

Your Connection to Healthy Weight



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

June, 2022

Helpful Hints for You

We are entering the summer months and in the south it can be uncomfortably hot at times. However, not drinking enough water can make you more uncomfortable and put you at risk of dehydration. Here are some helpful hints to increase your daily intake of water and prevent you from becoming dehydrated:

- Stay ahead of your thirst! The first sign of dehydration is being thirsty. So sip on water all day instead of waiting until you are thirsty.
- Eat your water. Foods like tomatoes, cucumbers, watermelon, celery, and even low sodium soups are excellent sources of water.
- Whenever you go out, always order a water in addition to other beverages you may get.
- Adding citrus to water is a great way to enhance the flavor to help increase consumption.

New to Use

Healthy Diet Improves Mood

If you've been to your doctor recently, odds are that they reminded you to eat a healthy diet to prevent chronic illness. Your doctor may also begin to tell you that a healthy diet is also associated with improved mood and may help manage depression. Recent studies have looked at individuals who ate a healthful diet including many fruits and vegetables, healthy fats, fiber, and lean protein reported an improved mood and felt happier overall compared to those who did not eat a generally healthful diet. The research suggests that healthful foods can increase the good bacteria in your gut, which has a direct link to increased levels of serotonin (aka the "feel good" hormone). To learn more, visit: <https://tinyurl.com/2mn2r86y>

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 our seminar 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
"Fun Summer Snacks to Enjoy"
June 16
6:30 p.m. — 7:30 p.m.
Virtual session

Call 770-897-7546 for the link information to this session.

Recipe of the Month

Easy Banana Pops

Ingredients

- 2 medium bananas
- 1/2 cup dark chocolate chips
- 1/2 cup Greek yogurt
- 1/2 cup granola or chopped nuts
- 4 wood skewers or popsicle sticks

Directions

1. Peel bananas and cut each banana in half. Place skewers into each banana.
2. Melt chocolate chips and dip 2 banana halves in melted chocolate; place on baking sheet lined with wax paper. Dip other 2 banana halves in Greek yogurt and place on wax paper.
3. Sprinkle granola or nuts over bananas and chill in freezer for at least 1 hour.



Enjoy!

[Doseofnutrition.com/dipped-banana-pops](https://doseofnutrition.com/dipped-banana-pops)