Join our private Facebook page to stay up to date on our support group meetings, nutrition news, monthly challenges and to be in contact with our other patients!

On Facebook search and send a Friend Request to: Mike Murphy RD, Sarah Burke RD, or Ariel Whittaker RD, and we will add you to the group!

Now using Facebook Live to broadcast support group meetings! If you are unable to attend one of our support group meetings, be sure to log onto our private Facebook page during the meeting so you don’t miss out on the discussion! These videos can be accessed after the meetings as well.

Upcoming 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!

September and October meeting(s) to be announced, we will be having support groups on different days/times/locations to accommodate more people. Check our Facebook page or call the office to inquire about the exact date and time.

We look forward to seeing you at a meeting!

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

New Breakfast Recipes on the Blog!

Log onto WLIAZ.com and click on our Recipes tab to find healthy recipes!

How much Trans-Fat are you really eating?

Manufacturers have been forced to take a long hard look at their products, and reformulate them so that they no longer contain trans fats. However, many of the packaged products labeled with “0g Trans Fats” may not be entirely accurate! Here is the reality to the laws of nutrition labels: If an item contains less than 0.5g of trans fats in one serving, a manufacturer is able to write “0 g Trans Fats” on the label!

So how do we know if a product truly contains trans fats? The answer is in the ingredients list! The ingredients are listed by weight and may contain the words “Hydrogenated Oils,” or “Partially Hydrogenated Oils.” These are fancy words that equal: Trans fats.

You may ask yourself, “Is less than 0.5g of trans fat really that bad for me?” Although the amount is small, it is hard to know exactly how much of this type of fat is in possibly a large number of products you consume, and this can add up to a greater total amount in one day. The Institute of Medicine states that no amount of trans fats is considered safe, and the USDA recommends Americans avoid trans fats altogether.

Next time you take a trip to the grocery store, take a second glance at your nutrition label and ingredients list. It can tell you a lot more about a product than the front label.
Staying Active at your Desk

Sometimes it becomes difficult to get away from your desk when you have a deadline to meet. Studies show that prolonged sitting is correlated with an increased risk for high blood pressure, high blood sugar, cardiovascular disease, and some cancers. Some tips to decrease your sitting time at work or at home:

- Stand while talking on the phone, walk around the office when talking to your colleagues rather than sitting in conference rooms, change your work surface so that you can stand and work, if possible, or plan scheduled short breaks to take a walk around your office.
- When at home, limit your television screen time and replace that time with a walk, or another activity. You can also stand and walk around during commercial breaks to decrease your overall sitting time. Check out these chair yoga positions below for other ways to stay moving while sitting!

WLIA Patient Spotlight! Leevon G.

Leevon had Sleeve surgery in June of 2015 and lost 70 pounds so far! Her goal is to lose about 20 more. She states she feels more energized and is able to be more active. Her wide smile says it all! Congrats to Leevon, another successful WLIA patient!

Recipe Courtesy of Eating Well Magazine

Grilled Shrimp Skewers over White Bean Salad

**Ingredients:**
- 1 teaspoon grated lemon zest
- 1/3 cup lemon juice
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons oregano
- 2 tablespoons sage
- 2 tablespoons minced onion
- 1 teaspoon pepper
- 1/2 teaspoon salt
- 2 15-ounce cans cannellini beans, rinsed

**Directions**

- Combine lemon zest, lemon juice, oil, oregano, sage, chives, pepper and salt in a large bowl. Reserve 2 tablespoons of the dressing in a small bowl.
- Add beans, tomatoes and celery to the large bowl; toss well.
- Preheat grill to medium-high or place a grill pan over medium-high heat until hot.
- Thread shrimp onto 6 skewers. (If using a grill pan, you don’t need to skewer the shrimp.)
- Grill the shrimp until pink and firm, turning once, about 4 minutes total.