

Your Connection to Healthy Weight



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

January, 2020

Helpful Hints for You

“What is a *Portion Size* and how do I control portion size when I eat out?” This is a common question and, fortunately, there are some tricks to help guide when dining out and don’t have access to a food scale or measuring cups:

- The palm of your hand is equal to a 3-4 oz serving of protein. A deck of cards is another good visualize for a 3-4 oz serving.
- The tip of your thumb is about the size of 1 Tablespoon.
- Your clenched fist is about the size of a 1 cup serving of milk or yogurt.

Using common hand measurements is easy and can help you control your portions when eating away

News to Use

Explaining “Set Point Theory”

Your body works hard every day to maintain vital functions like pH balance and breathing, but it also works hard to maintain your body weight. This body weight, known as the “Set Point,” is different for every person and is effected by your body’s hormones. Set Point Theory suggests that no-matter what you want to weigh, your body works to maintain a certain weight range. When you attempt a diet, you may lose weight briefly, but your body will work to overcome the calorie deficit by increasing appetite and slowing down your metabolism. Read more about the Set Point Theory at:

<https://www.obesityaction.org/community/article-library/body-weight-set-point-what-we-know-and-what-we-dont-know/>

Upcoming Events

FREE WEIGHT LOSS SEMINAR

January 18 and February 15
10 a.m.—12 noon
Southern Regional Education Center

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. To sign up or for information, call: 770-897-SLIM (7546) or email: srga-bariatrics@primehealthcare.com.

WELLNESS WEIGH: A WEIGHT LOSS SUPPORT GROUP *Easy, At-Home Exercises*

January 18
12 — 1 p.m.
Southern Regional Education Center

The support you need on your journey to wellness and a healthier you.

Recipe of the Month Sheet Pan Chicken and Asparagus

Ingredients

- 2 Boneless, skinless chicken breasts, sliced in half lengthwise
- 1 cup baby potatoes, sliced in half
- 1 bunch asparagus
- 2 Tbsp olive oil
- 4 cloves garlic, minced
- 2 Tbsp lemon juice
- 1/2 tsp dried parsley
- 1/2 tsp dried rosemary
- 1/2 tsp salt and pepper each

Directions:

1. Preheat oven to 425 F.
2. In a small bowl, mix together olive oil, lemon juice, garlic, parsley, and rosemary
3. Add baby potatoes and chicken to a baking sheet and toss with lemon oil mixture.
4. Bake for 15 minutes.
5. While chicken and potatoes bake, trim off bottom ends of asparagus. After chicken and potatoes baked for 15 minutes, remove sheet pan from oven, add asparagus to pan, and bake for additional 8-10 minutes.



Makes 4 complete servings.