



# CCWL News

September/October 2006

Volume 4, Issue 5

CENTER FOR  
COMPREHENSIVE  
WEIGHT LOSS

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### 2006 Walk From Obesity

- ◆ Saturday, September 30th - 10am
- ◆ Madison Heights Nature Center -  
30300 Hales Rd (Off 13 Mile between  
Dequindre and John R)
- ◆ \$25 registration fee
- ◆ [www.walkfromobesity.com](http://www.walkfromobesity.com)

## Walk With Us



The Center for Comprehensive Weight Loss at St. John Oakland Hospital in Madison Heights, Michigan, is proud to sponsor the only Metro-Detroit area walk in the third annual Walk from Obesity. A nationwide event, this will be one of 76 walks taking place in cities throughout the United States to raise money for obesity research.

The walk will take place on Saturday, September 30th at the Madison Heights Nature Center in Madison

Heights, Michigan. Registration for the event will begin at 9:30 am, with the walk starting promptly at 10am and lasting until noon.

The registration fee to participate in the walk is only



LACE UP YOUR WALKING SHOES  
AND JOIN US ON SEPTEMBER 30

\$25. Walkers are encouraged to raise additional money by asking friends, family members, and co-workers to sponsor them. If you are interested in registering for the 2006 walk, check out the Walk from Obesity website at [www.walkfromobesity.com](http://www.walkfromobesity.com), or contact Tawnya Detherage at 248-967-7326.

The Madison Heights Nature Center is located at 30300 Hales Road, directly across from the Red Oaks Water Park on 13 Mile between Dequindre and John R. The 37.5 acre Nature Center features 1.3 miles of paved trails for you to enjoy. There are three separate trails that vary in length. You can walk one or all of them, whatever fits your comfort level!

The Nature Center also offers other things to enjoy when you have finished the walk. There is a Nature Center building, a 2,400 square foot log cabin, which offers a wide variety of exhibits and activities. There is a pond where you can get up close to many of Michigan's fish, reptiles, birds, and insects. Perhaps you will see hawks, raccoons, squirrels, rabbits, wildflowers and trees too. You can also take a few minutes to visit the gift shop.

The Center for Comprehensive Weight Loss at St. John Health is proud to sponsor this wonderful event, and we hope to see you there.

## Photo Gallery of the Madison Heights Nature Center





## Halloween Trivia

- Turnips and beets served as the original jack-o-lanterns
- Pumpkins also come in blue, green, and white
- There are no words in the dictionary that rhyme with orange
- Samhainophobia is the intense fear of Halloween
- Halloween candy sales average about 2 billion dollars annually in the United States
- Mexico celebrates "day of the dead" instead of Halloween

## Spooks by Sandra Liatsos

There's a goblin at my window,  
 A monster by my door.  
 The pumpkin at my table  
 Keeps on smiling more and more.  
 There's a ghost who haunts my bedroom,  
 A witch whose face is green.  
 They used to be my family,  
 Till they dressed for Halloween.

## Bariatric Bites



## Soups & Stews

**There is nothing better on a chilly, autumn evening than cuddling up to a good book and a warm bowl of homemade soup.**

### Favorite pumpkin recipes

#### Curried Pumpkin Soup

4 cups chicken broth  
15 oz can pumpkin

2 tsp curry powder  
½ tsp onion powder

Cook all ingredients for 3-4 minutes. Top servings with a dollop of sour cream.

#### Turkey Stew

4 cups chicken broth

10 oz frozen lima beans

1 cup canned pumpkin

2 cups shredded cooked turkey

10 oz frozen chopped spinach

Salt & pepper

Bring chicken broth to a gentle boil. Whisk in pumpkin, spinach and lima beans. Bring to a simmer and cook for 5 minutes. Stir in turkey, heat through. Add salt and pepper to taste.

From Women's Day Magazine

**Did you know pumpkins contain potassium and Vitamin A?**

## Dilled Light Potato Soup

- 1 Tbsp olive oil
- ½ cup chopped onion
- 2 - 14½ oz cans chicken broth
- 3 cups diced potatoes
- 1 cup fat-free sour cream
- 2 tsp dill
- 1/4 tsp pepper
- Fat-free spray butter

In a large pot, heat oil over medium heat. Add onion and sauté until translucent. Add broth and bring to boil. Add potatoes and return to boil. Reduce heat to medium and boil gently for 10 minutes. Working with half of mixture at a time, transfer to food processor or blender. Process until pureed. Return to pot. Stir in remaining ingredients. Stir over low heat until well blended and heated through. Spray with butter to taste. Serve warm or cold.

