

Your Connection to Healthy Weight



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

February, 2022

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. 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

Managing Your Cholesterol Levels with a Diet Including Fish

If you have been told by your doctor that you have high cholesterol, chances are they advised you to a diet to help lower your cholesterol levels. Diet is one of a few factors that can affect cholesterol levels. Other factors include genetics, medications, and your level of physical activity. The American Heart Association (AHA) recommends eating a diet including whole foods that are rich in fiber and low in saturated or trans fats. The AHA also recommends eating at least 8 ounces of fish each week, which provides you with heart-healthy fats like omega-3 fatty acids. These heart-healthy fats can help reduce your risk of cardiovascular disease. Learn more at:
<https://www.medicalnewstoday.com/articles/high-cholesterol-fish-to-avoid>

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/>

Call 770-897-SLIM (7546) for more information.

WELLNESS WEIGH

A WEIGHT LOSS SUPPORT GROUP

“CHECKING IN ON YOUR NEW YEAR’S RESOLUTIONS”

February 17th 6:30 p.m. - 7:30 p.m.

Held virtually via Teams by the Center for Bariatrics & Healthy Weight

**Please RSVP ahead of time to obtain the Teams link.*

Recipe of the Month

Citrus Salmon Fillets with Salsa

Ingredients

- 2 plum tomatoes, chopped
- 1/2 cup cubed pineapple
- 1/4 cup minced basil
- 1/4 cup lime juice
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon brown sugar
- 4 salmon fillets (6 ounces each)
- 1/2 cup low-sodium chicken broth
- 2 teaspoons lemon zest

Directions

1. Assemble the salsa by combining tomatoes, pineapple, basil, lime juice, soy sauce, and brown sugar.
2. Place salmon fillets in a greased baking dish. Pour the chicken broth into the dish, sprinkle the lemon zest over the salmon, and bake at 375 degrees for 10-15 minutes.
3. Serve with your assembled salsa. This recipe serves 4 people.



Southern Regional Medical Center