

Your Connection to Healthy Weight



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

March, 2021

Helpful Hints for You

90% of Americans consume caffeine each day. Caffeine can be found in products naturally or can be added to them. Some products can also be high in fat, sugar, and calories and provide little nutrition. Higher caffeine consumption is linked to anxiety, insomnia, hypertension and irregular heart beat. Caffeine also suppresses hunger and causes dehydration. These factors are a concern for bariatric patients, who often struggle with decreased appetite and meeting their fluid needs. Here are 6 tips to stay energized without caffeine:

- **Prioritize protein.** Get at least 60g daily to provide long-lasting energy.
- **Avoid added sugar.** High amounts of sugar can lead to a “sugar crash.”
- **Eat regular meals.** Skipping meals deprives the body of its needed energy.
- **Stay hydrated.** Drink 64oz fluids daily to prevent dehydration and fatigue.
- **Exercise regularly.** Exercising releases hormones that make you feel awake.
- **Adequate sleep.** A minimum of 7 hours for adults will promote mental health and concentration.

News to Use

Nutrition and Sleep Quality

Did you know that your diet can affect your sleep quality? Previous research has shown that diets high in fats and carbohydrates can negatively affect your sleep quality. On the other hand, recent research shows that diets high in omega-3 fatty acids, like the Mediterranean diet, can positively affect your sleep quality. Two forms of omega-3 are DHA and EPA, both known to be important for cellular and brain health.

Increasing the amount of omega-3 in your diet can lead to overall better sleep quality and efficiency. DHA specifically decreases the number of times you wake up while sleeping, while EPA decreases the amount of time spent in bed trying to fall asleep. Since our bodies cannot make omega-3, we need to include it in our diet with foods like olives, olive oil, nuts, and oily fish.

Learn more at:

<https://www.mdpi.com/2072-6643/13/1/248>

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

“OUTDOOR EXERCISE OPTIONS”

March 20th; 12 noon — 1 p.m.

Southern Regional Medical Center
Center for Bariatrics & Healthy Weight

***Please RSVP ahead of time, as attendance is limited to adhere to Covid-19 policies.**

Recipe of the Month Chili Lemon Baked Cod

Ingredients

- 4 cod fillets, 3 oz each
- 1/4 cup extra virgin olive oil
- 2 tsp paprika
- 1 1/2 tsp ground cumin
- 1 1/2 tsp chili powder
- 1 tsp ground black pepper
- Salt to taste
- 4 tsp minced garlic
- 1 Tbsp lemon juice
- 1 tsp lemon zest (optional)
- 4-5 lemon slices (optional)

Makes 4 servings at 234 calories, 20 g protein, 4 g carbs, 15 g fat.
Cost per serving: \$1.71

Directions:

1. Preheat oven or toaster oven to 400 degrees F.
2. Lay the fish on a greased baking sheet.
3. In a small bowl, combine olive oil, paprika, cumin, chili powder, pepper, salt, garlic, lemon juice, and lemon zest.
4. Pour the spice mixture over the fish. Spread evenly using a spatula or the back of a spoon.
5. Bake the fish for 10 minutes. Add lemon slices on top of the fish and cook for an additional 2-5 minutes.

Options:

- 1) Serve with a whole grain and vegetable (ex: rice and broccoli).
- 2) Substitute cod with any other white fish.
- 3) Garnish with cilantro or parsley.



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