



**KENTUCKY
BARIATRIC
INSTITUTE**

SEPTEMBER 2023 NEWSLETTER

Message from Dr. Smith



I find Labor Day to be a holiday full of pride and grit—designed in appreciation of the American Dream, to be able to work and prosper in a country whose renowned strength is formed by the combined strength of its citizens.

I have witnessed firsthand the work and strength exhibited by patients, as everyday they overcome the inherent struggle of making sustainable lifestyle changes in a society that can already require so much of them. Obesity is a disease that we battle, not just as individuals, but as a population. While those battling the disease may feel isolated in their struggles, know that it is a health crisis that we must advocate and pursue treatment for as a nation.

Even though Labor Day has passed, I challenge you for the remainder of this month to two things: First, appreciate yourself. Appreciate the abilities you have now and those you are still working towards, give yourself credit for all your efforts—even the imperfect ones—and be proud of your hard work. Second, don't limit your expectations. Your opportunities are truly endless, whether that be in your work, home, or other facet of life. You deserve the opportunity to make change and seek a life that is better and better each day. Don't shy away from what you know is best for you.

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Sunflower Seed Nutrition Facts and Health Benefits

By Barbie Cervoni MS, RD, CDCES, CDN Updated on September 28, 2022

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Sunflower seeds come from the sunflower plant. While whole sunflower seeds can be consumed, many people prefer to eat just the kernel—or the “meat” of the seed. On the outside of the kernel is a fibrous hull that can be difficult to digest.

Sunflower seeds are a lower carbohydrate food and rich in vitamins, minerals and better-for-you fats. Since they’re available year-round, they make a healthy snack and are great additions to salads and other simple dishes.

Sunflower Seed Nutrition Facts

The following nutrition information is provided by the USDA for 1/4 cup (34g) of dry roasted sunflower seed kernels without salt.

Calories	207	
Fat	19g	28% DV
Sodium	1mg	0% DV
Carbohydrates	7g	2% DV
Fiber	3.9g	12% DV
Protein	5.8g	15% DV
Vitamin E	7.4mg	49% RDA
Copper	0.6mg	68% RDA
Manganese	0.7mg	31% RDA

Health Benefits

The health benefits of sunflower seeds come from the nutrients that they provide, most notably fiber and vitamin E.

Supports Healthy Digestion

Foods with fiber help you to maintain a healthy digestive system. Fiber is the indigestible part of a carbohydrate. It helps to regulate bowels by regulating food ingestion, digestion, absorption, and metabolism. Some fibers are fermentable and provide a healthy bacteria environment for your large intestines.

The kernel of a sunflower seed provides some fiber, but if you eat the whole seed, you can benefit from more as the hull is almost entirely fiber.

Sunflower Seed Nutrition Facts and Health Benefits

Eases Constipation

The sunflower kernel provides fiber that may ease your stools to prevent constipation. For some people, this may be a health benefit. Studies have also shown that improving your dietary fiber intake can increase stool frequency in people with constipation. But authors of one study noted that it does not necessarily improve stool consistency, decrease laxative use, or ease painful defecation.

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Aids Healthy Weight Maintenance

Fiber aids in satiety (feeling full). Studies have shown that people who eat high-fiber diets tend to maintain healthier weights. Epidemiological and clinical studies have also demonstrated that the intake of dietary fiber is inversely related to metabolic conditions such as obesity and type two diabetes.

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May Reduce Risk of Disease

Research has suggested that people who eat high-fiber diets tend to have a reduced risk of heart disease, diabetes, and certain cancers. A high-fiber diet has also been shown to reduce the risk of hyperlipidemia (high concentration of fat in the blood), hyperglycemia (high blood glucose), and hypercholesterolemia (elevated cholesterol levels).

There is also some evidence that a higher-fiber diet is associated with a decreased risk of certain types of cancer, particularly colon cancer. Authors of one large study concluded that people who consume the highest intake of dietary fiber have reduced risks of different types of colon cancer.

Limits Cell Damage

Vitamin E is an important fat-soluble vitamin that aids in normal nerve function and maintains proper functioning of the immune system. Vitamin E is also known to have antioxidant properties.

Antioxidants help to protect that body from cellular damage that is caused by free radicals. Your body creates free radicals naturally, but environmental toxins (such as cigarette smoke) also contribute to free radicals in the body.

Experts suggest that you get antioxidants from food sources rather than supplements. Foods like fruits, vegetables, and seeds provide antioxidants along with other nutrients.

Sunflower Seed Nutrition Facts and Health Benefits

How to Prepare

You can eat sunflower kernels seeds on their own for a quick snack. To help control portions, measure out the seeds instead of just reaching into a bag or bowl. Try to keep your portion to no more than 1/4 cup (without the shell), which is more or less the equivalent to a single dry ounce.

If you plan on pairing your seeds with a serving of fruit, try cutting your portion in half to control calories. If, on the other hand, you are adding your seeds to your vegetable-packed salad or side dish, you can keep your portion to about 1 tablespoon. Adding sunflower kernels to side dishes adds fiber, texture, and heart-healthy fat to the food. Simply roast them or include them raw.

