

The Bariatric Scoop

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www.sarahbush.org

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Lincoln
Trusted Compassionate Care



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Eat the Rainbow

We talk a lot about the role protein has in our health. From supporting our muscles, enhancing strength, promoting feelings of fullness and providing a focal point for our meals and snacks. While protein is essential, to further support our health and well-being, we need vitamins, minerals and fiber, all which come from fruits and vegetables.

Fruits and vegetables are packed with vitamins including A, C and E, and minerals such as potassium, magnesium and zinc. Fruits and vegetables also supply fiber, which supports a healthy gut, promotes regular bowel movements, aids in blood sugar regulation and offers added fullness at meals/snacks. Studies show improvements in blood pressure and reduced incidence of heart disease as well as mental health improvements are all linked to diets rich in fruits and vegetables. Additionally, fruits and vegetables are low in calories, which helps control caloric intake, supporting weight loss and weight management.

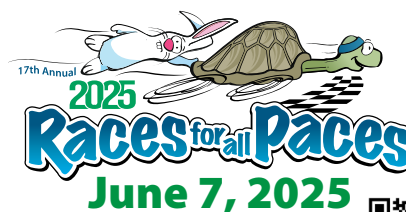


Even with all of these benefits, it can be difficult to consume fruits and vegetables. Here are some practical ways to add more fruits and vegetables to your daily intake.

- **Make them visible.** Keep in visible locations such as on the counter in bowls, and at eye level in the refrigerator rather than stuffed in a drawer only to be forgotten.

- **Keep them available.** Strive to always have fruits and vegetables on hand. Wash/chop ahead of time so they are ready for a quick meal or snack option. Consider pre-cut bagged options or fruit and vegetable trays for easy access to fresh options.
- **Consider all forms.** Include fresh, frozen and canned options. All forms are high in nutrient content. If canned options concerns you, select only canned fruit in fruit juice and look for no salt added canned vegetables or drain and rinse all canned vegetables to cut sodium amounts in half.
- **Try different cooking methods.** Cooking methods and seasonings can make a big difference in how your fruits and vegetables taste.
- **Embrace seasonal options.** Take full advantage of what the season has to offer. Enjoy home grown favorites, those found at local farmer's markets, patches, orchards, roadside stands or at your grocery store.
- **Strive to eat the rainbow.** Fruits and vegetables not only enhance your nutritional intake when consumed, they offer eye appeal in the colors and textures they bring to a meal or snack. Each color contains key nutrients for health. Striving to eat the rainbow can be a fun way to add more color and more nutrition to your plate.

While you continue to prioritize your protein, I encourage you to add a little color to your plate too!



The races will begin
and end on the track
at EIU's O'Brien Field.

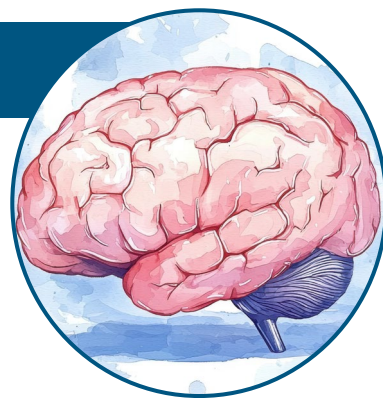
Register Now at:
www.sarahbush.org/races
or scan code.



Proceeds from this family friendly event benefit the SBL Dental program.

10 HEALTHY HABITS FOR YOUR BRAIN

Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline and possibly Alzheimer's and dementia. Incorporate some or all of these habits into your life to help maintain a healthy brain.



Challenge your mind

Be curious! Put your brain to work and do something that is new for you. Learn a new skill. Try something artistic. Challenging your mind may have short and long-term benefits for your brain.

Stay in school

Education reduces the risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library or college, or online.

Get moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day like walking, dancing, gardening or whatever works for you.

Protect your head

Help prevent an injury to your head. Wear a helmet for activities like biking and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.

Be smoke-free

Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.

Control your blood pressure

Medications can help lower high blood pressure. Healthy habits like eating right and physical activity can help as well. Work with a health care provider to control your blood pressure.

Manage diabetes

Type 2 diabetes can be prevented or controlled by eating healthier, increasing physical activity and taking medication, if necessary.

Eat right

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.

Maintain a healthy weight

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list like eating right, exercising and sleeping well can help with maintaining a healthy weight.

Sleep well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.

For more information visit: www.alz.org

GARLIC BUTTER BAKED SALMON

4 servings

1 pound fingerling potatoes or Yukon golds or halved white/red baby potatoes, halved
2 tablespoons olive oil
1 1/2 teaspoons salt divided
1/2 teaspoon black pepper cracked, divided
4 skinless salmon fillets
2 1/2 tablespoons minced garlic divided
2 tablespoons fresh parsley chopped
1/3 cup lemon juice freshly squeezed
1/2 cup unsalted butter melted
3 asparagus bunches, 18 spears, woody ends removed
2 tablespoons dry white wine substitute with 1/4 cup low-sodium chicken broth
1 lemon sliced to garnish

Directions:

Heat oven to 400°F. On a large rimmed baking sheet, toss together potatoes with the oil, 1/2 tablespoon of garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Spread out in an even layer and roast for 15 minutes until they're just starting to soften and brown.

Push potatoes to one side of the sheet pan and arrange salmon down the center. Rub salmon evenly with 1 1/2 tablespoons of the minced garlic and 2 tablespoons of parsley. Add the asparagus to the other side of the pan.

Combine 1/4 cup of lemon juice and 1/4 cup of the melted butter together and pour the mixture over the salmon and asparagus. Season everything with the remaining salt and pepper. Return to oven and continue baking until the potatoes are golden and fork-tender and the salmon is opaque throughout, (about 10 minutes). Optional: broil in the last 2 minutes for charred edges.

Meanwhile, in a small bowl, combine the remaining butter, garlic and lemon juice with the wine (or chicken stock). Serve with the salmon, veggies and lemon slices!

Nutrition Information: Calories: 617 calories | Carbohydrates: 24g | Protein: 37g | Fat: 41g | Saturated Fat: 17g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 15g | Trans Fat: 1g | Cholesterol: 155mg | Sodium: 960mg | Potassium: 1.409mg | Fiber: 3g | Sugar: 2g | Vitamin A: 1.043IU | Vitamin C: 37mg | Calcium: 60mg | Iron: 3mg





American Heart Association.
Healthy for Good™

BLUE & PURPLE

blackberries
blueberries
black currants
dates
eggplants
grapes
plums
prunes
purple figs
raisins

RED & PINK

beets
cherries
cranberries
pink grapefruit
pomegranates
radicchio
red radishes
red apples
red grapes
red peppers
red potatoes
rhubarb
strawberries
tomatoes
watermelons

EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies.
Add color to your plate each day with the five main color groups.

GREEN

artichokes
asparagus
avocados
bok choy
broccoli
Brussels sprouts
celery
collard greens
cucumbers
green beans
green cabbage
green grapes
green onions
green peppers
kale
kiwis
leeks
limes
mustard greens
okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
watercress
zucchini

ORANGE & YELLOW

acorn squash
butternut squash
apricots
cantaloupes
carrots
corn
grapefruit
lemons
mangoes
nectarines
oranges
orange peppers
papayas
peaches
pineapples
pumpkins
summer squash
sweet potatoes
tangerines
yams
yellow apples
yellow peppers
yellow squash

WHITE

bananas
cauliflower
garlic
Jerusalem
artichokes
mushrooms
onions
potatoes
parsnips
shallots

EAT SMART **MOVE MORE** **BE WELL**

heart.org/HealthyForGood