**Nutritional Information:** 104 calories, 2 g fat, 5 g protein, 11 g carbohydrate. Serves 11.

From Bariatric Innovations.

## BLACK BEAN SOUP

### Ingredients:

- 2 16oz cans black beans, drained & rinsed
- 1 Tbsp canola oil
- 1 chopped onion
- 4 garlic cloves, minced
- 1 shredded carrot
- 1 green bell pepper, chopped
- 8 cups water
- 4 oz smoked turkey breast, diced
- 2 tsp oregano
- 1/2 tsp cumin
- 1/2 tsp pepper
- 1 tsp salt
- 2 Tbsp lemon juice

### Directions:

In a large soup pot, heat the oil over medium heat. Add half the onion, and all the garlic, carrot, and bell pepper. Sauté until the vegetables are soft. Stir in the beans and water. Add the turkey, oregano, cumin, and pepper.

Cover and simmer for 30 minutes, or until the beans are tender, stirring occasionally. Add the salt and lemon juice. Top with chopped onion to serve.

### Nutritional Information:

225 calories, 3 g fat, 17 g protein, 42 g carbohydrate. Serving size 1 cup. Serves 8. Recipe from the American Diabetes Association.

## Open Hearth Split Pea Soup

- 1 pound dry green split peas
- 1 1/2 cup chopped celery
- 1 cup chopped onion
- 9 cups water
- 1 cup sliced carrots (optional)
- 1 to 1 1/2 pound smoked ham hocks
- 5 sprigs fresh parsley (or dried equivalent)
- Salt and pepper to taste

In a large pot, combine all ingredients except salt and pepper. Cook over medium heat until mixture comes to a full boil. Reduce heat to low. Cover; continue cooking, stirring occasionally, for 1 1/2 hours. Remove cover; continue cooking until soup is thickened (30 to 60 minutes). Remove ham hocks; when cool enough to handle, cut off meat. Discard bones and fat; return meat to soup. Salt and pepper to taste.

## Holzer CCWL Hosts Another Successful Barbeque

The Holzer Center for Comprehensive Weight Loss held their annual barbecue on Monday, July 10th. It has been tradition for the Center to host this event for their patients each summer. The Center provided wonderful food, including turkey burgers, fat-free hot dogs, potato soup, various fruits and vegetables, fat-free chips, sugar-free/fat-free gelatin, pudding & mandarin orange dessert, and beverages. Doug Stockton from Holzer Chaplaincy Services provided his expertise as grill master.

Several patients won prizes at the exciting event. Mary Wisecup and Marvin Pelfrey won Wal-Mart gift-cards. Nancy Vanderberg won a gift-card to Subway, and Lois McDonald won a polo shirt with the Holzer logo. All other patients received stadium pillows, courtesy of the Holzer Sleep Lab, as well as insulated lunch bags and canvas tote bags from the Center for Comprehensive Weight Loss.

Special thank-you's go to: Dr. Canady and Dr. Grandia for their contributions helping to make the barbecue possible, as well as the clinic staff: Terri Canterbury, Pam Dye, Sue Francis, Kim Stout, and Melissa Teeters.



## We Want You!

The CCWL News wants to feature you in an upcoming edition! If you had surgery through a Center for Comprehensive Weight Loss Program, and are at least 1 year post-operative, send us before and after pictures, and a story that is at least 1 page in length. You will be contacted to sign a photo release form in order to be in the CCWL News.



**Write:** CCWL News

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## If You're Happy and You Know it, Tell Your Friends

With the holiday season quickly approaching, the CCWL has a great opportunity for you to earn \$150. Simply refer someone you know to our program! When your friend has a consultation, you earn a \$50 gift card. When that friend has surgery, you earn a \$100 gift card.

The best compliment you can give us is telling your friends and family about our program. For more info, stop by the clinic or email us at: [editor@ccwl.info](mailto:editor@ccwl.info).



# Fit Facts:

## Take Your Workout Off the Beaten Path

There's nothing like getting away from it all. But vacations seem to come too far and few between. One way to escape the pressures and hectic pace of "city" life is to head to the hills. Hiking as a form of fitness is surging in popularity and it isn't hard to see why - it's a great mind/ body exercise. Not only can you get a great workout, taking a hike, alone or with a friend, is a great way to forget your cares and spend a little time with mother nature.

