



MOUNT CARMEL

A Member of Trinity Health

BARIATRICS

SPRING NEWSLETTER

INSIDE THIS ISSUE

p2



Walking After Meals Can Have A Positive Impact On Your Health (Cont.)

p3



Program Updates

p4



High Protein Creamy Lemon Chia Seed Pudding

p5



Sheet Pan Spring Chicken with Artichokes and Asparagus

Walking After Meals Can Have A Positive Impact On Your Health

By Brandi Mingyar MS, RD, LD

One of the most underrated health tools is a walk after a meal. Any movement after meals, even if it is just a few minutes, can have a meaningful, positive impact on our bodies by aiding in digestion, stabilize blood sugar responses, support heart and lung health, support weight management, and reduce feelings of fatigue.

Digestion Aid

Movement after meals and snacks has been shown to aid in digestion. It accomplishes this by stimulating the stomach and the intestines to move food through at a quicker pace. Furthermore, light activity increases blood flow to the digestive tract, reducing possible discomfort from gas, bloating, constipation, and reflux.

Stabilize Blood Sugar

Movement after meals may help to stabilize blood sugar. It accomplishes this by utilizing muscles which consume glucose that has been released into the blood stream from the food just eaten. Typical blood sugar spikes occur within 30-90 minutes after eating and can be minimized

from that movement, keeping blood sugar more stable. In addition, exercise makes the body more sensitive to the hormone insulin, which is needed to shuttle glucose to where it needs to go. In return, the pancreas is able to produce less insulin, which is crucial for managing diabetes or preventing diabetes.

Support Heart and Lung Health

Movement after meals helps to support heart and lung health. Large blood sugar spikes cause strain on the heart by placing pressure on the arterial walls. As mentioned previously, movement after meals helps to stabilize blood sugar spikes and therefore prevents strain on the heart by allowing for arterial flexibility. In addition, movement after meals helps to improve blood circulation, supporting blood pressure.

Walking After Meals Can Have a Positive Impact On Your Health *cont.*

Movement after meals encourages deeper and more controlled breathing, which strengthens respiratory muscles. Movement helps the body to use oxygen more efficiently and reduce breathing struggles by allowing the lungs to expand in capacity. Lastly, staying upright after meals improves posture which aids in stronger air consumption versus sitting or lying down.

Support Weight Management

Movement after meals supports weight management by improving digestion, stabilizing blood sugar, increasing daily energy expenditure, and helping to support appetite. All of these factors impact our weight. Moreover, it supports a consistent, daily exercise habit that can sometimes be easier to maintain than longer workout sessions.

Reduce Feelings of Fatigue

Movement after meals reduces feelings of fatigue and tiredness. Because movement helps to stabilize blood sugar, it keeps energy levels more stable and prevents the post-meal “crash”. Additionally, improved digestion supports energy levels, and the boost in blood circulation increases blood flow to the brain. Movement can also reduce stress, supporting mood and vitality.

Tips To Start and Succeed

Any form of light movement will do the trick to gain the benefits discussed, but walking tends to be the most feasible for most people. Start slow and small with 5 minutes, building up to what you can do and your schedule allows for. You can first start with 1 meal/day, then progress to 2 meals/day, etc. Consider a method for accountability. This accountability could include a friend, a coworker, a family member, time blocked in the calendar, or establishing this new habit with a habit you're already doing like walking during a meeting or walking while talking on the phone with a friend. Lastly, consider a manageable pace where you can hold a steady conversation.

Links:

* BariNation, Ep 276: Adding Weight to Maximize Metabolic Wellness with RuckFit Author Kayla Girgen, RD
<https://podcasts.apple.com/us/podcast/ep-276-adding-weight-to-maximize-metabolic-wellness/id1510449533?i=1000748000108>

** Set Boundaries, Find Peace by Nedra Glover Tawwab
<https://www.amazon.com/Set-Boundaries-Find-Peace-Reclaiming/dp/0593192095>

New Challenge!

After our discussion on all the benefits of movement after meals, the new challenge is to do just that! Move after meals! You can start small and gradual. We recommend walking and starting at 5 minutes after 1 meal/day, building up to 3 meals/day increasing as time allows. Consider that method for accountability as previously suggested, and move at a pace that is manageable for you.



MEDIA TO REVIEW:



BariNation, Ep 276*:

Adding Weight to Maximize Metabolic Wellness with RuckFit Author Kayla Girgen, RD



Set Boundaries, Find Peace by Nedra Glover Tawwab.

I found it at the library, you can also get the audio book on the Libby app or with a Spotify premium subscription.

*Scan the QR code to purchase on Amazon***

Program Updates



Did you know?!?!

Central Ohio Surgical Associates (COSA), in conjunction with Mount Carmel, have created a medical weight management program that centers around providing medication assistance for weight loss. GLP-1s have been all the rage recently, but did you know that these medications can also be utilized to achieve weight loss and personal health goals even after bariatric surgery?! Many within our bariatric community find these medications reduce the food noise that may dictate their day-to-day thoughts or help them combat the roughly 10% weight recidivism (regain) experienced by many when reaching their new setpoint.

Our weight management program offers prescriptive access based on your personal needs and insurance coverage to only the most respected and qualified GLP-1 manufacturers. Additionally, access to our knowledgeable Nurse Practitioners and Registered Dietitians remains central to the core of the program.

