

The Bariatric Scoop

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Sarah Bush
Lincoln
Trusted Compassionate Care



Did you know March is National Nutrition Month®?

Created in 1973 by the Academy of Nutrition and Dietetics (formally the American Dietetic Association) as week long celebration, it was expanded to a full month in 1980. This annual campaign brings attention to the role nutrition has in health and well-being.

Each year a special theme is chosen to mark the celebration. The theme for this year is Food Connects Us.

According to the Academy of Nutrition and Dietetics, "Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health."



Many of you have made changes to your food choices, with the goal of improving your health. It is my hope that you appreciate now more than ever the role nutrition has in your health and well-being, and that you strive to make healthful food choices every day. May your relationship with food be one that keeps you focused and connected to your health and feeling your very best. - Michelle Schulz

EAT RIGHT

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budget friendly tips for eating right.

- Cook more, eat out less
- Plan what you're going to eat
- Decide how much to make or buy
- Determine where to shop
- Shop for foods that are in season
- Watch portion sizes
- Focus on nutritious, low-cost foods
- Make your own healthy snacks
- Start a garden or visit a farmers market
- Quench your thirst with water



CRUNCHY TUNA PATTIES

8 servings

4, 3-ounce cans albacore tuna in water
4 egg whites
16 Wheat Thins crackers, crushed
1/4 cup grated carrot
1/4 cup chopped water chestnuts, capers or diced red pepper
1 Tbsp minced onion, if tolerated
Pepper, dill and dried mustard, to taste

Directions:

Mix all ingredients together. Form mixture into eight patties with hands. Spray medium skillet with nonstick cooking spray and place over medium heat. Cook patties until golden brown on both sides, 2 - 3 minutes per side.

Nutrition Information: Calories: 80, Fat: 1 gram, Protein: 12 grams, Carbohydrate: 4 grams, Cholesterol: 22 grams, Sodium: 240 milligrams, Sugar: 0 grams



A SAMPLE WALKING PROGRAM

Races for All Paces is coming up in June. This family-friendly event is for all fitness levels. Here's a walking plan help you prepare to walk your way to better fitness. Aim for a target of 30 minutes on most days or 150 or more minutes a week. Before you start walking, check with your healthcare provider if you are new to exercise, older than age 40, overweight or a smoker. Also check with your provider if you have heart disease, high blood pressure, diabetes, arthritis, asthma or any other health problems. Your provider can help you get started and stay safe.

First week

- Walk 3 times a week.
- Walk for 5 minutes each time.

Second week

- Walk 3 times a week.
- Walk for 10 minutes each time.

Third week

- Walk 3 times a week.
- Walk for 13 minutes each time.

Fourth week

- Walk 3 times a week.
- Walk for 15 minutes each time.

Fifth week

- Walk 4 times a week.
- Walk for 15 minutes each time.

Sixth week and beyond

Gradually increase the number of times you walk each week and the number of minutes you walk each time. Do this until you reach 30 minutes on 5 to 7 days of the week.

Helpful tips

Walk briskly. If you can sing, speed up. If you can't talk easily, slow down.

- Choose good walking shoes with padded soles and good arch support.
- Don't use hand or ankle weights. They can cause injuries.
- Walk indoors if the weather is bad. Use a treadmill or walk inside a shopping mall.



HEALTHY SHAMROCK SHAKE

1 serving

1/2 medium avocado
1/2 of vanilla Fairlife protein shake (or flavor of choice)
6 - 8 ice cubes
1/8 teaspoon peppermint extract
1/4 cup frozen spinach

Directions:

Combine the avocado, protein shake, peppermint extract and spinach in a blender and pulse until blended and creamy. If you would like to make it more green, add some green food coloring.

Nutrition Information: Calories: 206, Total Fat: 12g, Carbs: 9.5g, Sugars: 1.7g, Protein: 18g, Fiber: 6.2g
*Please note macros may adjust using different protein shakes/ingredients



COTTAGE CHEESE BAKE

8 servings

2 cups low-fat or fat-free cottage cheese
2 whole eggs
10-ounce pack of frozen spinach (thawed and drained)
1/4 cup Parmesan cheese

Directions:

Preheat oven to 350° F. In large bowl, mix all ingredients together well. Place evenly into 8x8 pan. Bake for 20 - 30 minutes or until cheese bubbles on outside. Let sit 5 minutes before serving. Season to taste with salt, pepper, and garlic as desired

Nutrition Information: Calories: 78, Total fat: 3 g, Total carbohydrates: 3 g, Dietary Fiber: 1 g
Sugars: 2 g, Protein: 11 g



The races will begin
and end on the track
at EIU's O'Brien Field.

Register Now at:
www.sarahbush.org/races
or scan code.



Proceeds from this family friendly event benefit the SBL Dental program.