

# Your Connection to Healthy Weight



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

April, 2021

## Helpful Hints for You

The weather is changing. The days are longer and the flowers are blooming, but the question remains—how can we protect ourselves from illness this season? Focusing on a diet full of colorful fruits and vegetables provides needed nutrients, as well as, provides extra immune protection.

- **Red.** Heart-healthy; improves memory and brain function
- **Orange/ Yellow.** Promotes healthy skin and eyes; high in beta-carotene; strong antioxidants; reduces inflammation and risk of disease
- **Green.** Regulates digestion; protects from high cholesterol; protects eye health
- **Blue/ Purple.** Promotes healthy brain and heart function; protects urinary tract health and digestion
- **White.** Promotes lower cholesterol and lower blood pressure; supports bone strength

**For more information about what produce is in season now visit:**

<https://snaped.fns.usda.gov/seasonal-produce-guide/spring>

## News to Use

### Mindful Snacking

As you settle down for a relaxing afternoon to unwind in front of the television, keep this recent study in mind.

“Snackers have a hard time realizing they’re full and wind up overeating while focusing on other things. Researchers say the more our brains lock in on something, especially watching television, the less it’s able to tell when we should stop eating.”

However, this doesn’t mean snacking while you watch your favorite sports team or movie is off limits. In fact, the research suggests something as simple as *portioning your snack of choice before you sit down* as an effective way to avoid unintentional overeating while your mind is distracted!

Implementing skills like this gives us the power to make healthy choices while enjoying everyday activities.

<https://pubmed.ncbi.nlm.nih.gov/32795567/>

## 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”

April 17th; 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

### Grilled Lemon Chicken Skewers

#### Ingredients

- 1 lb boneless, skinless chicken breast
- 3 tbsp lemon juice
- 2 tbsp olive oil
- 1/2 tsp dried oregano
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 3 tsp minced garlic
- 1 large red bell pepper; chopped into 1-inch pieces

#### For the yogurt dip combine:

- 1 cup low fat Greek yogurt
- 1/2 cup minced cucumber
- Salt and pepper to taste
- 1 tbsp fresh mint leaves (optional)

**Makes 4 servings at 237 calories, 29 g protein, 5 g carbs, 10 g fat.**

**Cook time: 20 minutes Total Time: 40 minutes Servings: 4**

#### Directions:

1. In a large bowl, combine lemon juice, olive oil, oregano, salt, pepper, and garlic, along with 1 tablespoon of water.
2. Cube chicken breasts into 1-inch chunks. Add the chicken pieces into the bowl and toss to coat. Marinate for at least 10 minutes or up to 3 hours in the refrigerator.
3. Heat a grill or grill pan over medium.
4. Remove chicken from marinade and alternately thread chicken pieces and bell peppers onto 4 skewers. *Note: if using wooden skewers, soak them in water prior to avoid burning*
5. Place the skewers onto a lightly oiled grate and set to medium high heat.
6. Grill chicken, turning often so each side browns, until cooked through, about 10-12 minutes

#### Options:

- 1) Serve with a whole grain and seasonal vegetable.
- 3) Garnish with yogurt dip and/or additional lemon.



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