



Your Connection to Healthy Weight



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

February, 2023

Why the Protein Hype?

Proteins are essential for life; all functions in your body are mediated by proteins. Proteins are one of the Macronutrients found in many types of foods, also, when your body is engaged in growing or repairing processes, protein is needed.

Your age, gender, body type, health status, and activity level are some factors to consider to estimate the amount of protein you need to consume on a daily basis.

Animal and vegetable foods are both good sources of proteins, and a diet that includes a variety of both is encouraged to improve the overall quality of your dietary pattern.

Meat, poultry and eggs, fish and seafood, along with dairy products are the foods that provide the best sources of protein for you; complementary legumes, nuts and seeds are plant sources of protein that would add variety and flavor to every meal. All cultures in the world have created awesome recipes to enhance the protein intake since the beginning of time.

How much Protein?

GETTING THE RIGHT AMOUNT

MyPlate provides the answer to this question based on the Recommended Dietary Allowance (RDA) values for age and sex. However, other factors must be considered like levels and types of physical activity, women that may be pregnant or breast feeding, or if you have a certain medical condition. The precise answer would be provided by your primary/family doctor. Nevertheless, a useful approximation, for a healthy adult with light to moderate physical activity, would be to aim for 60 to 80 grams of protein per day, distributed throughout your different meals.

You can start your day with scrambled eggs and bacon, for lunch you can have a Cobb salad with grilled chicken, after the gym a protein shake will be helpful to recover, and a dinner of beef stew with vegetables would round out your protein quota for a great day! ... And don't forget to hydrate.

Link to: [How Much Protein Should I Eat? \(eatright.org\)](http://eatright.org)

Education & 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

The Wellness Weigh Support Group will not meet this month. Stay tuned for our next scheduled meeting.

Recipe of the Month Creamy Broccoli Soup

Ingredients

Soup:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 yellow onion, chopped
- 8 cups chopped broccoli (1½ to 2 pounds)
- 4 cups water
- 1 can (15 ounces) white beans, rinsed and drained
- Salt and pepper, to taste

Toppings:

- 3 tablespoons lemon juice
- 1 cup low-fat plain Greek yogurt
- ¼ cup chopped fresh chives
- Salt and pepper, to taste

Directions

Before you begin: Wash your hands.

1. In soup pot, sauté oil, garlic, onion and broccoli about 10 minutes, until tender.
2. Add in water and beans. With hand blender, puree half of the soup. Season with salt and pepper. Bring to a boil and simmer for 10 minutes.
3. Mix lemon juice, yogurt, chives, salt and pepper. Drizzle on top of warm soup, and serve.

Serving size: 1½ cups. Serves 6

Calories: 147; Total Fat 3g; Saturated Fat: 0g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 357mg; Total Carbohydrate: 22g; Dietary Fiber: 6g; Sugars: 4g; Protein 11g.



[Creamy Broccoli Soup Recipe \(eatright.org\)](http://eatright.org)



Southern Regional Medical Center