

The Lowdown

Summer 2025 | VOLUME 13 | Issue 4

COMPREHENSIVE WEIGHT LOSS CENTER

HURLEY

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Summer is the Time for Farmers' Markets!

Summer is the time to grow fresh fruits, veggies, and herbs. Sadly, not all of us have a green thumb or the space to grow these in our backyards. Luckily, farmers' markets offer an abundance of items like fruits, vegetables, meats, cheeses, baked goods, and household products. You may wonder why going to a farmers' market is better than shopping at a local grocery store—so let us go over a few reasons!

Improved flavor

While grocery stores may source produce locally, there is often a delay between harvesting and putting it on the shelves. By choosing a farmers' market, you could be eating a radish that was picked just that morning. These foods are more flavorful because they are sold at the peak of freshness.

Support the community

When you purchase goods from market vendors, all of the money goes directly to the farmer, baker, or maker—rather than to a larger store or distributor. That money is often spent locally, further supporting the local economy.

Better for the environment

There's typically only one trip involved for these local foods: from the field to the market. In contrast, grocery store items shipped from out of state may take multiple road trips, plane rides, or train journeys. That not only reduces freshness but also increases the resources used to bring the food to your kitchen.

Knowledge is power, and the market is full of it

Farmers and local producers are often happy to talk about how their goods are made or grown. As you learn more, you might even find yourself developing that green thumb you never knew you had!

Available to you

Programs like SNAP, the Senior Farmers' Market Nutrition Program, and Double Up Food Bucks are a few federally funded initiatives that help make farmers' markets more accessible to those needing financial assistance. Other programs you may find there could include WIC and MSU Extension.



Focus On Fitness

Myths vs Truths

"I am too old to exercise." Myth... Unless you have been told by a physician to avoid any form of exercise, you should be incorporating this!

"I have to do hours of cardio to lose any weight." Myth... Weight loss is 80% diet and therefore you do not have to do countless hours of cardio to see results. In fact, too much cardio can result in muscle loss!

"Warming up can help prevent injuries." Truth... studies show warming up your muscles for 5-10 minutes (walk on treadmill, elliptical, etc) prior to exercise can help to prevent injuries.

"My workout only counted if I was sweating." Myth... sweating is a natural bodily response to physical exertion, however, it is not a reliable indicator of the effectiveness of a workout.

"A ten minute walk is still better than nothing." Truth... a 10 minute walk, maybe a few times per day, can add up throughout the day and has been shown to be very beneficial!

"Cardio is more beneficial than strength training." Myth... although cardio can help to burn more calories, strength training helps to maintain muscle mass as you lose weight and improve body composition.

by Hannah Welter, RDN

Added Sugar

When was the last time you thought about how much added sugar is in the food you are consuming? If you are post bariatric surgery, this is something you should think about daily. If you are working towards having bariatric surgery, this is something you should start thinking about. If you pay closer attention to this, you will likely notice there is a lot of added sugar in the majority of processed and pre-packaged foods. If you look at the table to the right, you might be surprised how much added sugar is in a food item you are routinely consuming!

It is widely recommended to limit your daily consumption of added sugar. Excessive sugar intake is associated with a multitude of different health risks, including but not limited to, cardiovascular disease, diabetes, obesity, high blood pressure, PCOS, fatty liver disease, and more. So, now you might be thinking, what should my added sugar intake be limited to each day? The American Heart Association recommends, per day, no more than 24 grams or 100 calories (6 tsp) for women and no more than 36 grams or 150 calories (9 tsp) for men.

When looking at a nutrition facts label, the amount of "Added Sugar" is clearly listed under the "Total Carbohydrate" amount. Additionally, as ingredients are listed from the highest to lowest amount, if some type of sugar (cane sugar, corn syrup, molasses, caramel, juice,

honey, etc) is listed at the beginning of the ingredient list, that is a good clue that the food item has added sugar. Generally, it is recommend to limit added sugar to no more than 5 grams per one serving. However, to prevent the onset and/or progression of a disease, you want to make sure you are not exceeding the total daily-recommended amount, as stated previously.

It can be hard to cut out added sugar in one fell swoop. Studies show that taste preferences can adapt over time and small steps lead to a big change! If you typically add 3 to 4 tablespoons of a high sugar creamer to your coffee each morning, slowly start reducing this amount and overtime you will realize you may actually prefer your coffee less sweet! At the end of the day, we all want to avoid the progression of metabolic disease. Therefore, a good way to start is to pay attention to the amount of added sugar within your food choices!

