

The Bariatric Scoop

July 2026



The Complete Bariatric Cookbook and Meal Plan is a guide for pre- and post-bariatric surgery patients, offering recipes, meal plans and lifestyle advice to support weight loss and

long-term health. Here are some excerpts from the book.

Throughout your journey, you'll notice that small, sustainable changes will have the biggest impact on your life and health. It can be easy to compare yourself to others and worry you won't accomplish what they have. You can get there one step at a time with hard work and dedication.

Rather than letting yourself get overwhelmed thinking about how far you are from where you want to be, consider what you can do right now. For example, if your goal is to become more active, consider taking the stairs instead of the elevator or parking farther away from the door at the grocery store or work to get in some extra steps. If your goal is to improve your diet choices, consider skipping the starchy side dish and adding extra vegetables to your plate. Much like taking a shower or brushing your teeth, these small decisions will become daily habits as you practice them.

Prior to surgery, you will need to be mindful about the amount and type of fat you consume to gain control over your caloric intake and help you lose weight. Use a food tracking app and read labels to identify hidden sources of fat.

Types of fat to consume include:

- Almonds
- Fatty Fish (like salmon, tuna, and mackerel)
- Olives
- Avocados
- Flaxseed
- Olive Oil
- Canola Oil
- Nut butters (all-natural)
- Peanuts
- Chia seeds
- Seafood
- Walnuts

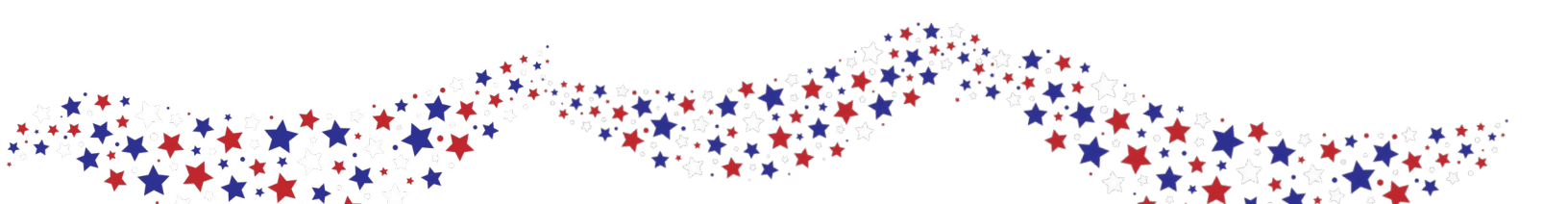


Types of foods to limit include:

- Animal fats
- Fried foods
- Stick margarines containing hydrogenated oils
- Baked goods
- Full-fat dairy products
- Tropical oils
- Chips
- High fat condiments (like mayonnaise)
- Chocolate
- High fat salad dressings
- Cream sauces
- Foods high in saturated fat



Taken from The Complete Bariatric Cookbook and Meal Plan by Megan Moore, RD, CSOWM, CD.



TATER TOT CRAVINGS? GET CREATIVE AND TRY THIS!!

Steam one bag of cauliflower rice according to package instructions. Once steamed, empty onto a thin kitchen towel and squeeze out the excess moisture or you can also use a dense cheese cloth. Season with pepper, garlic powder and onion powder to taste. Melt 1 tablespoon of butter and blend with the cauliflower along with 1 whisked egg. Add ½ to 1 cup of grated parmesan cheese to get a consistency where you can form into balls or tater tot shape. Bake in the air fryer at 400 degrees for about 20 minutes, turning for about the last 6 minutes. Cool slightly and Enjoy!



FIREWORKS are often used to mark special events and holidays. The only safe way to view fireworks is to attend a professional show. It is important to know that **fireworks are not safe in the hands of consumers**. Fireworks cause thousands of injuries each year.

A few ideas to get into the patriotic spirit, without fireworks:

1. Use glow sticks, they glow in the dark and are a safe alternative to a sparkler. Fun for all ages.
2. Loud and proud. Noise makers are sure to make a statement. They can be found at local party supply stores or make your own.
3. Outdoor movie night. Set up a screen and projector. Don't forget the bugspray!
4. Red, white and blue silly string...fun for all ages.
5. Make a patriotic craft with the family.
6. Throw a birthday party for the USA, and don't forget the cake.



FACTS

- ! More than 31,000 reported fires are started by fireworks annually.
- ! Burns account for 38% of the 7,400 injuries treated in emergency rooms in the month around July 4.
- ! Half of the fireworks injuries at emergency rooms were extremities: hand, finger, or leg. One-third were to the eye or other parts of the head.
- ! Children younger than 15 years old accounted for 28% of the estimated fireworks injuries.
- ! Sparklers account for 29% of fireworks injuries for children under the age of 5 treated in emergency rooms in the month around July 4.

Source: U.S. Consumer Product Safety Commission (CPSC) 2022 Fireworks Annual Report

HEALTHY SLEEP AND SLEEP APNEA

Seven to nine hours of sleep per night for adults is essential for overall health, as it is a crucial period for the body to repair tissues, consolidate memories and regulate hormones. It boosts immune function, reduces risks of chronic disease, improves cognitive performance and regulates mood.



So why do adults not get better sleep, and what role could sleep apnea play in chronic lack of sleep? SBL Pulmonologist and Sleep Medicine Provider Ali Warda, MD, said sleep apnea is an under-diagnosed condition that negatively affects

people's overall health. In a recent interview, he talked about the dangers of not treating sleep apnea and offered tips for improving sleep.

What is sleep apnea and why do you believe it is an under-diagnosed disorder?

When people suffer from sleep apnea, they repeatedly stop breathing during their sleep. The stop-and-start nature of that breathing causes the body to experience a lack of oxygen. Sleep apnea can be an under-diagnosed disorder because people may not realize that they stop breathing or that it negatively affects their bodies.

What are signs that someone may have sleep apnea?

Snoring can be a big indicator, though it is important to note that snoring does not always mean someone has sleep apnea. Other symptoms include regularly feeling sleepy during the daytime, sleeping more than usual in the daytime and not feeling rested even after sleeping seven or eight hours.

What are the dangers of not treating sleep apnea?

The most significant side effect is hypertension (high blood pressure). If not treated, the risk of stroke or heart attack increases because of the hypertension. Atrial fibrillation [an irregular heart rhythm] is also a possible side effect. Unfortunately, I have seen people who were treated for years for cardiovascular issues

without having had a sleep study only to realize later that sleep apnea was the underlying cause. There is also some correlation between sleep apnea and reduced cognitive function.

Are there alternatives to CPAP machines for treating sleep apnea?

Continuous positive airway pressure (CPAP) therapy is one of the most common and effective treatments for sleep apnea. However, other options may be appropriate for some patients depending on the severity of the condition.

Alternatives can include oral appliance therapy, which uses a custom dental device to help keep the airway open during sleep. In certain cases, weight loss, positional therapy or surgical procedures may also help improve breathing during sleep.

Patients should consult with sleep specialists to determine the most appropriate treatments for them as individuals.

What are some general pieces of advice you can share for good sleep health?

A regular sleep schedule is important, so people should try to go to bed and wake up at consistent times. They should avoid anything that gives off blue light, such as televisions, phones or tablets, right before bedtime [at least 30 minutes before bedtime, though 60 minutes is preferred.] Blue light reduces melatonin production, which results in delayed sleep onset and reduced sleep quality. They should avoid eating right before bedtime [two to three hours before bedtime to prevent metabolism-related sleep disruption and gastric reflux.] Quality sleep is imperative, so I advise people who have difficulty sleeping to consult their primary care providers.

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