

Spring Has Sprung!

Spring is here! Flowers are starting to bloom, the sun is shining, and the birds are chirping! Spring is a time of rejuvenation and what better way to embrace the season than nourishing our bodies with nutrient rich foods?

With springtime comes a variety of yummy produce. Eating “in season” allows you to eat produce that is at its peak of freshness! Not only will fruits and vegetables be more visually appealing but you may notice they taste better as well. One other added benefit to eating in season is that this produce is typically cheaper as it is found in abundance.

We find people tend to focus on more lighter and fresher meals as the weather starts to get

warmer. To get the best price and taste, start planning your meals around what is in season. While the availability of in season produce may vary slightly by region, the following are the fruit and vegetables you may find in abundance during springtime in Michigan.

- Apricots
- Asparagus
- Arugula
- Artichokes
- Avocado
- Beets
- Broccoli
- Cabbage
- Greens
- Herbs
- Mushrooms
- Peas
- Potatoes
- Radishes
- Rhubarb
- Strawberries
- Sweet Cherries

By prioritizing these nutrient dense foods, you can improve your overall health and wellness. Luckily, this produce is easy to find! Seasonal produce is plentiful; therefore, you will see all of these options starting to show up at farmers markets, grocery shelves, or even a roadside stand. Take advantage of the seasonal produce to get the tastiest, nutritious, and most affordable options this season.

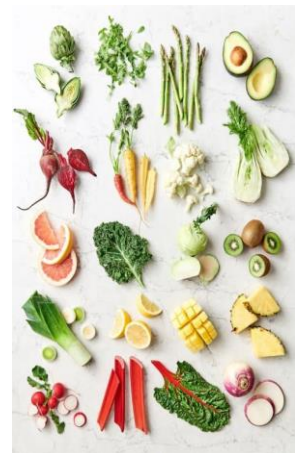
If you are interested in seasonal produce year round, the following Michigan Availability Guide can provide you with further insight!

<https://www.canr.msu.edu/cultivatemichigan/uploads/files/MMRW-Seasonality.pdf>

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Focus on Fitness

Chair & Arm Exercises

The world of exercise can be very overwhelming to many beginners. Many people don't know where to start and are afraid to incorporate exercise due to physical limitations.

Chair and arm exercises are very beneficial if you have limited mobility, find it hard to maintain your balance, or become fatigued easily. Whether it's from the comfort of your own home, in your office, group classes, etc chair and arm exercises are a great low-

impact way to incorporate movement into your routine.



When doing chair and arm exercises, you reduce the risk of falls. Furthermore, to your

benefit, this type of exercise can increase blood flow allowing for possible improved mobility and can strengthen muscles over time as well.

One way that you can easily incorporate added resistance is by utilizing light dumbbells (2-5 pounds) or soup cans in your kitchen. The following link is a great resource if chair and arm exercises are something you are interested in!

<https://www.multicare.org/vitals/the-hidden-benefits-of-chair-exercises/>

Nutrition Notes by Hannah Welter, RDN

Imagine this common occurrence: you are at work and start to notice hunger coming on. Unfortunately, you still have 3 hours left in your workday and the only snacks available to you are a bag of chips or pieces of candy. You know neither of these options are going to keep you full for very long however you have them anyways because they are all you have access to in that moment. Now it is time for dinner and you are ravenous which leads to you over eating because your snack did not keep you full.

Getting from breakfast to lunch or lunch to dinner without snacking can be hard and for most people a snack is appropriate! However, the type of snack you are choosing is crucial. You want to make sure you are going to provide your body with energy but also choose something that will keep you satisfied and full.

When thinking about “snack options”

most people are quick to name off choices such as chips, cookies, high sugar granola bars, etc. These types of grab-and-go snacks are high in processed carbohydrates and sugar, which leave you feeling hungry rather than full and energized. It is important to choose snack options that include a carb source however, we want to pair this with a protein source and/or fat and fiber as this will help promote feelings of fullness, stabilize blood sugar, and help to deliver a steady supply of energy to both the body and brain.

Now you might be thinking... while that sounds great, what are some snack options that I can have? The following is a list of snack options that are not only going to provide you with initial energy (carb source) but also promote feelings of satiety and fullness (protein and/or fat and fiber source). Remember, portion sizes will depend on your own nutritional goals!

Protein Source	Carb Source
½ cup low-fat Greek yogurt	½ cup mixed berries
½ cup low-fat cottage cheese	½ cup pineapple
1-2 low-fat cheese sticks	8-10 whole-grain crackers
1-2 hard-boiled eggs	1 small apple
¼ cup mixed nuts	½ cup grapes
3 Tbs grated parmesan cheese	3 cups air-popped popcorn
2 Tbs nut butter	1 small banana
1 beef stick	½ cup unsweetened applesauce
2oz canned tuna mixed with 1 Tbs Greek yogurt & seasoning	8-10 whole-grain crackers
½ cup plain non-fat Greek yogurt & ranch seasoning	1 cup raw mixed veggies

Spotlight on Success



**Stephanie After
Gastric Sleeve Surgery**

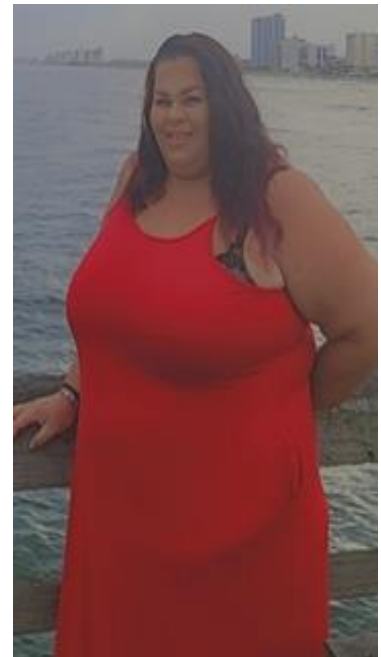
I started my journey with the Hurley Bariatric Center in June of 2021. I was 40 years old and my starting weight was 458 pounds. I was tired all of the time and could not find joy

in doing anything. I had so much pain in my knees I couldn't even enjoy being at my son's football games.

