampling of low-calorie candy options:

- A single Werther's Original Caramel Hard Candy = 23 calories, < 1 gram of fat, and about 4 g of sugar.
- A single Tootsie Pop = 60 calories, 15 g of carbohydrate, and 11 g of sugar.
- One “fun-size” package of Skittles (about 20g) = 81 calories and 18 g of carbohydrate (15 g of which are sugar).
- Candy cane calories are low, with one (13g) candy cane = 50 calories and 12 g of carbohydrate (10 g of which are sugar).
- A small, 1-ounce (28g) bag of cotton candy = ~110 calories and 28 g of carbohydrate (all of which are sugar).
- Starburst = 20 calories per fruit chew and only 4 g of carbohydrate.
- The calories in a marshmallow depend on the size that you consume. One regular-sized marshmallow or 10 mini-marshmallows = 22 calories and 6 g of carbohydrate (about 4 g of which are sugar).

Many brands of breath mints are also low in calories. For example, a single Tic Tac = < 2 calories per mint. A single Certs wintergreen mint = 5 calories. Mentos = 10 calories per mint. And Ice Breakers sugar-free mints = 5 calories per mint.

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Medium Calorie Candies

If none of the above low-calorie candy choices strike your fancy, consider the medium-calorie options below. These candies are all under 200 calories.

- A 4-piece serving of Twizzlers Strawberry Twists = 157 calories, 1 gram of fat, 36 g of carbohydrate, and 18 g of sugar.
- One York Peppermint Pattie = 165 calories, 3 g of fat, 35 g of carbohydrate, and 27 g of sugar.
- A 7-piece serving of saltwater taffy = 160 calories, 2 g of fat, 38 g of carbohydrate, and 23 g of sugar.



Higher Calorie Candies

Many of the higher calorie candies include a large amount of sugar, but also more fat (and often a little protein). These include chocolate bars and other candy made with chocolate. But don't despair if chocolate is your favorite. You can still indulge, just limit the quantity you eat. Below are some common higher calorie candies:

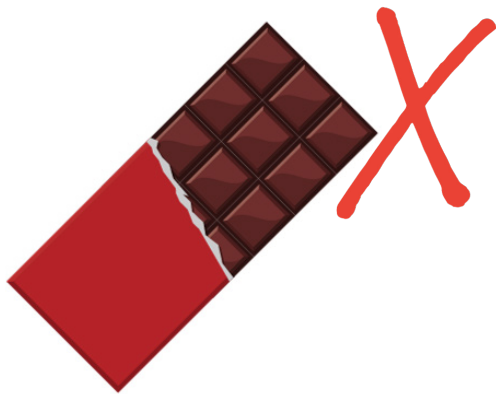
- One full-size (1.45 oz) Hershey's Milk Chocolate Bar with Almonds = 210 calories, 14 g of fat (7 g of which is saturated fat), 22 g of carbohydrate, and 19 g of sugar.
- One regular-sized (1.5 oz) Kit Kat wafer bar = 218 calories, 11 g of fat, 27 g of carbohydrate, 20 g of sugar, and 2.7 g of protein.
- One standard-size (2 oz) Snickers bar = 280 calories, 14 g of fat, 35 g of carbohydrate, 20 g of sugar, and 4.3 g of protein.
- One standard-sized package of Twix (2 bars) = 286 calories, 14 g of fat, 37 g of carbohydrate, 28 g of sugar, and almost 3 g of protein.
- One standard-sized (2 oz) Butterfinger bar = 275 calories, 11 g of fat, 44 g of carbohydrate, 28 g of sugar, and about 3 g of protein.
- One standard-sized (2 oz) Milky Way bar = 264 calories, 10 g of fat, 41 g of carbohydrate, 35 g of sugar, and 2.3 g of protein.

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Enjoying Candy in Moderation

While calories are one piece of the puzzle, periodically enjoying candy while maintaining an overall healthy diet isn't about the specific candy's calorie count as much as it is about your portion size. With that in mind, avoiding anything that is super-sized, "king-sized" or isn't individually wrapped can help keep your sweet treat in check so you can enjoy it in moderation.