### Safety first

The essentials of hiking are similar to walking - they are simply taken off road. The best way to get started is to find a safe, cleared path - many state parks have trails marked out with distances and the approximate time it takes to go from point A to point B. For added safety, take a friend or your dog along, and never go hiking after dark.

Another reason to stick to the trails: poison oak or ivy. Your best defense against these skin irritants is to stay clear of them. Don't trust yourself to identify these pesky plants; stick to the trail and avoid brushing against foliage whenever possible.

### Shoe essentials

Shoes with good traction are an absolute must, particularly if you plan to head up or down any hills. Many manufacturers make shoes designed specifically for trail walking, although you can get by with a good pair of running or walking shoes. Hiking boots, particularly the lightweight variety, are great for keeping your feet dry - streams and ponds often appear unexpectedly after a rainfall. The most important thing to consider when choosing a shoe is the fit; you don't want blisters or chafing to keep you from enjoying yourself.

### Keep your energy up

It's always a good idea to bring

along some water and even a snack when heading out, even for shorter hikes. Don't let yourself get so distracted by the beautiful sights around you that you forget to drink fluids and become dehydrated. Drink at least 4 ounces of water every 20 minutes or so, even when the weather is cold.

Dress in layers, particularly during unpredictable weather seasons such as spring and fall. Insect repellent and plenty of sunscreen also are essential. You may want to invest in a day pack that straps around your waist to keep these items close at hand.

### Pacing yourself

How fast you take to the trails is up to you and what you want to accomplish. A hike can be an intense workout or a time to relax your mind and enjoy nature, or both - the choice is yours.

If you want to increase the intensity of your workout, hills are a great way to do it. When starting out, take it easy and give your muscles, particularly your quadriceps (the front of the thigh) and your calves, time to adapt to the increased demands of hiking. Once you've been hiking regularly for a few weeks, give yourself a challenge by tackling a hill or two. Not only will this increase your muscular strength and endurance, you'll notice a big improvement in your cardiovascular endurance as well.

### Ready, set, hike!

Hiking is a great activity to add to your existing fitness regimen. Not only can it add variety and spice up your routine, but integrating hiking into your workouts also will give you the benefits of cross training. Rather than giving the same muscles the same workout day after day, hiking will challenge your muscles to perform in a whole new way. But perhaps the greatest benefit of hiking is the chance to get away from it all, if only for just a short while.



# Chef's

Over

Featuring Chef  
David Fouts



## Back to School

Healthy, quick and easy school lunches can be a challenge for any family. But with the right equipment and shopping list, the dreaded morning packing of the lunch can be as simple as putting on a pot of coffee.

Between getting the kids to school on time and late afternoon practices, meal time often gets forgotten, but it should always be the number one focus. Not only does this guarantee your child is getting proper nutrition, but the food that is being packed will actually be eaten. It is important to include your child in the meal planning. Not only does this teach them proper nutrition, but including them in the meal planning also motivates them to eat what has been prepared.

### Equipment Needed

Cutting board  
Paring knife  
Chef knife  
Lunch box  
Plastic sandwich bags  
1 cup & 2 cup hot/cold thermos  
Plastic silverware  
Napkins  
Large round biscuit cutter—  
for “no crust” sandwiches  
Straws

Bread: whole wheat  
slices, tortillas, pitas  
Crackers  
Condiments: Low-fat  
mayonnaise, mustard,  
peanut butter, jelly  
Light cream cheese  
Baked chips and pretzels  
Rice Cakes  
Popcorn  
Chopped dried fruit:  
raisins, pineapple, cran-  
berries, apricots

Nuts  
Granola  
Low-fat yogurt  
Low-fat cottage cheese  
Hard boiled eggs  
Fruit: apples, bananas,  
mandarin oranges,  
peaches, pineapple  
Veggies: Carrots, cucum-  
ber slices, celery sticks  
Olives: green & black  
Sugar-free pudding

### Shopping List

Sugar-free gelatin  
Cookies (1 or 2 per serving)  
Tuna fish  
Deli cut meats: turkey, ham,  
roast beef, hard salami, and  
pepperoni  
Rotisserie Chicken  
Turkey hot dogs  
Low-fat cheese: American,  
cheddar, shredded mozza-  
rella, string cheese  
Soup: chicken noodle, beef  
stew, vegetable beef, tomato

Canned spaghetti & ravioli  
Macaroni & Cheese  
2% or skim milk  
Chocolate milk  
Juice Boxes - 100% juice  
Bottled water  
Leftover's from last night

## Snack Time

School is over and dinner is only 2 hours away. Try explaining that to your hungry and sometimes cranky 10 year old. Snacks can be healthy, satisfying, and still leave room for dinner. It's important to remember that children are constantly growing. At different stages they can go from having no appetite to eating everything in sight overnight. A snack is defined as a small meal, something to temporarily tide a person's hunger and provide a brief supply of energy for the body. So, keep foods that are healthy and at arm's reach at all times. As with lunch foods, include your children when planning for snack time. By including them in the snack planning they will begin to understand the importance of a "small" snack and the health benefits it will have on their changing bodies.

