

Your Connection to Healthy Weight



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

October, 2019

Helpful Hints for You

Achieving successful weight loss can be challenging, but keep in mind the following tips to help you succeed:

- **Eat 3 small meals and 2 snacks each day.** The fewer meals you eat, the slower your metabolism becomes, which can promote weight gain instead of weight loss. Avoid skipping meals, because that will lead to over-eating at other meals.
- **Take your time when eating.** As your stomach fills with food, your body receives a signal that you have eaten enough. However, this signal can take up to 15 minutes to reach your brain and let you know you're full. If you rush through your meal, you may eat more than you need before that signal ever reaches your brain. So, take your time.

News to Use

Bariatric Surgery Misconceptions

There are many misconceptions surrounding bariatric surgery. Of these, the most commonly stated is that bariatric surgery is a “cop-out,” and that those with overweight or obesity just need to go on a diet and exercise to lose weight. In fact, the National Institute of Health states that “long-term weight-loss, or in other words, the ability to ‘maintain’ weight-loss, is nearly impossible for those affected by severe obesity by any means other than metabolic and bariatric surgery.” To learn more about common misconceptions involving bariatric surgery, visit the ASMBS website.

<https://asmbs.org/patients/bariatric-surgery-misconceptions>

Upcoming Events

FREE WEIGHT LOSS SEMINAR

October 19 and November 16
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

Oh the Holidays! Tips to Help Get You Through the Holiday Season

October 19; 12 — 1 p.m.
Southern Regional Education Center

Shopping and cooking ideas to get through the holidays, complete with cooking demonstrations.

Recipe of the Month

Low-Carb Egg Frittatas

Ingredients

- 8 large eggs
- 1/4 cup milk
- 1/4—1/2 cup chopped veggies (green or red bell peppers, onions, spinach, mushroom, tomato, etc.)
- 3 slices bacon, chopped
- 1/4 cup low fat cheese
- Seasoning of your choice (try using other seasonings instead of salt)

Directions

1. Preheat oven to 385 degrees F.
2. Lightly spray a 12-cup muffin tin with nonstick spray.
3. Cook bacon in pan until crispy. Chop and set aside.
4. In a large bowl, whisk together eggs, milk, and your choice of veggies and seasonings.
5. Fill each muffin space half-way full with egg and veggie mixture.
6. Divide the cheese and bacon up and sprinkle into each muffin space on top of mixture.
7. Bake 20-25 minutes, or until egg is cooked through.
8. Enjoy fresh or store in airtight container in the fridge for up to 4 days.
9. Each morning, place 1-2 frittatas in microwave for 15-30 seconds, and enjoy a quick and easy breakfast.



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