

# The Bariatric Scoop

May 2025

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We all know the saying “April showers bring May flowers.” Just as flowers need water to grow, we need water to support our health and well-being too.

Drinking enough water prevents dehydration, helps regulate body temperature, lubricates and cushions joints. Water rids the body of waste through urination, bowel movements and perspiration. It’s difficult to come up with a reason not to drink water! Are you drinking enough?

Daily requirements vary based on age, sex, health status, weight and activity level. General recommendations for adult fluid intake is six to eight cups per day. Some resources suggest: 15.5 cups per day for men and 11.5 cups per day for women. A calculation commonly used is  $\text{weight} \times 0.5 = \text{oz. of water needed per day}$ .

## Keep in mind

- Needs vary based on factors including activity level, climate and overall health.
- During exercise, especially intense exercises and in hot weather, water is needed to replenish fluid lost through sweat.
- Hot and humid weather/temperature may increase sweating and the need for extra water.
- Health conditions related to the kidneys and heart may have an affect on fluid balance and water needs.
- Fever, vomiting, and diarrhea create a need for increased water intake.
- Some medications impact fluid retention or fluid loss and can impact water needs.
- Sense of thirst and need to drink tends to dissipate with age, making it necessary to closely track and monitor water intake.

How do you know if you’re drinking enough? If you rarely feel thirsty and your urine is colorless or light yellow, you are likely consuming enough to meet your needs. If you aren’t sure how much water you’re drinking, keep track for a few days to gain a better understanding of your total. From there, determine if your intake is adequate or if you need to work on slowly increasing your daily total.

## Tips for drinking more water

- Sip on water throughout the day and always have water within arm’s reach.
- Use water bottles, insulated cups or glasses that help you keep track of your daily intake.
- Consider the temperature. Do you prefer ice cold or room temperature?
- Add flavor with pieces of fruit such as lemon, lime, orange, pineapple, watermelon, strawberry or even cucumber.
- Alternate beverages to allow the opportunity to drink more water. For example, if you enjoy tea, have a glass of water between glasses of tea.
- Set a timer to remind you to drink.

While drinking water is important, many beverages can fit into a healthy nutrition focus. These include low fat or fat free milk, milk alternatives, protein shakes, decaf coffee or tea and sugar-free flavored waters. For health reasons, it’s important to avoid/limit intake of sugar-sweetened drinks and energy drinks. Alcohol should be avoided.





American Stroke Association®  
A division of the American Heart Association.

Together to End Stroke®

# 05

## Key Facts About Stroke

Stroke.org



FACT #1:

### stroke kills brain cells

Stroke happens when a clot or rupture interrupts blood flow to the brain. Without oxygen-rich blood, brain cells die.



FACT #2:

### types of stroke

Ischemic caused by a clot, Hemorrhagic caused by a rupture and Transient Ischemic Attack (TIA) or “warning stroke” caused by a temporary blockage.



FACT #3:

### about one in four stroke survivors is at risk for another

Fortunately, up to 80 percent of second clot-related strokes may be preventable.



FACT #4:

### prevention is key

Had a stroke? Work with your doctor to identify the cause and create a plan to prevent another. This may include managing high blood pressure, making healthy lifestyle choices and taking medications as recommended by your doctor.

After an ischemic stroke or TIA, most patients will be prescribed an antiplatelet or anticoagulant therapy.

## F.A.S.T.

FACT #5:

### time lost is brain lost

Now that you know prevention, here's how you spot one.

Learn the **FAST**  
warning signs:

**F**  
Face  
Drooping

**A**  
Arm  
Weakness

**S**  
Speech  
Difficulty

**T**  
Time to  
Call 911

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**FOUNDATION**

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## BROILED TROUT WITH ALMONDS

### 2 servings

2 rainbow trout, butterfly filleted (about a pound each before heads are removed, 9 ounces after cleaning with heads taken off)

1 teaspoon butter or olive oil

2 tablespoons sliced almonds

Lemon pepper (use an unsalted blend, about 1/2 teaspoon total)

Lemon wedges

### Directions:

Heat broiler to high. Rinse trout and pat dry. Open fish and place skin-side-down on a foil-lined broiler pan.

Dot fish with butter or olive oil and sprinkle with almonds and lemon pepper. Broil about 5 minutes or until fish is opaque and flakes easily with a fork. Serve immediately with lemon wedges.

**Nutrition Information:** Each serving contains about 309 calories, 3 g carbohydrates, 36 g protein, 16 g fat, 93 mg sodium, and 0 g fiber.



### Let's review some lean protein options:

- Fish (tilapia, cod, tuna, salmon)
- Chicken or turkey without skin
- Lean beef cuts from loin, round or chuck
- 90 % lean ground beef or turkey
- Eggs/egg whites
- Beans
- Firm tofu
- Low fat cottage cheese
- Skim or 1% milk
- Low sugar, low or nonfat yogurt
- Hummus
- Veggie burgers

*Remember portion sizes and aim for 60 - 80+ grams of protein per day.*



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

Register Now at:  
[www.sarahbush.org/races](http://www.sarahbush.org/races)  
or scan code.



Who will be joining us for Races for All Paces on June 7? Contact me with your teams or friends if you are participating or volunteering. Let's get together and encourage others! Remember, I will be at a water station with a fur baby so stop and say hi. Register by May 18 to guarantee a race t-shirt.

-Danyll

[www.sarahbush.org/races](http://www.sarahbush.org/races)