



**KENTUCKY
BARIATRIC
INSTITUTE**

APRIL 2023 NEWSLETTER

Message from Dr. Smith



April has always been the month of change in my mind. The trees and flowers are changing back to their bright and vibrant colors. Many people will change out their closets, packing their winter attire away. The weather changes every few hours.

Change is inevitable but it is not always easy to embrace. As many of you work through your own seasons of change, keep a few things in mind:

Care for yourself. Prioritize time for yourself every day, no matter how little. Take an extra long shower, go for a walk, play your favorite music, whatever will help you slow down and allow you to check on yourself.

Chaos is not required. Just because things are changing does not mean it is time for hurry and fret. Maintain your routines as much as you are able. There is comfort in stability.

Express yourself. If your time of change is a great opportunity, express your gratitude. If change is the last thing, you are ready for, express your concerns and uncertainty. It's harder to work through feelings if you're hiding them.

Make the most of this month of change, get and out and get yourself some vitamin D, and as always know that we are always here to support you!

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All About Nutrition Labels

6-7 PM MONDAY, APRIL 24TH

JOIN US AS WE TALK ABOUT THE IMPORTANCE OF NUTRITION LABELS AND ASK ALL YOUR NUTRITION RELATED 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](https://zoom.us/j/8825410775)

Support Group Reminder

11 Foods to Get More Vitamin D in Your Body (verywellfit.com)

By **Shereen Lehman, MS** Updated on November, 30 2020
Medically reviewed by **By Ayana Habtemariam, MSW, RDN, LDN**

People don't get much vitamin D from their diet. Your body makes vitamin D when your skin is exposed to UV rays from the sun. It only takes a few minutes of sun exposure every day to get your vitamin D. However, if you live in a place where it gets colder in the winter, there's a good chance you won't get enough sun exposure for several months out of each year.

Vitamin D is a fat-soluble vitamin that's essential for the proper absorption of calcium in your digestive tract. It also helps maintain blood levels of calcium and phosphate. That's why getting enough vitamin D is necessary for bone health throughout your life—vitamin D deficiency can lead to rickets in kids and osteoporosis in adults.¹

Most experts recommend a daily intake of 600 International Units (IUs) for anyone between the ages of 1 and 70. Infants should be around 400 IUs and people older than 70 should be getting about 800 IUs. You won't find many foods that are high in vitamin D, but there are some. We'll show you a few that you can add to your diet when there's simply not enough sun outside.

1. Maitake Mushrooms
2. UV-exposed Portabella Mushrooms
3. Chanterelle Mushrooms
4. Salmon
5. Halibut
6. Trout
7. Canned Tuna
8. Fortified Breakfast Cereals
9. Milk
10. Fortified Milk Alternatives
11. Eggs

KBI Notes: Patients who have had a RNY (gastric bypass) or SADI-S procedure are expected to take 10,000 IUs of vitamin D daily in addition to what they consume through food.

Even though vitamin D isn't found in a lot of foods, you can see that there are some tasty options available. Keep these in mind, especially on those dreary winter days, but be sure to take advantage of the ultimate source of vitamin D. Standing outside in the sun for even a few minutes can do wonders for your health.



Recipes

Crustless Salmon, Spinach, and Mushroom Quiche

Crustless Salmon, Spinach, and Mushroom Quiche Recipe (verywellfit.com)

Ingredients:

- 5.5 oz. raw salmon fillets (yields 4 oz. or 3/4 cup flaked cooked salmon)
- 2 tbsp extra virgin olive oil
- 1 leek, white and light green part only, halved and sliced thin (1/2 cup sliced)
- 1 cup frozen chopped spinach, no salt added
- 2 cups white button mushrooms, sliced
- 1/2 tsp salt
- 5 large eggs
- 1 cup whole milk
- 2 tbsp chopped fresh dill
- Lemon zest (to taste)

Instructions:

1. Preheat oven to 375F.
2. Place salmon fillets on a parchment-lined baking sheet. Drizzle with half the olive oil and bake at 375F for 10–15 minutes depending on the thickness of the fillets.
3. Meanwhile, add the rest of the olive oil to a large non-stick skillet and turn heat to medium.
4. Add the sliced leek and stir to distribute evenly in the pan for 1 minute until softened.
5. Add the spinach and mushrooms. Season with salt and stir to combine. Sauté on medium/medium-low for about 5 to 8 minutes until vegetables are tender and any liquid released from the vegetables has evaporated from the pan.
6. Once the vegetables are cooked, remove from heat and set aside to cool for a few minutes. When the salmon is fully cooked, remove from the oven and let cool before flaking with a fork.
7. Meanwhile, in a bowl, blend the eggs and milk together with a whisk or blender. Season with a pinch of salt.
8. Spray a pie plate or quiche dish with cooking spray. When the vegetables are cooled to room temperature or slightly warm (but not hot), stir in the flaked salmon and transfer the mixture to the pie plate, spreading out into an even layer.
9. Pour the egg mixture over the rest of the ingredients and sprinkle the top with the fresh dill.
10. Bake for 45 minutes or until the top starts to turn golden brown and the center is cooked. Start checking after 30 minutes—if it's getting too brown but the middle is still runny, cover with aluminum foil and continue to bake. The center can still be a little bit loose when it's done because it will finish cooking as it sits once you take it out of the oven.
11. Once out of the oven, garnish the quiche with grated lemon zest before serving.

