

Your Connection to Healthy Weight



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

January, 2022

Helpful Hints for You

“What is a ‘portion size,’ and how do I control my portion sizes when I go out to eat?” This is a common question many of you have and, fortunately, there are a few tricks to guide you when you're eating out and can't measure your portions:

- The palm of your hand is equal to a 3-4 oz. serving of protein. A deck of cards is also a good way to visualize a 3-4 oz. serving.
- The tip of your thumb is about the size of 1 Tablespoon.
- Your clenched fist is about the size of a 1 cup serving of milk or yogurt.

Using common hand measurements can help you control your portions when eating away from home.

News to Use

Sleep and Weight Loss

The presence of excess body fat has been linked to an increased risk of developing obstructive sleep apnea (OSA) — a sleep disorder that causes breathing to repeatedly stop and start during sleep. Incorporating small, positive lifestyle changes to promote weight loss has been clinically shown to improve sleep quality. The reason as to why reducing body weight improves sleep is still unclear, however, research shows that the frequent interruptions seen in those with OSA can alter the balance of hormones in the body that control hunger and satiety.

Learn more about sleep and weight loss at: www.verywellhealth.com/how-weight-loss-may-improve-your-sleep-3015194

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 for you. View at: 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

“Checking In on Your New Year's Resolutions”

January 20
6:30 p.m. - 7:30 p.m.

Center for Bariatrics & Healthy Weight at Southern Regional

RSVP to: 770-897-SLIM (7546)

Recipe of the Month

Healthy Green Bean Casserole

Ingredients

- 1 can 10.5 ounces Campbell's “Healthy Request” Condensed Cream of Mushroom Soup
- 1/4 cup 2% milk
- 1 teaspoon onion powder
- 1/8 teaspoon ground black pepper
- 1 teaspoon reduced-sodium soy sauce
- 1 pound cut fresh green beans, cooked, drained
- 2 Tablespoons crushed French fried onions

Directions

1. Stir soup, milk, onion powder, pepper, soy sauce and green beans in casserole dish.
2. Bake at 350° F for 25 minutes.
3. Stir and top with onions.
4. Bake 5 more minutes until golden brown.



Southern Regional Medical Center