

Your Connection to Healthy Weight



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

September, 2019

Helpful Hints for You

Becoming more “mindful” when eating your meals can make a positive impact on your weight. Here are two helpful hints:

- Take a moment to reflect about how you are feeling before you eat. Are you happy? Stressed? Sad? Hungry? Bored? Taking in to account how you’re feeling allows you to better understand your body’s needs and sets the stage for you to enjoy the food you are about to eat.
- Begin the practice of eating with no distractions. That means turn off the TV, eat in a specific area (such as the kitchen table), and avoiding multi-tasking, like texting throughout your meal. When your full attention is on your meal, you keep better track of how much you are eating.

News to Use

Do you have Type 2 Diabetes?

Metabolic and bariatric surgery is the one of the most effective treatments for individuals who are affected by Type 2 Diabetes and obesity.

Research has shown that 90% of surgery patients were able to reduce the amount of medication they needed to control Type 2 Diabetes. And 78% were able to lower their blood glucose to a normal level and eliminate the need for blood glucose-controlling medications.

To learn more, visit the American Society for Metabolic and Bariatric Surgery website at: <https://asmbs.org/patients/surgery-for-diabetes>

Upcoming Events

FREE WEIGHT LOSS SEMINAR

September 21 and October 19
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

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

Support you need on your journey to wellness and a healthier you.

Recipe of the Month

Healthy Chicken Fingers

Serves 4

Ingredients

- 1 pound chicken tenders or boneless, skinless chicken breasts cut into strips
- ½ cup grated parmesan cheese
- ¼ cup panko bread crumbs
- ½ teaspoon dried oregano
- ¼ teaspoon ground black pepper

Directions

1. Preheat oven to 375 degrees F
2. Combine parmesan cheese, panko bread crumbs, oregano and black pepper in a gallon freezer bag. Seal and shake to combine.

3. Add chicken to the freezer bag, seal bag and shake to coat the chicken.
4. Transfer chicken to a pan (with cooking spray) and place in preheated oven.
5. Bake for 15-20 minutes, until chicken is golden brown and cooked through.

Dietitian Tip: Pair these chicken fingers with your favorite veggie, and serve with warm pizza or pasta sauce to dip them in!

