

Your Connection to Healthy Weight



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

August, 2021

Helpful Hints for You

Do you find yourself eating fast food multiple times a week? You may feel that you don't have enough time to cook each night. One way to cook healthy meals for yourself without spending hours in the kitchen is by preparing your meals ahead of time. Simply cook 3-4 servings of food at one time, save the remaining meals in the fridge, and eat those meals over the next few days. This can help you save time and money by reducing your spending at restaurants. Here are some tips to help you get started:

- Dedicate one day each week to cooking your meals ahead of time.
- Keep your leftovers in air-tight, leak-proof containers.
- Always include a protein, fruit and/or vegetable, and whole grain in each meal.
- Plan your grocery trips to get only what you need for your meals each week.

News to Use

Bariatric Surgery Restores Gut-Brain Signaling to Reduce Fat Intake

A feature of weight gain that contributes to obesity is decrease in the action of systems that provide hormone balance and control of body weight. An example — 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/article/pii/S1550413117300542>

Upcoming Events

ONLINE WEIGHT LOSS SEMINAR

Our free, online informational seminar, led by Dr. Karleena Tuggle, bariatric surgeon and Center 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

“Maintaining Hair, Skin, and Nail Health After Surgery”

August 19

6:30 p.m. — 7:30 p.m.

Center for Bariatrics & Healthy Weight
at Southern Regional

***Please RSVP ahead of time, as attendance is limited to adhere to Covid-19 policies.**

Recipe of the Month

Grilled Veggie Kabobs

Ingredients:

- 8 wood skewers
- 1 zucchini cut into thick round slices
- 1 yellow squash cut into thick round slices
- 1/4 lb portobello mushrooms
- 1 small red onion, cut in chunks
- 3 Tbsp olive oil
- 2 Tbsp Mrs. Dash or salt free seasoning

Directions:

1. Soak skewers in water for 10-20 minutes.
2. Heat oven to 400 degrees F.
3. Line baking sheet with aluminum foil
4. Whisk together olive oil and seasoning in a small bowl
5. Place vegetables in large bowl, toss with olive oil and seasoning
6. Place 5-7 pieces of vegetables per skewer
7. Bake skewers on baking sheet for 15-17 minutes



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