I finally decided it was time to make a change and so I made my first appointment to see Dr. Farhan and the staff at the Hurley Bariatric Center. They have been amazing since this very first visit. I put in 3 months of hard work and dedication while working with the Dietitian prior to being approved for surgery. I lost 50 pounds during that time. Ready to start my new journey I then went through the 2-week pre-operative liquid diet and stuck to it. I had the Sleeve Gastrectomy in September of 2021 and everything went great with no complications at all. I started losing weight right away and my knees started to feel better. In fact, everything started to feel better.

Fast forward to almost 3 years later and I am about to turn 43 years old. I feel better now than I did when I was 23 years old. My life has never been better and I have never felt better. Not only do I work out daily but I also have a healthy relationship with food. **I am down**

over 200 pounds since my highest starting weight. The Hurley Bariatric Center has changed my life for the better. I have no regrets except for not having bariatric surgery sooner. I hope my story can help someone through their own journey.



**Stephanie Before
Gastric Sleeve Surgery**

Hip Happenings

Online Seminars!



Did you know Hurley Bariatric Center offers bariatric seminars online? If you know of anyone who is interested in learning more about bariatric surgery, and what Huley has to offer, let them know they can do so from the comfort of their own home!

Watch our **FREE ONLINE SEMINAR** or register for our **FREE LIVE SEMINAR** at:

<https://www.hurleymc.com/services/bariatric-center/attend-a-seminar/>
Or call 810-232-2300 to register.

REGAIN – Post Surgical Medical Weight Loss Program:

THIS PROGRAM IS FOR HURLEY BARIATRIC CENTER PATIENTS WHO HAVE HAD BARIATRIC SURGERY, YET ARE EXPERIENCING WEIGHT REGAIN.

For individuals who are at least 1 year post-surgery and experiencing weight regain, this 8-week program uses meal replacements as well as education in the areas of diet, exercise, and behavior to help achieve an average weight loss of 15-30 pounds.

If you, or someone you know, is interested, please call the clinic at 810-262-2330 for more information.

Support Group:

Join us for our monthly support group! This is open to both pre- and post-surgery patients!



The support group meets the 1st Monday of every month from 5:30-6:30PM at Hurley Bariatric Center (with exception of inclement weather/holidays). No need to pre-register—just come! Call 810-262-2330 for details.

Recipe Round-up

Asian Chicken Lettuce Wraps

Yield: 4 Servings

Serving Size: 2 Lettuce Wraps



Ingredients:

8oz can bamboo shoots, drained & minced
8oz can water chestnuts, drained & minced
3 Tbs sherry cooking wine
2 Tbs hoisin sauce
1 Tbs peanut butter
2 Tbs coconut aminos or soy sauce
2 tsp hot sauce such as Sriracha
1 Tbs stevia
1 Tbs minced garlic
1 cup minced onion
½ lb ground chicken breast
1 tsp minced ginger
¼ tsp salt
1 tsp sesame oil
1 whole green onion
1 small cucumber, seeded & sliced
8 small leaves butter lettuce

Directions:

1. In a medium sauce bowl, combine the bamboo shoots, water chestnuts, sherry, hoisin sauce,

peanut butter, hot sauce, and stevia. Set aside.

2. In a medium skillet, sauté onions until softened over medium heat, approx. 4 minutes. Add garlic and cook for 1 additional minute.
3. Increase heat to medium-high heat and add ground chicken, garlic, and salt. Cook until chicken is fully cooked through.
4. Add bamboo and water chestnut mixture. Cook for 2 additional minutes. Stir in the sesame oil.
5. Removed the pan from heat. Evenly distribute the chicken mixture onto the 8 butter lettuce leaves and top with green onion and cucumber.

Nutrition information per serving

(Asian Chicken Lettuce Wraps):

155cal, 16g protein, 11g carb, 4g fat



Spring Orzo Salad

Yield: 4 – 6 Servings

Serving Size: 1 cup

Ingredients:

1.5 cups dry orzo
1 Tbs salt
1.5 cups fresh peas
5-6 thinly sliced radishes
½ bunch parsley, chopped
¼ cup mint, thinly sliced
½ cup slivered almonds
¼ cup extra virgin olive oil
Juice of 1 lemon
1 Tbs crushed garlic
¼ tsp sea salt
Black pepper, to taste

Directions:

1. Cook the orzo: Bring a large pot of water to a boil and add in 1 Tbs salt. Add the orzo and cook for 5-7 minutes. Add the peas and cook for additional 2-3 minutes. Drain and rinse with cold water.
2. Make the dressing: add the oil, lemon juice, garlic, salt, and pepper to a small bowl. Stir until well combined.
3. Assemble: Transfer the orzo and peas to a large bowl then add radishes, parsley, mint, and almonds. Pour the dressing over the salad and toss until well combined.
4. Serve immediately or place in fridge for at least 30 minutes and serve cold.

Nutrition information per serving (Spring Orzo Salad):

383cal, 10g protein, 50g carb, 15g fat

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