

# Your Connection to Healthy Weight



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

March, 2022

## Helpful Hints for You

During a time where many are ordering take-out more than ever before, it is important to stay on track with your nutrition goals. It may seem like take-out is inherently “unhealthy,” but there are ways to make smart choices.

- Avoid items described as “crispy,” “battered,” “fried,” “crunchy,” or “loaded.” These are often associated with higher calorie, higher fat options.
- Choose “baked,” “steamed,” “grilled,” or “broiled” options instead to save calories.
- Opt for vegetables or fruit as your side instead of fries.
- Don’t be afraid of leftovers! Many times you are served 2 or 3 times the serving size as your meal. Leftovers can be kept in the fridge and reheated safely for up to 5 days!

## News to Use

### Bariatric Surgery Restores Gut-Brain Signaling to Reduce Fat Intake

A feature of weight gain that contributes to obesity is the decrease in the action of systems that provide hormone balance and control of body weight. One example includes resistance to appetite suppressing hormones such as leptin. Another aspect that has been observed in obesity is the reduction of dopamine—the “feel good” hormone—in response to food consumption. It is hypothesized that without receiving satisfaction after a meal, dietary preferences will shift to higher fat and sugary foods, thus promoting weight gain. Research shows that there is an important role for the gut-brain communication in regards to regulating preferences of high fat and sugary foods. Bariatric surgery may help individuals with obesity lose weight, which can help re-establish the gut-brain communication.

Learn more about gut-brain signaling at: <https://www.sciencedirect.com/science/>

## 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

#### “RETHINKING HOW YOU COOK YOUR VEGGIES”

**This virtual group meets on March 17th 6:30 p.m. - 7:30 p.m.**

**\*Please RSVP ahead of time and a Teams link will be provided**

## Recipe of the Month Roasted Asparagus

### Ingredients

- 2 lbs trimmed asparagus
- 1 Tbsp olive oil
- 1/3 cup toasted pine nuts
- 1/2 cup chopped parsley
- Zest of 1 lemon
- Salt and pepper to taste

### Directions

1. Toss the asparagus on the baking sheet with olive oil and salt and pepper
2. Roast at 450 degrees for 15 minutes
3. Mix the pine nuts, parsley, and lemon zest and sprinkle over the asparagus