Information Resources



For more information, please feel free to reach out to Central Ohio Surgical Associates directly at 614-228-0768, or apply directly through the Mount Carmel website at Bariatric Pre-Screening Application***.

Links:

***Bariatric Surgery Pre-Screening Application

<https://www.mountcarmelhealth.com/services/bariatric-surgery/pre-screening-assessment>

High Protein Creamy Lemon Chia Pudding

By Heather, creator of *Fit Mama Real Food*

Prep Time: 10 minutes

Chill Time: 3 hours

Total Time: 3 hours and 10 minutes

Ingredients

pudding

½ cup almond milk

½ cup cottage cheese, 2%

3 tbsp chia seeds

½ scoop vanilla protein powder

2 tbsp fresh lemon juice

⅛ tsp ground turmeric

Creamy Topping

1 tbsp cream cheese, softened

2 tbsp plain greek yogurt

1 tbsp vanilla protein powder

1 tsp coconut oil, melted

Instructions

1. Add almond milk and cottage cheese to a small blender. Blend until completely smooth and silky.
2. Pour the blended mixture into a jar or bowl. Stir in the chia seeds, vanilla protein powder, lemon juice, and turmeric until evenly combined. Let it sit 5 minutes, then whisk again (to prevent clumps).
3. In a small bowl, stir together cream cheese, Greek yogurt, vanilla protein powder, and melted coconut oil until smooth. Spoon the creamy topping over your partially set pudding. Top with lemon zest.

Source: fitmamarealfood.com



Flavor Variations

Lemon berry swirl:

Fold in a few mashed raspberries, blueberries, or fresh strawberries into the chia seed mixture before chilling. (This one pairs perfectly with the tartness of the lemon!)

Lemon poppyseed:

Stir ½–1 tsp poppy seeds into the base and add a little extra lemon zest on top.

Lemon coconut:

Use canned light coconut milk for part (or all) of the milk and top with toasted coconut flakes. For an ultra-creamy, even thicker texture chia pudding, use coconut cream.

Lemon cookie crunch:

Sprinkle crushed graham crackers or vanilla wafer crumbs over the creamy topping just before serving.

Tips for the best texture

Blend first.

Blending the milk + cottage cheese ensures a smooth, pudding-like base—no curds, no chalkiness.

Double whisk.

Stir once, rest 5 minutes, then stir again so the chia hydrates evenly.

Overnight wins.

The longer chill gives that spoonable, dessert-like set you'll love.



Sheet Pan Spring Chicken with Artichokes & Asparagus

By Alex Snodgrass

Cook Time: 35-40 minutes

Cooling Time: 8-10 minutes

Ingredients

¼ cup + 2 tbsp avocado oil	1 teaspoon black pepper
¼ cup white wine vinegar	3 lbs bone-in, skin-on chicken thighs
1 ½ teaspoons garlic powder	1 lemon sliced into ¼ inch rounds
1 teaspoon ground coriander	12oz bag frozen artichoke hearts
1 teaspoon onion powder	1 bunch of asparagus, woody ends trimmed and then cut in half crosswise
1 teaspoon paprika powder	¼ cup freshly chopped dill, for serving (optional, you can also substitute parsley or basil here)
½ teaspoon crushed red pepper flakes	
2 teaspoons kosher salt	

Instructions

1. Preheat the oven to 375 degrees F and line a large baking sheet with parchment paper.
2. In a large bowl, whisk together the ¼ cup avocado oil, white wine vinegar, garlic powder, coriander, onion powder, paprika, crushed red pepper flakes, salt and pepper until well combined.
3. Pat the chicken very dry. Add to the avocado oil mixture and toss until very well combined and the chicken is evenly coated in the mixture.
4. Place the chicken, skin side up, on the prepared baking sheet. Transfer the chicken to the oven and bake for 20 minutes.
5. When the cook time is complete, remove the chicken from the oven (keep the oven on!) Scatter the lemon slices, the frozen artichoke hearts, and the asparagus across the sheet pan and gently toss into the chicken juices to the best of your ability. Drizzle the remaining avocado oil over the entire sheet pan and gently toss once more. Nestle the chicken, skin side up still, into the vegetable mixture and return to the oven. Continue to cook until the chicken is cooked through, 15-20 more minutes.
6. Remove from the oven and allow to cool for 8-10 minutes before serving. I like to sprinkle mine with fresh dill, but it's good as it is! You can also sub parsley or basil!

Source: fitmamarealfood.com

A quick, sheet pan dinner is always a win when you're short on time during the week but do not want to skimp on flavor! With a little prep to gather your ingredients and chop your vegetables, you'll quickly have everything on your pan and in the oven giving you 20 minutes to focus on something else instead of standing over your stove all evening.

This dinner includes lovely spring ingredients like asparagus, artichokes and dill come together in a simple chicken sheet pan dinner that is perfect for a busy weeknight! A combination of dried spices (that you likely already have on hand) adds an extra layer of flavor and intrigue to the dish. I was a little hesitant as it was cooking away, but very thrilled with the end result and know that you will be, too!

Tips

While I prefer using frozen artichoke hearts, you CAN use canned artichoke hearts.

Drain and only add at the last 10 minutes of the cook time. I find the canned ones burn more easily.