



Your Connection to Healthy Weight



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

March, 2023

Menu Planning: ABC

The ABC strategy for menu planning emphasizes the importance of nutritious and delicious meals that suit individual preferences and lifestyles.

A. Create a menu that considers one's approach to meal planning, special diet needs, cooking skills, schedule, and food preferences.

B. Stock up on the five food groups, including vegetables, fruits, dairy products, protein foods, and grains, as well as condiments, oils, vinegar, and stock.

C. Prepare and store meals while handling leftovers safely and keeping notes for future reference.

It is encouraged to create a pantry list with specific recommendations for each food group, along with tips for maximizing flavor, nutrition, and cost-effectiveness. It is important to shop for healthy ingredients from the five food groups and avoiding trans-fats, sodium-based preservatives, and added sugars. To maximize nutrition, shoppers should choose multiple colors of fresh produce, pasture-raised meats, whole-fat dairy products, plant proteins, and natural fresh oils for cooking and baking.

Recipe of the Month Slow-Cooker Minestrone Soup

Ingredients

6 cups vegetable broth	2 tablespoons dried Italian seasoning
28-ounce can diced tomatoes	1 bay leaf
15-ounce can cannellini beans, drained and rinsed	4 garlic cloves, minced
15-ounce can kidney beans, drained and rinsed	1 teaspoon salt
2 cups frozen green beans	¾ teaspoon pepper
4 medium carrots, chopped	1 cup cooked (or 2 ounces of dry) whole-grain elbow pasta
1 medium zucchini, chopped	2 cups fresh baby spinach
1 stalk celery, chopped	Garnish: 1½ cups freshly grated Parmesan cheese.
1 medium onion, chopped	

[Slow-Cooker Minestrone Soup Recipe \(eatright.org\)](http://www.eatright.org)

Stocking Up

NUTRITIOUS PANTRY STAPLES

Stocking up on nutritious pantry staples is an easy way to ensure a quick and delicious meal or snack is never too far away.

Brown rice, quinoa, millet, and amaranth are excellent whole grains to keep on hand. Oats, whole-grain ready-to-eat cereals, provide iron, B vitamins, and soluble fiber.

Beans and lentils, canned tuna, salmon and sardines are excellent sources of protein and several other nutrients to keep handy.

Canned tomatoes, stocks and broths are an excellent source of richness as a base for a multitude of dishes, and are loaded with micronutrients.

Sea salt, mustards, herbs, spices, and all sorts of condiments will add distinctiveness, flavor, lots of phytonutrients, vitamins and minerals to any meal.

And, natural and fresh cooking oils and fats will provide excellent cooking versatility, convey fat-soluble nutrients, extraordinary flavors and -used with moderation-, are a healthy source of calories for a well-balanced nutrition..

Source: www.eatright.org

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/>

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.

Directions

Before you begin: Wash your hands.

Combine ingredients, except pasta and baby spinach, in a 6- or 7-quart slow cooker. Cover and cook on low for 7 to 8 hours.

Increase heat to high. Stir in pasta and spinach. Cover and cook 15 minutes or until pasta is done.

Remove bay leaf before serving. Sprinkle each serving with 2 tablespoons grated Parmesan cheese, if desired.



Nutrition Information: Serving size: 1 ½ cups; Serves 10

Calories: 134; Total Fat: 0.5g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 860mg; Total Carbohydrate: 26g; Dietary Fiber: 7g; Protein: 6g.



Southern Regional Medical Center