Food Item	Grams of Added Sugar
12oz can Mountain Dew	46 grams
2 Tbsp Sweet Baby Rays BBQ Sauce	16 grams
1/4 cup dried cherries	23 grams
1 packet Quaker Maple Brown Sugar Oatmeal	12 grams
Starbucks Grande Vanilla Latte	34 grams
1 can SpaghettiOs	11 grams
1/2 cup Del Monte Fruit Cocktail	13 grams
2/3 cup Nature Valley Protein Granola	15 grams
6oz Yoplait Strawberry Yogurt	13 grams
1 Tbsp Coffee mate Hazelnut Creamer	5 grams
1 Tbsp Smucker's Strawberry Jam	9 grams

Spotlight on Success



Debbie **Before & After**
Non-Surgical Medical
Weight Loss Program

Hello! My name is Debbie and I recently celebrated my 70th birthday. In December of 2024, my HbA1c lab level came back elevated for the first time. After a several year stint of caregiving to three ailing parents and putting my own health on the back burner, that abnormal lab result was the motivation I needed to declare 2025 as "The Year of Deb."

"I now have many tools to continue my weight loss journey..."

I researched weight loss programs and decided to call the Hurley Comprehensive Weight Loss Center. I had never attempted a program that was medical-based. Meeting with a Nurse, Nurse Practitioner, and Dietitian proved to be the winning combination for me. Their kindness, nonjudgmental attitude and understanding of the nature of obesity and its myriad of causes made me feel that I had the power in me to be

successful and stop feeling as if I was a lost cause. Everyone's care about my well-being was evident each step of the way. Their support meant so much to me.

I have lost 44.5 pounds to date, which can be particularly difficult, as you get older. However, I now have many tools to continue my weight loss journey and I know the **GREAT** staff is only a phone call away if I need them. In addition to losing weight, my HbA1c improved from 6.0 to 5.6. I can walk up and down stairs with ease, my joints are much more limber, and my family is happy to see me make my health a priority. Recently, my grandson told me he was proud of me... it made my heart soar.

I give thanks for deciding to make that all-important phone call in January. This time, after many previous failed attempts, I feel I have made changes that will last a lifetime!



Burger Bowls

Yield: 4 servings
Serving Size: 1 bowl

Ingredients (for the burger meat):

1-pound 90/10 ground beef or leaner
½ tsp onion powder
¼ tsp ground oregano
½ tsp garlic powder
½ tsp paprika
1 tsp salt
¼ tsp black pepper

Ingredients (for the salad):

4 cups romaine lettuce
2 cups diced tomatoes
1 cup pickles
1 cup diced onion
½ cup fat-free shredded cheddar cheese

Ingredients (for the sauce):

¼ cup plain nonfat Greek yogurt
1 Tbs ketchup
1 Tbs yellow mustard
1 Tbs pickle juice
¼ tsp garlic powder
¼ tsp onion powder
¼ tsp paprika

Directions:

1. Heat a skillet over medium-high heat. Add the ground beef and spices. Brown the beef, breaking it up as it cooks, until it is fully cooked through.
2. While the beef is browning, make the sauce. Add all of the ingredients into a small bowl and whisk together until combined.
3. Assemble the burger bowls. Start with the romaine lettuce then add the remaining toppings and ground beef. Drizzle the sauce over everything and enjoy!

Nutrition information per serving (Burger Bowls):

286 calories, 32g pro, 13g carb, 11g fat

****Tip:** Add ½ cup roasted potatoes to the bowl to increase the carb content. ******



Easy & Healthy, No Added Sugar Peach Ice Cream

Yield: 2 Servings
Serving Size: 1-1.5 cups

Ingredients:

2 cups frozen peaches
½ a frozen banana
½ cup unsweetened almond milk or fat-free cow's milk

Directions:

1. Freeze ¼ cup milk of choice in ice cube trays.
2. Combine the frozen peaches, frozen banana, milk ice cubes, and an additional ¼ cup of (unfrozen) milk in a blender.
3. Blend until the mixture is completely smooth.
4. Eat immediately and enjoy on a hot summer day!

Nutrition information per serving (Peach Ice Cream):

203 calories, 4g pro, 47g carb, 2 g fat

**** Tip:** Replace the frozen peaches with any frozen fruit (strawberries, pineapple, cherries, mixed berries, etc.) to customize to your favorite fruity flavor! ******

Now offering a med-based nonsurgical medical weight loss program!

The Hurley Comprehensive Weight Loss Center is now offering a med-based nonsurgical medical weight loss program. This program is designed for individuals who are not interested in surgical weight loss, but would like to see if anti-obesity medications, such as Wegovy, Zepbound, Adipex, etc., are a good option for them. If you know of someone who may be interested in this program, have them call our clinic at 810-262-2330 for more information.

We have a new name!

The "Hurley Bariatric Center" is now the "Hurley Comprehensive Weight Loss Center". This new name allows us to better encompass all of the services we offer at the clinic.

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 the Hurley Comprehensive Weight Loss Center (with exception of inclement weather/holidays). No need to pre-register— just come! Call 810-262-2330 for details.