



Weight Loss Institute of Arizona

5 convenient locations to serve you:
 1855 E Southern Ave—Tempe
 16222 N. 59th Ave. #D180—Glendale
 9305 W Thomas Rd #480—Phoenix
 6261 N La Cholla Blvd # 201—Tucson
 4860 E. Baseline Rd. Mesa/Gilbert

Phone: 480-829-6100
 Fax: 480-446-9475
 E-mail: info@wliaz.com

Office Hours:
 Monday—Friday 8:30 am—5:00 pm
 Saturday By Appointment Only
 wliaz.com

Support Group Meetings*:
 Support group meetings are a vital part of your weight loss journey—we do hope you can join us at one or more meeting!

Join us on our facebook group where we announce all upcoming support groups/classes.

This picture is a group of WLIA patients after a 50 minutes cycling class at CycleBar in Chandler. Look for our next exercise class coming soon!



We offer groups at both east and westside office locations monthly.

**Dates are subject to change. Please call the office to verify.*

WLIA has a Pinterest page along with our Private Facebook Group. We are closing in on 500 members. Help us get there!

Pinterest is a social media website consisting of “pins” of interest that users post. Our patients are “pinning” their favorite recipes, workouts, health tips, etc there. Join the fun and start pinning things you love. To join us, email Mike Murphy at Mike@wliaz.com and ask to be added to the Private (no public allowed) page.



Protein, vitamins, clear liquid protein, shaker bottles...all available here at WLIA!

Protein comes in 4 flavors (Vanilla, Chocolate, Cookies N Cream, and Unflavored). Buy 3, get one jar free (a \$38.00 value). Our chewable multivitamins come in orange flavor and meet all your vitamins needs including B12, and iron. We also offer shaker bottles and Premier clear protein for sale.



WLIA Bari-Times

A newsletter from the Weight Loss Institute of Arizona

October/November 2017

A+ Day of Eating after weight loss surgery

By Michael Murphy, RD at WLIA

Many [WLIA](#) patients are often frustrated and confused with what they should be eating. It is tough to eat under 1 cup of food and still fit in the necessary amounts of protein, fat, carbohydrates, fruits, and vegetables.

What would an A+ day of eating for a patient with either gastric sleeve or [Lap-Band](#) surgery look like? Of course, nobody eats perfectly and nobody wants to eat the same thing everyday. But having a template such as this can be a great resource for the new or struggling weight loss surgery patient.

Breakfast: 1/2 cup High Protein Oatmeal with skim milk and fruit

Many bariatric surgery patients have a harder time eating solid food first thing in the morning. Oatmeal is arguably one of

the best foods on earth. Consisting of nothing more than whole grain oats which are high in fiber and contain a small amount of protein, oatmeal starts your day off right with filling carbohydrates and lots of soluble fiber. Mix in a small amount of flavorless WLIA protein powder to increase the protein content (about 5 grams worth of protein). Add ¼ cup of calcium rich skim milk and a serving of cut up fruit on top for a great start to your day. Optional: 1 teaspoon of stevia to sweeten. Note: stay away from instant oatmeal; we are talking the old-fashioned here. (210 calories, 20 g protein, 36 g carbs, 10 g fiber)

Lunch: 1 cup Mixed green salad with 2 oz. sliced grilled chicken and/or hard boiled eggs on top. Oil and vinegar or lemon juice for dressing.

Most [bariatric surgery](#) patients can tolerate lettuce and raw vegetables. It is always a challenge to get enough vegetables in each day. Lunch is a great time to load up on an easy salad. Add grilled chicken or eggs for protein and you have the “perfect” lunch. (200 calories, 20 g protein, 7 g carbs, 4 g fiber) (cont. on page 2)

Quick Bites:

- WLIA protein powder/vitamins
- Post-op Struggles
- delicious recipes help you stay on track without feeling deprived!
- Get off the couch with the Move of the Month!

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A Common Post-Op Struggle and How to Deal with it

Just because you had [weight loss surgery](#) does not guarantee there will be weight loss. We don’t call it “maybe [weight loss surgery](#)”, which just doesn’t have a nice confident ring to it. Every single person who makes the important decision to have surgery to lose weight should be 100% confident they will be successful in seeing the weight come off and stay off for good.

Unfortunately, life is always there, throwing curve balls at us each day and putting up obstacles to prevent us from plowing forward and staying on top of the weight loss wave instead of crashing into the surf. Here are some of the most common dietary struggles [post-surgical](#) weight loss patients have and how to deal:

Saving no to junk food and resisting the late night urge to snack. No bariatric surgery can take over one’s brain to prevent it from making unfortunate dietary decisions. There could be a valid argument made that “[dumping syndrome](#)” may prevent a patient from consuming foods high in sugar due to the negative effects it does to the body (mostly in gastric bypass patients).

