

Your Connection to Healthy Weight



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

October, 2021

Helpful Hints for You

Fall brings us shorter days and changing leaves, and that nagging question – how can we protect ourselves from illness this season? Focusing on a diet full of colorful fruits and vegetables gives you needed nutrients and 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; helps eye health
- **Blue/ Purple:** Promotes healthy brain and heart function; protects urinary tract health and digestion
- **White:** Promotes lower cholesterol and 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 Fiber and Overall Health

Fiber is an important, yet often overlooked nutrient. Beyond the obvious benefit of fiber and staying regular, fiber can also provide other health benefits such as lowering your blood pressure, helping to manage blood sugar levels and reducing your risk of developing Type 2 Diabetes. It can even reduce the risk of colon cancer.

Foods rich in fiber include vegetables, fruits, whole grains, beans and legumes. The recommended amount of fiber an adult should consume each day is 25-38 grams. You can achieve this by consuming a variety of fiber rich foods every day.

For example: 1 cup of raspberries contains 8 grams of fiber. If you top off your oatmeal with raspberries for a healthy breakfast, you'll gain 5 grams of fiber per 1/2 cup of dry oatmeal in addition to the fiber from the raspberries.

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://](https://www.southernregional.org/services/center-for-bariatrics-healthy-weight/online-seminar/)

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

“THE SCARY FACTS OF VITAMIN DEFICIENCIES”

October 21; 6:30 p.m. — 7:30 p.m.

Center for Bariatrics & Healthy Weight

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

Recipe of the Month

Energy Bites

Ingredients

- 1 cup rolled oats
- 1/2 cup of an add-in of your choice (chocolate chips, shredded coconut, chopped nuts)
- 1/2 cup nut butter (peanut butter, almond butter, sun butter)
- 1 tablespoon dairy milk or milk alternative
- 2-3 tablespoons maple syrup or honey

Preparation

1. Combine oats, add-ins, nut butter, and liquid in large bowl.
2. Add in honey or maple syrup and stir together.
3. Place bowl in freezer for 20 minutes to chill
4. Roll mixture into evenly-sized bites and enjoy!

