

Your Connection to Healthy Weight



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

November, 2021

Helpful Hints for You

Do you drink enough water throughout the day? The busy nature of our day-to-day lives can make it difficult to stay hydrated. Moreover, during colder months, we tend to feel less thirsty because we are not sweating as much. However, this is not a reason to drink less!

Here are some helpful hints to increase your daily consumption of water:

- Stay ahead of your thirst. The first sign of dehydration is being thirsty. Sip on water all day instead of waiting until you are thirsty.
- Eat your water. Foods such as tomatoes, cucumbers, low sodium soups, watermelon, and celery are excellent sources of water.
- Whenever you go out, always order a water in addition to any other beverage you may get.
- Adding citrus to water is a great way to enhance the flavor to help increase consumption.

News to Use

Nutrition and Mental Health

The food you eat can have a significant effect on your mood and mental health? Links between mental health and nutrition are becoming a more common part of scientific research. Some factors of poor mental well-being can be exacerbated by an unhealthy diet — like eating excessive amounts of processed foods, foods high in fat or sugars. Additionally, nutrient deficiencies can have negative effects on cognition.

Research shows that a diet rich in fruits and vegetables can increase happiness and improve mental health and overall well-being. Eating a wide variety of fresh foods and taking a daily multivitamin help ensure that you are getting adequate the nutrients you need. And eating a diet rich in non-starchy vegetables, fruits, nuts, beans, whole grains, and fish will lead to improvements in both physical and mental well-being.

Learn more at:

<https://pubmed.ncbi.nlm.nih.gov/31735529/>

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 “HELPFUL TIPS TO STAY ON TRACK DURING THANKSGIVING”

November 18; 6:30 - 7:30 p.m.

Center for Bariatrics & Healthy Weight

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

Recipe of the Month

Roasted Brussel Sprouts and Squash

Ingredients:

- 1 lb butternut squash peeled and cut to 3/4" cubes
- 1 lb brussels sprouts, stems trimmed and sliced
- 2 Tbsp + 1 tsp olive oil
- Ground black pepper
- 1/4 dried cranberries

Dressing Ingredients:

- 2 Tbsp Dijon mustard
- 1 Tbsp rice wine vinegar
- 2 Tbsp olive oil
- Salt and pepper to taste

Directions:

1. Preheat oven or toaster oven to 450 degrees.
2. Toss veggies with 2 Tbsp olive oil, salt, and pepper and spread evenly on baking sheet. Roast for 20-30 minutes, tossing gently 1-2 times to roast evenly.
3. Scatter dried cranberries on baking sheet in last 5 minutes of roasting. Remove from oven and toss the veggies with remaining teaspoon of olive oil and let cool.
4. Whisk together Dijon and vinegar, slowly add olive oil until emulsified. Add salt and pepper to taste. Lightly toss into veggies and enjoy!

Other Options:

Try this dish as a healthy holiday side! Or, it can be served with a protein (like baked chicken or ground turkey) to make a complete meal.



Southern Regional Medical Center