Aside from this, it is still up to you to CHOOSE what goes into your mouth. If you are someone who craves sugar or dessert, try to have it on the back end of a healthy meal. For example, you really want a cookie but are concerned that you will be able to eat too many at one sitting. Never eat a sweet food on an empty stomach. Have your meal of protein and a vegetable and finish it off with one (small) cookie. Most likely, you will not feel the urge to consume any more. If you tend to crave sweets late at night, try changing your sleeping patterns. If you are normally up until 11pm or later, try going to bed around 9 pm instead. You will miss out on prime calories your body does not need and when you wake up, most of us have no desire to eat ice cream at 6am (and you feel much more refreshed). Also, don’t forget, many protein shakes these days taste really good and provide a “dessert” taste with high protein and minimal sugar.

A+ Day of Eating



Mid-afternoon snack: 1/2 cup of Low fat cottage cheese with fruit (mandarin oranges, pineapple, peaches). Low sodium V-8 juice

Cottage cheese is a nice consistency of food for a quick mid-afternoon snack. For the busy worker who doesn't have 1/2 hour to eat, this would work good. It is low in fat and high in protein. Fruit is the perfect paring with cottage cheese and this is a great chance to get a serving of fruit in your day. Start it off with a V-8 juice for an extra vegetable serving. (180 calories, 15 g protein, 16 g carbs, 3 g fiber)

Dinner: 2 oz. Wild Alaskan Salmon, 1/4 cup of steamed broccoli, 1/4 cup black beans
Fish is easier to chew and tends to go down easier than other meats. We all know the health benefits of salmon. What is confusing is how to buy it. Farmed and wild salmon are usually the two choices. Wild salmon is always the best choice. It is higher in the heart healthy Omega-3 fatty acids and has less toxic PCB's ([Polychlorinated Byphe-nols](#)), which can be cancer causing. Eating fish 2-3 times per week is a must for any bariatric surgery

patient. Taking an Omega-3 supplement is also a good idea. Ask your Dietitian to recommend some for you.

Broccoli adds another vegetable serving and a great one at that. Many call broccoli a miracle food for its many healthful benefits. Eating broccoli can lower your chance of having cancer due to its high percentage of phytochemicals (cancer fighting agents). This or any [cruciferous](#) vegetable is worth eating almost daily. Steaming it will allow the broccoli easier passage through your stoma without taking too many of those phytochemicals away via heat. Broccoli is low in calories but fills your pouch causing you to feel satisfied. Finishing the meal with some black beans adds more cancer fighting opportunities for your body while providing an abundance of fiber for bowel health.

To sum up; this "A+" day includes 3-4 servings of vegetables, 2 servings of fruit, 900 calories, 75 grams of protein, 25 grams of fiber, and very low sugar content. It is food that will fill up your pouch, keeping you satisfied for hours. Start here and make your adjustments each day with your meal planning.

"Many Call Broccoli a miracle food for its many healthful benefits"



Cake Batter Protein Shake

Serves 1

- 1/2 cup lowfat cottage cheese
- 1 scoop WLIA protein powder
- 3-5 drops almond extract or butter extract
- 1 tablespoon sugar-free vanilla instant pudding mix OR 1/2 teaspoon vanilla

extract

- Stevia packets (or sweetener of choice to taste)
- 1/2-1 cup water
- 5-10 ice cubes

Optional: Sprinkles for topping!
Put everything into a blender and blend, adding as much water and ice until your desired, creamy consistency is reached. Top with sprinkles if desired, and enjoy!

Patient Spotlight — Tom A.



Before: 320lbs



Now: 205 lbs

"This was the best decision I ever made. My new tool really helps to keep my appetite under control and was a major step in changing my lifestyle to be more healthy. I encourage everyone thinking about taking this step to go for it. It has certainly changed my life for the better." —Tom is no longer using his CPAP machine for sleep apnea and is off his blood pressure medications. Sleeve surgery with WLIA in December 2016. Congrats Tom!

Cucumber Sandwiches

- Slices of Cucumber
- Cold Cuts (We prefer low sodium Boar's Head brand)
- Sliced lowfat Cheese



- 1 slice of cheese and meat makes about 4 "sandwiches" you can spear them with a jazzy food pick for parties.

For ease of assembly the day of a party (great weight loss friendly appetizers) or for a quickly made lunch during the week pre-cut the cucumbers the night before and place in a Ziploc baggie in fridge.

Recipe makes 4 servings

This is on our Pinterest Page!

Move of the Month: Couch to 5K

- Have you even considered participating in a 5K fun run/walk but never knew how to get started?

The C25K Program is the first recommended step for beginner runners.

Go to www.runningforbeginners.com to check out this great program. You do

not HAVE to run/jog at all. This can be used as a walking program as well.

To take it a step further, WLIA endorses the PF Chang's 1/2 marathon every January. Use C25K program to get your training started. Of course, do a few 5K's first.