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	203
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 5g	25%
Cholesterol 134mg	45%
Sodium 273mg	12%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 6mcg	30%
Calcium 208mg	16%
Iron 1mg	6%
Potassium 297mg	6%

Recipes Continued

Poblano Portabella Mushroom Tacos

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

Ingredients:

- 2 large portabella mushroom caps
- 1 poblano pepper
- 1 small yellow onion
- 2 teaspoons olive oil
- 1/4 tsp garlic powder
- 1/4 tsp freshly cracked black pepper
- 1/4 tsp cumin
- 1/4 tsp chili powder
- 8 corn tortillas, warmed
- 1 small avocado, sliced
- 1/2 cup monterey jack cheese, shredded
- 1/4 cup fresh cilantro leaves

Instructions:

1. Wash and slice portabella caps into 1/2-inch slices. Remove seeds and stem from poblano and slice. Slice onion.
2. Heat oil in a large skillet over medium heat. Add poblanos and onions. Cook, stirring, about 5 minutes. Add mushroom slices. Sprinkle with garlic powder, pepper, cumin and chili powder. Continue to cook, stirring, until mushrooms are softened but still semi-firm.
3. Heat tortillas over low heat. Serve tacos with sliced avocado, shredded cheese, and cilantro.

Nutrition Facts

Servings: 4 (2 tacos each)

Amount per serving

	251
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 4g	20%
Cholesterol 13mg	4%
Sodium 114mg	5%
Total Carbohydrate 28g	10%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 4mcg	20%
Calcium 156mg	12%
Iron 1mg	6%
Potassium 477mg	10%



Expert Answers: Alcohol Use After Bariatric Surgery

Written by Rachel E. Goetze, Ph.D., Medical Psychology Fellow

Alcohol use after bariatric surgery has become a hot topic, and researchers and clinicians have learned a lot in the past 10 years. We now believe that long-term abstinence from alcohol following bariatric surgery may be best for your health, safety and maintained weight loss success.

Alcohol absorption after bariatric surgery

Alcohol impacts us differently following bariatric surgery. We think this is in part because of changes to anatomy and how the body absorbs alcohol. For individuals who have not had bariatric surgery, peak blood alcohol level after having an alcoholic beverage takes about 25 minutes. However, those who have had a sleeve gastrectomy experience peak blood alcohol level in nine minutes, and those who have had the Roux-en-Y Gastric Bypass reach peak levels in as little as five minutes!

Here's what else we know:

- Alcohol is much more intoxicating after bariatric surgery; one glass of wine can lead to blood alcohol levels over the legal driving limit.
- It takes longer for alcohol to leave our system after bariatric surgery, so individuals stay intoxicated for longer periods of time.
- Individuals may be at greater risk for developing problematic use and reliance on alcohol due to the highly intoxicating properties of alcohol following bariatric surgery.



Expert Answers: Alcohol Use After Bariatric Surgery Continued

Physical impacts of alcohol after bariatric surgery

Eliminating alcohol use after bariatric surgery may help avoid the following dietary and health complications:

- **Dehydration** – Staying hydrated after bariatric surgery is very important, and alcohol can act as a diuretic, countering all that hydrating you've done throughout the day.
- **Excess calories** – Alcohol is full of “empty calories,” meaning the calories from these beverages are largely non-nutritious and do not provide the protein and vitamins necessary after bariatric surgery.
- **Impact on judgement** – When intoxicated, it may be difficult to stick to post-bariatric surgery dietary and physical activity recommendations.
- **Weight regain** – Alcohol and the beverages we mix with it are often full of sugar, caffeine and carbonation. These are all important to avoid following bariatric surgery to reduce the possibility of medical complications.
- **Dumping syndrome** – For some people, the sugar in alcohol can cause dumping syndrome, a very uncomfortable experience when food moves from your stomach into your small bowel too quickly.
- **Ulcer risk** – The acidity in alcohol can increase the risk of developing stomach ulcers following bariatric surgery.
- **Liver risk** – After bariatric surgery, alcohol has more direct impacts on the liver and can increase the risk of damage.

Risk factors for problematic alcohol use after bariatric surgery

Who is at risk for problematic alcohol use after bariatric surgery? Everyone.

We often see difficulties with alcohol developing two to three years after bariatric surgery; a time when people have returned to solid foods and routine eating patterns. Some factors have been associated with increased risk of problematic alcohol use after bariatric surgery, such as younger age, being male and a history of tobacco and other substance use. However, approximately 1 in 5 individuals develop problematic alcohol use following bariatric surgery, and a percentage of these people have no history of past use.

These risks have led to the recommendation that individuals interested in bariatric surgery reduce and eliminate alcohol prior to surgery and maintain lifelong abstinence. Your bariatric team may ask you questions about alcohol use and will support any changes they recommend. If you find that your alcohol use has increased following bariatric surgery, reach out to your care team.