

# Your Connection to Healthy Weight



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

July, 2022

## Helpful Hints for You

With inflation reaching its highest levels in decades, we're dealing with increased food prices that are placing additional strains on many family budgets. To help control costs at the grocery store, follow these tips below:

- Plan out your meals and snacks for the week. Make a list of the food items you need to make those meals and only buy those items.
- When possible, buy frozen fruits and veggies, which are cheaper and last longer.
- For your fresh fruits and veggies, freeze what you won't be eating right away. This way you'll have frozen produce for future use instead of the produce going bad.
- Take advantage of grocery store smartphone apps, because they offer discounts and/or deals on items you may need.

## News to Use

### Can Nutrient Deficiencies Cause Brain Fog?

Difficulty concentrating, confusion, easily distracted, slow thinking — these are all characteristics of “brain fog.” Brain fog can be caused by certain medical conditions, but can also be caused by nutrient deficiencies, or by simply not eating enough of the proper nutrients each day. Specifically, Vitamin's D, C, B12, and Iron play important roles in brain function; and when you do not get enough of these nutrients, you can experience more frequent cases of brain fog. Eating balanced meals and taking a daily multi-vitamin can help ensure you are giving your body the nutrients it needs.

To learn more, visit: <https://www.healthline.com/nutrition/vitamins-for-brain-fog>

## Upcoming Events

### FREE ONLINE 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

***There will not be a Wellness Weigh Support Group session this month. Stay tuned for our next scheduled support group.***

## Recipe of the Month Watermelon Slushie

### Ingredients

- 4 cups frozen, seedless watermelon chunks
- 1/4 cup ice cubes
- 1/4 cup lime juice
- 1/4 cup orange juice
- 3 Tablespoons agave nectar

### Directions

1. Add watermelon chunks, ice, lime juice, orange juice, and agave in a blender. Blend on high-speed until smooth.
2. Pour into glass of your choice and garnish with a mint leaf, lime slice, or wedge of watermelon.



Makes about 4 servings. Enjoy!

Recipe from: [www.realsimple.com/food-recipes/browse-all-recipes/watermelon-slushie-recipe](http://www.realsimple.com/food-recipes/browse-all-recipes/watermelon-slushie-recipe)



Southern Regional Medical Center