

Your Connection to Healthy Weight



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

May, 2022

Helpful Hints for You

Bananas are a tasty, yet often overlooked fruit. Despite this, bananas are a very versatile food. They can be a part of a nutritious snack, an ingredient in baked goods, or served on top of many of your favorite meals. Learn more:

- **Cost-Effective:** Bananas are among the cheapest fruit available. On average, 1 lb is priced at about \$0.62.
- **Nutritious:** 1 medium banana is approximately: 105 calories, 3 grams of fiber, over 400 mg of potassium, and 1 gram of protein.
- **Versatile:** Bananas can be eaten on their own as a snack, but try them as a topping on toast, oatmeal, or cereal; as banana bread; or as add it to your favorite smoothie recipe.

News to Use

Bariatric Surgery and Dietary Supplements

Of course bariatric surgery benefits include significant weight loss, but it also will improve blood sugar control, and reduce and can prevent other comorbid conditions. However, bariatric surgery does include some risk, especially if appropriate care is not continued after surgery. Dietary supplements like vitamins, minerals, and protein are strongly recommended after surgery to avoid vitamin deficiency, osteoporosis, and cardiomyopathy. It is important to maintain regular follow up appointments after surgery so that your care team can appropriately monitor your nutritional parameters. A daily bariatric multivitamin can help you meet your nutritional needs and is an easy step you can take to avoid complications. You can contact our office with any questions regarding vitamin and mineral supplementation before and after bariatric surgery.

Upcoming Events

WEIGHT LOSS SEMINAR

Our free informational seminar, led by Dr. Karleena Tuggle, Bariatric Surgeon and The Center's Medical Director, provides insight into the 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 “Alternative Ways to Get Active”

May 19; 6:30 pm — 7:30 pm

Virtual Meeting

**Please RSVP to 770-897-SLIM (7546) for the link to the session.*

Recipe of the Month Easy Oatmeal Cookies

Ingredients

- 1 cup creamy peanut butter
- 1 egg, beaten
- 1/2 cup rolled oats
- 1/2 cup raisins, dried cherries, or chocolate chips

Directions

1. Preheat oven to 350 degrees. Line baking sheet with parchment paper.
2. Mix together peanut butter and egg until combined. Add your choice of raisins, cherries, or chocolate chips.
3. Roll mixture into 1-inch balls and place on to baking sheet. Flatten slightly with a spoon.
4. Bake 10-12 minutes. Let cool.

