



# Your Connection to Healthy Weight



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

April, 2023

## Diet vs. Inflammation

Chronic inflammation may increase the risk of heart disease, Type 2 diabetes, and obesity. Inflammation is a sign that the immune system is fighting infection, and it can happen both externally and internally. However, long-term inflammation may damage the body's DNA and increase the risk of cancer.

Researchers are still trying to understand how food affects inflammation, but it is known that a variety of nutritious foods may help reduce inflammation. Fruits and vegetables contain phytonutrients that protects against inflammation, healthy fats like monounsaturated fats and omega-3 fatty acids, may help reduce inflammation. On the other side, foods with high sugar content, or trans-fats like ultra-processed foods, sweetened beverages (soda), and deep-fried foods can be inflammatory. If these are consumed frequently, they can trigger chronic inflammation. Dark chocolate, red wine, green tea, turmeric, and ginger are thought to reduce inflammation, but there is not enough scientific evidence to confirm them as anti-inflammatory foods. The best advice for reducing inflammation is to adopt a healthy eating style.

## Dietary Approaches

### REDUCE CHRONIC INFLAMMATION

Five dietary approaches that may help reduce chronic inflammation.

1. Include fruits and vegetables in every meal, focusing on brightly colored vegetables; dark green, red, and orange vegetables; beans; and peas.
2. Select healthy protein options like fatty fish, legumes, and lean cuts of meat, and minimize intake of sweetened beverages and highly processed foods.
3. Choose healthy monounsaturated and omega-3 rich foods, and minimize deep-fried foods and highly processed foods high in trans-fats.
4. Select whole grains instead of those made with refined flour, but consume them sparingly, and
5. Add a variety of fresh herbs and spices to dishes.

Of course, getting adequate sleep, regular physical activity, and achieving a healthy weight are also important to help reduce chronic inflammation.

[Can Diet Help with Inflammation? \(eatright.org\)](https://eatright.org)

## Online Seminar

### 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.

Log in to gain access to our online seminar at: <https://www.southernregional.org/services/center-for-bariatrics-healthy-weight/online-seminar/>

Or call 770-897-SLIM (7546) for more information.

## Healthy Recipes

Check out this month's healthy recipe. If you would like to try more tasty, healthy recipes, check out our website "Healthy Recipes" page at:

<https://southernregional.org/services/center-for-bariatrics-healthy-weight/patient-education/healthy-recipes/>

## Recipe of the Month

### Citrusy Tuna "Ceviche" Salad

#### Ingredients

- 12 ounces tuna, drained
- 6 Tbsp. fresh lime juice, divided
- ½ cup tomatillos, rinsed, diced
- ¾ cup diced red bell pepper
- ¼ cup diced onion (optional)
- 1 small jalapeño, seeds removed, minced
- ¼ cup minced fresh cilantro or parsley
- 1 tsp. fresh oregano (¼ tsp dry oregano)
- 2 Tbsp. olive oil
- Sea salt and pepper, to taste
- 1 avocado
- 6 Bibb lettuce leaves
- Lime wedges and cilantro sprigs, for garnish
- 6 ounces plantain chips or tortilla chips

#### Directions

*Before you begin: Wash your hands.*

1. Mix tuna with 4 tablespoons lime juice in a bowl: flake tuna with a fork.
2. Combine remaining ingredients in a separate bowl. Gently add tuna.
3. Chill 30 minutes to blend flavors. Salt & pepper to taste.
4. Cut avocado in 6 slices, brush with 2 tsp lime juice to prevent browning. Arrange Ceviche with avocado on lettuce leaves. Garnish, and serve with the chips.

*Serves 6*

Calories: 340; Calories from fat: 180; Total fat: 21g; Saturated fat: 3; Trans-fat: 0g; Cholesterol: 25mg; Sodium 85mg; Total carbohydrate: 24g; Dietary fiber: 5g; Sugars: 2g; Protein: 16g.



[Citrusy Tuna Salad \(eatright.org\)](https://eatright.org)



Southern Regional Medical Center