To roast sunflower seeds, place the kernels on a baking sheet and place in a 400-degree oven. Drizzle with a small amount of olive oil and seasoning if you prefer. Keep an eye on them as they will start to brown in 3 to 4 minutes.

Sunflower seeds also can be ground and used to dust meat and fish. Toss some seeds into your yogurt, cottage cheese, or low-fat smoothie for additional flavor. They can also be added to muffins, breads, pancake mix, and desserts or used as an ingredient in homemade granola and trail mix.

Lastly, sunflower seeds are also used to make sun butter, which is a good spread alternative if you have a peanut allergy. The seeds are also used to make sunflower oil.

Support Group Reminder:

BEING PREPARED AS PARENTS

6-7 PM TUESDAY, SEPTEMBER 19TH

in person at
1002 LEXINGTON RD., STE. 25B
GEORGETOWN, KY 40324
or
watch and ask questions
VIA ZOOM at zoom.us/j/8825410775

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

Recipes

Carrot Cake in a Mug

Recipe From: Carrot Cake In A Mug (chocolatecoveredkatie.com)

Makes: 1 cake

Ingredients:

- 1/4 cup spelt, white, or gf all purpose flour
- 1/2 tsp cinnamon
- 1/4 tsp baking powder
- 1/8 tsp each: baking soda and salt
- 1 1/2 tbsp sugar (unrefined or xylitol if desired)
- Pinch uncut stevia, or 1 additional tbsp sugar
- 1/3 cup canned carrots, drained (or steamed carrots, peeled)
- 1 tbsp milk of choice
- 1 tbsp oil or almond butter, or additional milk of choice
- 1/4 tsp pure vanilla extract



Instructions:

1. In a small bowl, mix dry ingredients (not carrots).
2. If you have a blender or Magic Bullet, mix all wet ingredients and blend. (For those without a blender, simply fork-mash the carrots very well before combining with the other wet ingredients.)
3. Then mix dry into wet, and stir. Pour into greased ramekins or a little dish or mug. (I used two 1/2-cup ramekins.)
4. If using the microwave, cook for 1 minute 20 seconds (or more or less, depending on the strength of your microwave). Or you can cook this in the oven at 350F for around 15 minutes. Let cool before trying to pop out. Serves 1-2. Frosting recommendations are listed above in this post.

Nutrition Facts: Calories: 70, Fat: 0.5g, Cholesterol: 0mg, Carbohydrates: 17g, Fiber: 3g, Protein: 2.5g, Added sugars: 0g

Keto Cream Cheese Frosting

Recipe From: Keto Carrot Cake - Chocolate Covered Katie

Makes: 12 servings

Ingredients:

- 8 oz cream cheese
- 4 oz butter
- 2 cups powdered monkfruit
- 1 tsp pure vanilla extract

Instructions:

1. Bring the cream cheese and butter to room temperature. Beat all ingredients until smooth, slowly adding a little milk of choice as needed.

Recipes

Pumpkin Muffins with Walnuts and Zucchini

From: The Gastric Sleeve Bariatric Cookbook by Sarah Kent, MS, RD, CSOWM, CD

Makes: 2 dozen muffins

Ingredients:

- 2 cups old fashioned oats
- 1 $\frac{3}{4}$ cups whole wheat pastry flour
- $\frac{1}{4}$ cup ground flaxseed
- 2 tbsp baking powder
- 1 tsp baking soda
- 1 tsp ground cinnamon
- $\frac{1}{4}$ tsp ground nutmeg
- $\frac{1}{4}$ tsp ground allspice
- 2 cups shredded zucchini
- 1 cup canned pumpkin (or fresh pumpkin puree)
- 1 cups low fat milk
- 4 eggs, lightly beaten
- $\frac{1}{4}$ cup unsweetened applesauce
- 1 tsp liquid stevia
- $\frac{1}{2}$ cup chopped walnuts



Instructions:

1. Preheat the oven to 375 degrees F. Prepare two muffin tins by coating the cups with cooking spray or use baking liners.
2. In a large bowl, mix together the oats, flour, flaxseed, baking powder, baking soda, cinnamon, nutmeg, ginger, and allspice.
3. In a separate medium bowl mix together the zucchini, pumpkin, milk, eggs, applesauce and stevia.
4. Add the wet ingredients to the dry and stir to combine. Gently stir in the walnuts
5. Fill the cups of the muffin tins about half fill with the batter.
6. Bake until the muffins are done, when a toothpick inserted in the center comes out clean, about 25 minutes.
7. Let the muffins cool for 5 minutes before removing them from the tins. Place on a baking rack to finish cooling.
8. Wrap leftover muffins in plastic wrap and freeze. Reheat frozen muffins in the microwave for about 20 seconds.

Nutrition Facts: Per 1 muffin

Calories: 128, Total fat: 5g, Protein: 5g, Carbohydrates: 18g, Sugar: 1g, Sodium: 86mg