1 Cheese stick

1 cup Popcorn (air popped or low-fat microwave)

½ cup sliced or diced fruit or a small whole fruit

2 cookies (low in sugar and unfrosted) - graham crackers, wafers, ginger snaps

Low fat yogurt

½ cup trail mix

Granola bar

1 small box of raisins

Sugar Free Popsicle

Sugar Free Pudding

Sugar Free Jell-o

Vegetable sticks (carrots, celery, or broccoli) dipped in low-fat ranch dressing

Celery sticks with low-fat peanut butter

Frozen banana pops – peel a banana insert stick on end of banana, wrap in plastic wrap and freeze.

### Monday

*Egg Salad, mandarin oranges, oatmeal cookies, and juice*

Egg Salad (*keep this simple, kids don't like complicated food*)

2 boiled eggs peeled and chopped, 2 teaspoons light mayonnaise, salt and pepper to taste

Mix well and stuff into whole wheat pita. Or place in plastic container and serve with crackers.

½ cup mandarin oranges

2 oatmeal cookies

1 cup juice placed in thermos to keep chilled

### Tuesday

*Spaghetti, fresh grapes, sugar-free pudding, and milk*

Spaghetti - remove from can and microwave in covered container for 2 minutes. Place into thermal container and screw lid on tight. At lunch time food will be warm and perfect for eating. (I like to use left over spaghetti from the night before.)

½ cup grapes rinsed and placed into small plastic sandwich bag

1 sugar free pudding for dessert

1 cup 2% chocolate milk placed in thermos to keep chilled

### Wednesday

*Ham roll ups, baked chips, baby carrots, and juice*

Ham roll ups: 3 slices ham (any lunch meat can be used),

1 ½ teaspoon light cream cheese

Lay each slice of ham flat on your cutting board and spread ½ teaspoon cream cheese over each piece of ham.

Roll ham up. The cream cheese will hold the ham roll together. Slice each roll into three pieces and place into a plastic sandwich bag.

½ cup baked chips (15 chips)

¼ cup baby carrots and 1 small box raisins (mix these together and place into a plastic bag)

### Thursday

*Peanut butter and jelly crackers, yogurt, banana, and milk*

Peanut butter and jelly crackers:

1 tablespoon peanut butter, 1 tablespoon jelly, 10 whole wheat crackers

Lay 5 crackers on cutting board and spread peanut butter over all five crackers. Next place jelly over peanut butter and top with remaining crackers.

1 small light yogurt

1 banana

8 ounces 2% milk placed in thermos to keep chilled

### Friday

*Muffin pizza, sugar-free jell-o, and juice*

Muffin Pizza

1 whole wheat English muffin cut in half, 2 tablespoon tomato sauce, ½ cup part skim shredded mozzarella cheese, 10 turkey pepperoni slices

Spread 1 Tbsp sauce over each muffin. Place muffin back together, sauce sides in, and place in plastic baggy. Place cheese and turkey pepperoni in separate baggy. When lunch time comes, they make their own pizza!

1 sugar free jell-o

8 ounces water in thermos to keep chilled

# NUTRITION

## FACT SHEET

### Straight Answers about Aspartame

#### What is aspartame?

Aspartame is a low-calorie sweetening ingredient that provides the sweet taste of sugar without the calories. Aspartame has been used in numerous foods and beverages for 25 years and is enjoyed by millions of Americans every day.

#### How is aspartame handled by the body?

Aspartame is broken down in the body to the amino acids aspartic acid and phenylalanine as well as a small amount of methanol. These components are also found naturally in foods such as meats, milk, fruits and vegetables. The body uses these components in exactly the same way whether they come from aspartame or other foods. In fact, the foods you consume every day provide much greater amounts of these components than does aspartame.

#### Is aspartame safe?

Aspartame's safety has been documented in more than 200 objective scientific studies. The safety of aspartame has been confirmed by the regulatory authorities in more than 100 countries, including the U.S. Food and Drug Administration, the Joint Expert Committee on Food Additives (JECFA) of the World Health Organization and Food and Agriculture Organization, and the European Commission's Scientific Committee on Food.

