

WEIGHT MATTERS

Volume 6, Number 1 - 2010

SUCCESS STORY

Linda Thornton Opening the Door to a New Life

A few years ago, Linda Thornton's self-esteem was at an all-time low. At 370 pounds, she endured unbridled mockery, judgmental stares and men would let doors slam in her face.

Year after year her huge appetite made life more and more uncomfortable. She would have a double cheeseburger, fries and an apple pie on the way home from work and then cook and eat a three or four course meal with her husband.

"I got to the point where it felt better to sit on the couch and do nothing," Thornton said. "It was no way to live."

She was watching the TLC show "Big Medicine" when she decided she had to change her life. The episode featured a 400 pound woman, and she realized she was almost there. She did some



research, decided gastric bypass surgery was the answer, and that the Methodist Weight Management Center was the place to go. Surgeons told her the surgery was too risky at 370 pounds and that she would have to lose 50 or 60 pounds before she was considered.

"I was put on the protein shake program, and I won't lie to you, the first

three or four days were hell. I went from eating 6,000 calories a day to drinking 900 calories a day," Thornton said. "I did lose 50 pounds in 30 days and when I look back, the pain of those first few days was worth it."

Thornton then had the surgery and has lost a remarkable 202 pounds.

"The program at the Methodist Weight Management Center literally saved my life," Thornton said. "After surgery they taught me how to eat correctly and have always a source of encouragement. Coming here was the best decision I have ever made."

She now exercises every day, she can run up the stairs, and her self-esteem is through the roof. Now men are not only holding the door for her, they are turning around to take a look.

Circling the "Enemy"

Shopping the perimeter of your local grocery store and avoiding the aisles will give you a head start on fighting the battle of the bulge.

"In most grocery stores, the aisles are filled with canned goods, frozen and boxed dinners that are loaded with fat and extra unnecessary calories," said Gaye



Lynn Hicks, RD, LD, with The Methodist Weight Management Center in Houston. "The perimeter features fruits,

Continued on back

BARS, BARS, BARS ... WHICH BAR IS FOR YOU?

The snack bar has come a long way since the late 19th century when chocolate bars were developed. Now, instead of being pure confections, snack bars can contain a wide variety of nutritious ingredients to supplement a healthy lifestyle. With the advent of the energy bar in 1983, snack bars have evolved into specialized products for a variety of purposes.

Once considered only for athletes, these bars have gone mainstream and it's not unusual to see them anywhere you purchase snacks or meal replacements. Someone trying to lose weight will

probably choose a different bar than someone who needs an afternoon snack for energy. For weight loss, you may choose

a high protein or low carbohydrate bar that has vitamins and minerals. To maintain your weight, you may choose a meal replacement bar that has a few more carbohydrates combined with vitamins and minerals you would expect to get from a well-balanced meal. If you



Continued on back

FREE To learn more about the Methodist Weight Management Center, sign up to attend a FREE upcoming orientation session. To register, please call 832-667-LOSE (5673) or visit us online.
ORIENTATION
SESSIONS

STEPLITE HAS BIG IMPACT

StepLITE!

StepLITE proudly announces it is expanding ... in a good way! Since its inception last May, the weight loss program offered by the Methodist Weight Management Center in Houston, has helped so many people reach their weight loss goals, many more want to join. "StepLITE is more than a weight-loss program," said Shannon Whitley of the Methodist Weight Management Center. "It's a healthy living program led by medical professionals that is designed to accommodate busy lifestyles."

The 12-week program features a weekly weigh-in as well as group sessions that deal with issues like goal setting, healthy eating, grab and go eating, stress reducers and lifestyle changes. The sessions are lead by licensed dietitians and counselors, a feature that makes the program different from others. The individual plans include the Center's New Direction® products such as bars, beverages, soups and snacks, along with a simple meal plan.

"We help take the guesswork out of good nutrition and healthy living by helping you build a realistic plan that you can maintain with relative ease," Whitley said. Classes recently have been added at the Medical Clinic of Houston location. New classes were opened at Methodist Sugar Land in December and Willowbrook opened in mid-April.

For more information about the program, call 713-441-4984.

BARS, BARS, BARS, *Continued*

are looking for a high energy snack, and you're not as concerned about losing weight, a bar packed with carbohydrates might be a good choice. In any case, a snack bar should have around 200 calories and meal replacement bars should have at least 350 calories.

No matter what you choose, consider taking a look at the nutrition facts label. Regardless of what the package may claim as a healthy choice, sweeteners or sugars should not be the first ingredients in the ingredient list. Ingredients like sugar, corn syrup, glycerin, mannitol and xylitol should be farther down the list of ingredients.

In general, a good bar will have a generous amount of quality protein and a mix of whey, soy and milk proteins. Look for bars with at least 7 grams of protein, try to keep carbohydrates to at least 15 grams. Fiber is also important for your

overall health and it will keep you feeling full longer. Look for at least 3 grams of fiber and if you're on a low fat meal plan, look for no more than 5 grams of fat.

Looking for a tasty, nutritious snack bar? The Methodist Weight Management Center offers several flavors to choose from that provide between 10-20% of the RDI of 17 vitamins and minerals as well as 15 grams of energy sustaining protein to help curb your hunger. Go to MethodistWeightManagement.com and click on "Store".

Circling the "Enemy," *Continued*

vegetables, lean meats and other healthy fair."

Staying away from the over-processed stuff helps keep off those unwanted pounds. Your body gets all the nutrients, sugars and fats it needs from the daily requirements of fruits and vegetables, lean meats, dairy and whole grains.

Recipe | Fresh Today!

Spring is here and with summer just on the horizon, the cool and refreshing taste of fresh fruit is more appealing than ever! Here are a couple of recipes for fruit salsas that can add some healthy pizzazz to grilled or broiled fish or chicken, or tossed with mixed baby greens for a salad. Enjoy!

Mango Salsa

1 cup tomato, diced
1 cup mango, diced
¼ cup red pepper, diced
¼ cup red onion, diced
¼ cup cilantro, fresh, chopped
3 tablespoons lime juice, fresh
1 tablespoon jalapeno, minced
1/8 teaspoon salt and pepper

Combine and let stand at room temperature for 30 minutes.

Blueberry Salsa

1 ½ cup fresh blueberries
2 oranges
¼ cup finely chopped red onion
2 tablespoons balsamic vinegar
1 tablespoon chopped fresh mint
¼ tsp Kosher salt

Coarsely chop ½ cup of the blueberries; add all of the blueberries to a medium bowl. Peel and section the oranges. Coarsely chop orange sections. Add chopped orange and any juice to the berries. Add red onion. Stir in balsamic vinegar, mint, and kosher salt.

Recipes provided by CDKitchen



Among the offending foods of the aisles, though, some healthy items can be found such as brown rice, whole-wheat bread, and some spices.

"If 90 percent of what is in your shopping cart is from around the perimeter of the store, you are eating a clean, healthy diet," Hicks said.

The Methodist Weight Management Center is the only approved weight loss center in the Houston area to use New Direction® products. © 2006-2009 The Methodist Hospital System. All rights reserved.

Methodist Weight Management Center | 6501 Fannin St. NB1-001, Houston, TX 77030 | Phone: 832-667-LOSE (5673)