

Your Connection to Healthy Weight



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

May, 2021

Helpful Hints for You

Water is one of six major nutrients. Depending on where you are on your journey toward bariatric surgery, you've probably heard that hydration is key. 45-55% of total body weight is composed of water in individuals with obesity. We lose water throughout the day by going to the rest room, sweating, and breathing. Follow these tips to stay hydrated as the weather heats up:

- **Carry around a reusable water bottle.** A refillable water bottle is a great way to measure the amount of fluids you take in. This is a good way to reach 64 fl oz per day.
- **Eat your fruits and vegetables.** Water makes up a good portion of some fruits and vegetables. Boiled broccoli and raw spinach are 91% water. Carrots, apples, and oranges are >80% composed of water.
- **Dress up your water.** Add berries, limes, oranges, or lemons to your water to spruce it up. Fragrant garnishes like mint and rosemary are good additions as well.
- **Set reminders on your phone.** Try sipping throughout the day.

News to Use

The Whole Truth About Whole Grains

The USDA recommends that 50% of the grain products you select should be whole grains. Grains are a food group rich in carbohydrates. Whole grains may reduce the risk of cardiovascular disease.

There are two types of grain products: refined (white bread, white rice etc.) and whole grains. The difference between the two is in the processing stage; refined grains remove the bran and the germ thus extending the shelf-life and making a smoother texture. When these components are removed, however, several vitamins, minerals, and fiber are removed as well. The vitamins and minerals can be added back, but the fiber cannot.

Fiber offers many health benefits like controlling blood sugar levels, reducing bad cholesterol, and improving gut health.

Learn more at:

<https://www.myplate.gov/eat-healthy/grains>

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

“COOKING HEALTHY MEALS: 101”
May 15; 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

Tuna, Chickpeas, & Broccoli Salad

Ingredients

- 1 can water-packed light tuna, drained
- 1/2 can chickpeas (1/3 cup) drained and rinsed
- 1 stalk celery, cut in small (1/4-inch) dice
- 1/2 red bell pepper, cut in small (1/4-inch) dice
- 1 broccoli crown, steamed for 4 to 5 minutes and broken into florets

Dressing

- 1 1/2 tablespoons fresh lemon juice
- 1/2 tablespoon vinegar (red wine, sherry or white wine)
- Salt to taste
- 1 teaspoon Dijon mustard
- 1 tablespoon extra virgin olive oil
- 1/4 cup plain low-fat Greek yogurt

Makes 2 servings at 210 calories, 20 g protein, 21 g carbs, 2.5 g fat. Total Time: 10 minutes Servings: 2

Preparation:

Step 1

In a medium bowl, mix together the tuna, chickpeas, celery, and bell pepper. Keep the broccoli separate.

Step 2

In a small bowl or measuring cup, mix together the lemon juice, vinegar, salt, and Dijon mustard. Whisk in the olive oil and yogurt, and toss with the tuna and chickpea mixture. Refrigerate in a bowl or in containers until ready to take to work or eat. Add the broccoli just before serving.

Suggestions:

- Garnish with parsley and chives



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