

Your Connection to Healthy Weight



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

August, 2022

Helpful Hints for You

August is peak harvest season for many fruits and vegetables. You may begin to notice some of your favorite fruits and vegetables are at a reduced price because there is a greater supply during the peak harvest season. Take advantage of these lower produce prices. Here are some tips to help you make the season last:

- When fresh fruits and vegetables that you enjoy go on sale, consider buying in bulk. Cut up any extra produce and freeze it in Ziplock bags. It's good to use for up to 6 months.
- Make seasonal fruits and veggies like peaches, radishes, and bell pepper your go-to snack or make homemade salsas/dips with them.
- Buy a "rainbow" of fruits and veggies to make a colorful plate and ensure you're getting a variety of nutrients.
- Be adventurous and try a new fruit or vegetable you see on sale.

News to Use

INCREASE HYDRATION WITH FOOD

Proper hydration is extremely important, especially during the hot summer months. Not drinking enough water can lead to dehydration causing fatigue, headaches, skin problems, muscle cramps, low blood pressure, and even rapid heart rate. A general recommendation is to drink 8 to 10 cups of water per day to stay hydrated. While water is very important, you can also boost your hydration status with your food choices. There are a lot of healthy foods that will contribute substantial amounts of water to your diet, such as watermelon, cucumber, or berries. You can also try our hydrating watermelon slushie recipe from our last newsletter!

More at: <https://www.healthline.com/nutrition/19-hydrating-foods>

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

The Wellness Weigh Support Group will not meet this month. Stay tuned for our next scheduled meeting.



We are proud to announce that our Center for Bariatrics and Healthy Weight has received accreditation as a **COMPREHENSIVE CENTER** by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP®).

Recipe of the Month Cowboy Caviar

Ingredients

- 1 can Black Beans
- 1 can Black-eye Peas
- 1 Bell Pepper
- 1/2 Red Onion
- 1 can Corn
- 1 Avocado
- 1 Tomato
- 1/2 Jalapeno
- 3 Tbsp Olive oil
- 2 Tbsp Red Wine Vinegar
- 1 Tbsp lime juice
- Optional: Cilantro, cumin, pepper, garlic, red pepper

Directions

1. Wash all produce and rinse beans in a colander
2. Dice bell pepper, red onion, avocado, tomato and jalapeno into small pieces.
3. Add beans, oil, lime juice, vinegar, vegetables and any of the other optional ingredients to the bowl and stir together.
4. Serve with whole grain crackers/chips or add on to tacos and salads



Makes about 10 servings. Enjoy!

<https://www.spendwithpennies.com/cowboy-caviar/>



Southern Regional Medical Center