#### How can I tell which products contain aspartame?

Aspartame is used to sweeten products such as low-calorie tabletop sweeteners, carbonated soft drinks, powdered soft drinks, puddings, gelatins, frozen desserts, yo-

gurt, hot cocoa mixes, teas, breath mints, chewing gum and other foods, as well as some vitamin and cold preparations. To locate these products, look for the word "aspartame" on the ingredient list.

#### Who can use aspartame?

Consumers can enjoy products sweetened with aspartame as part of a healthful diet. Aspartame can replace all or part of the sugar and calories in foods and beverages. Consumption of aspartame within the acceptable daily intake (ADI) set by FDA appears safe during pregnancy. The variety of foods and beverages sweetened with aspartame can help satisfy a pregnant woman's taste for "sweets" without adding extra calories. However, it is important to keep in mind that children, need ample calories for rapid growth and development. In addition, pregnant and breastfeeding women need to consume adequate calories to nourish the fetus or infant and should consult with a physician or a registered dietitian about their nutritional needs.

Individuals with the rare genetic disease, phenylketonuria (PKU), cannot properly metabolize phenylalanine. PKU is detected at birth through a mandatory screening program and these individuals must monitor their intake of phenylalanine from all foods, including foods contain-

ing aspartame. The following statement is, therefore, found on aspartame containing products: “Phenylketonurics: contains phenylalanine.”

### **How do foods and beverages sweetened with aspartame fit into healthful eating?**

As a sweetener, aspartame can reduce or replace the sugar and calories in foods and beverages while maintaining great taste. Thus, aspartame offers one simple step to help people move closer to achieving a more healthful diet. Check the Nutrition Facts panel to see if aspartame-sweetened products provide the amount of calories, fat and carbohydrate that fits your eating plan.

Health experts agree that eating well and being physically active are keys to a healthful lifestyle. The World Health Organization recommends a number of dietary guidelines to combat increases in chronic diseases such as obesity, high blood pressure, cancer and diabetes. One recommendation is to limit sugars added to some foods and beverages. A recent study suggests people who use low-calorie, sugar-free foods and beverages have better quality diets. Researchers found that those who incorporated reduced-calorie products consumed more vitamins and minerals such as calcium, fiber, iron and more in their diets. Thus, the researchers found while participants were eating fewer calories overall, they were also eating more healthfully.

### **How do products sweetened with aspartame aid weight management?**

With nearly two out of three American classified as overweight or obese, taking steps to assure appropriate caloric intake is important for many people. Because products with aspartame are lower in calories than their sugar-sweetened counterparts, using products with aspartame together with regular physical activity can help with weight management. Simply substituting a packet of tabletop sweetener with aspartame for two teaspoons of sugar three times a day in coffee, on cereal and in iced tea, for example-saves about 100 calories.

In addition, a 3-year scientific study done at Harvard Medical School showed that aspartame was a valuable aid to a long-term weight management program that included diet and physical activity.

### **How does aspartame help people with diabetes?**

Aspartame offers people with type 1 and type 2 diabetes greater variety and flexibility in budgeting their total carbohydrate intake and helps them satisfy their taste for sweets without affecting blood sugar. People with diabetes are more likely to stick with a healthful meal plan when they can include foods they enjoy. In addition, consuming products with aspartame can reduce calories, which helps people with diabetes manage their weight.

### **Is there any truth to the negative information about aspartame I see on the Internet or in the media?**

Negative allegations that aspartame may be associated with numerous ailments are not based on science. Unfortunately, urban myths about aspartame continue to be circulated over the Internet. Recently, a National Institutes of Health study, conducted by the National Cancer Institute, found that aspartame does not increase the risk of leukemia, lymphoma or brain cancer. Aspartame-sweetened products offer yet another choice for those individuals who want to limit calories and moderate sugar intake but not sacrifice great taste.

The safety of aspartame has been demonstrated numerous times, and backed by more than three decades of research and 200 scientific studies. Recently, several governments and expert committees carefully evaluated the Internet allegations and found them to be false, reconfirming the safety of aspartame. Leading health authorities, such as the American Medical Association, the American Diabetic Association, and the American Diabetes Association, agree that aspartame is safe when part of a healthy eating plan based on the *Dietary Guidelines for Americans*.

Fact sheet provided by the American Dietetic Association, the nation's largest organization of food and nutritional professionals.



**American Dietetic Association**  
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