

# Your Connection to Healthy Weight



Helpful, Healthy Information from  
**The Center for Bariatrics and Healthy Weight**

April, 2022

## Helpful Hints for You

Do you enjoy salty snacks and find yourself reaching for a bag of potato chips throughout the week? The irresistible crunch and savory flavor of potato chips is surprisingly easy to replicate at home! Requiring only a handful of ingredients, making your own chips can be a great way to lower your sodium and fat intake while also saving money.

- For traditional potato chips, use russet potatoes, slice them to 1/8 inch in thickness and bake at 450 degrees. You can swap out the potatoes for other vegetables such as carrots or zucchini to increase your vegetable intake while still satisfying your potato chip craving.
- Use a small amount of sea salt if desired, but feel free to use salt free seasonings such as garlic, rosemary and paprika to season your chips.
- Limit your oil use to 1 Tbsp per 1 lb of potatoes.

## News to Use

### Fiber: Are You Getting Enough in Your Diet?

Fiber is a nutrient that our body needs; however, our body cannot digest it. As a result, fiber helps with many things in our body such as blood sugar control, and maintaining bowel regularity. When you eat too much or too little fiber, you may notice constipation. The Dietary Guidelines recommend 25-35 grams of fiber daily to promote health benefits. Fiber is found in foods such as whole grains, oats, beans, and certain veggies including broccoli, Brussel sprouts, and kale. Eating a variety of foods containing fiber can help you meet your fiber goals each day, but it is just as important to stay hydrated in order to prevent constipation.

To learn more about fiber, visit: [wellandgood.com/too-much-fiber-problems/](http://wellandgood.com/too-much-fiber-problems/)

## Upcoming Events

### FREE WEIGHT LOSS SEMINAR

Our informational seminar, led by Dr. Karleena Tuggle, Bariatric Surgeon and The Center's Medical Director, provides insight into the surgical options that may be right for you.

View at: <https://www.southernregional.org/services/center-for-bariatrics-healthy-weight/online-seminar/>

Or call 770-897-SLIM (7546) for more information.

### WELLNESS WEIGH

#### A WEIGHT LOSS SUPPORT GROUP

#### “WHAT IS FIBER AND HOW MUCH SHOULD YOU BE EATING?”

**April 21st; 6:30 p.m. — 7:30 p.m.**

**Center for Bariatrics & Healthy Weight (Held virtually via Zoom)**

*\*Please RSVP ahead of time to get the link—call 770-897-SLIM (7546)*

## Recipe of the Month

### Sheet Pan Sausage and Potatoes

#### Ingredients

- 12 oz smoked sausage, sliced into rounds
- 1 1/2 lbs Yukon potatoes, cubed
- 2 bell peppers, sliced
- 2 Tbsp olive oil
- 1 1/2 Tbsp Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon crushed red pepper flakes

#### Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Coat large baking sheet with cooking spray and add the sausage, potatoes, peppers, and seasoning onto the sheet.
3. Drizzle olive oil over contents of baking sheet. Toss to coat.
4. Roast for 25-35 minutes. Serves up to 4 people.



Southern Regional Medical Center