For example, while one serving of the "medium calorie" candy options above come in under 200 calories, it can be easy to eat much more when dealing with small, individual pieces. And those tiny candy calories can add up quickly—especially when your sweet treat becomes a regular habit. If you find that you're tempted to eat more than one serving, purchase your candy of choice in a single-serving package or pre-portion your treat (and save or share the rest) so you know exactly how much you're consuming and can enjoy.



Recipes

Pork, white bean and Spinach Soup

Adapted from The Gastric Sleeve Bariatric Cookbook

Ingredients:

- 1 tsp extra virgin olive oil
- 1 medium onion, chopped
- 2, 4-oz boneless pork chops, cut into 1-inch cubes
- 1, 14.5-oz, can diced tomatoes
- 3 cups low-sodium chicken broth
- ½ tsp dried thyme or to taste
- ¼ tsp crushed red pepper flakes (optional)
- 1, 15-oz can great northern beans, drained and rinsed
- 8 oz fresh spinach leaves



Instructions:

1. Place large soup pot or Dutch oven over medium heat and heat the olive oil.
2. Add onion and sauté for 2-3 minutes or until tender. Add the pork and brown it for 4-5 minutes on each side.
3. Mix in tomatoes, broth, thyme, red pepper flakes and beans. Bring to boil and reduce heat to low simmer, covered, for 30 min.
4. Add spinach and stir until wilted, about 5 min. Serve immediately.

Nutrition Facts:

Serving: 1 cup

Calories: 156 | **Total Fat:** 4g | **Protein:** 17g | **Carbohydrates:** 17g | **Fiber:** 4g | **Sugar:** 6g | **Sodium:** 600mg

Recipes

Superfood Dark Chocolates

Adapted from The Gastric Sleeve Bariatric Cookbook

Ingredients:

- 6 oz dark chocolate chips (60% cacao or higher, such as Ghiradelli dark chocolate chips; can also look for sugar-free chocolate chips)
- ¼ cup pumpkin seeds (pepitas), chopped
- ¼ cup unsweetened shredded coconut
- ¼ cup chopped pecans
- ¼ cup unsweetened dried wild blueberries
- 1 tsp sea salt (optional)



Instructions:

1. Line 1 or 2 baking sheets with parchment paper.
2. Distribute chocolate chips evenly on parchment-lined baking sheets; leave 1-inch diameter around edges. Heat oven to 350 degrees F. Place chocolate in oven while cold. Closely monitor and smooth over chocolate with a spoon or spatula as it melts until evenly melted. *See tips for alternate methods of melting chocolate.
3. Remove melted chocolate from oven and quickly spread toppings evenly over chocolate.
4. Cover with plastic wrap. Let chocolate harden at room temperature or in the refrigerator.
5. Using a bench knife or butter knife, cut through chocolate, dividing into 18 squares.
6. Transfer into individual freezer bags and store in freezer or share with friends/family.

Nutrition Facts:

Serving: 1 chocolate

Calories: 102 | **Total Fat:** 7g | **Protein:** 3g | **Carbohydrates:** 8g | **Fiber:** 2g | **Sugar:** 6g | **Sodium:** 99mg

Tips

1. Substitute sugar-free chocolate chips for regular if able.
2. Alternatively, you may melt chocolate by using one of these methods:
 - Fill a large pot with water and bring to a boil. Reduce heat to a simmer and place stainless steel heat-proof bowl over the top of the boiling water. Add chocolate chips and stir until melted and smooth. You may also use a double-boiler.
 - Melt in microwave in 45 second intervals (use 50% power and stir frequently to prevent burning).
 - Immediately swirl about ¾ tablespoons of chocolate in circles or desired shapes about 2-in. in diameter.
3. Can sprinkle protein powder over melted chocolate to add protein. Substitute other toppings as desired, to include chia seeds, flax seeds, peanuts, or sliced almonds. Note that the nutrition content will be different based on the toppings you choose.