



Your Connection to Healthy Weight



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

June, 2023

Juneteenth

Juneteenth, a federal holiday, is on June 19 and commemorates the events of 1865 when troops arrived in Galveston, TX to ensure the liberation of all enslaved individuals. Although the Emancipation Proclamation, issued on January 1, 1863, legally ended slavery, the news didn't reach Galveston until June 19, 1865. This significant delay led to the birth of Juneteenth, the oldest African American holiday, first celebrated in 1866, to honor the emancipation of Galveston's people.

Juneteenth, (also known as Emancipation Day or Freedom Day) symbolizes the importance of education and personal growth. Community events hosted by organizations and local groups serve as platforms for speakers, prayer services, and educational activities, allowing participants to learn about the history of Juneteenth and celebrate the culture and achievements of African Americans. Festivals, rodeos, baseball games, family cookouts, picnics, and gatherings also form part of the diverse ways in which Juneteenth is joyously observed.

Healthy Soul Food

Soul food, rooted in the rural Deep South, is the cherished cuisine of many African American communities and has been passed down throughout generations. Soul food features diverse dishes with nutritious ingredients that includes staples like beans, greens (collards and cabbage), corn, sweet potatoes, rice, as well as meats like pork, fish, and chicken. Okra and watermelon are also common and nutritious additions. Fried chicken, collard greens, cornbread, and macaroni and cheese are among some favorites along with vegetable and grain-based side dishes like black-eyed peas, rice, and stewed cabbage. Soul food desserts, such as banana pudding, peach cobbler, and sweet potato pie, hold significance in family celebrations. In addition to being a great nutritional source, soul food fosters a sense of community.

Links to: [Observing Juneteenth \(eatright.org\)](http://eatright.org)

[Healthy Soul Food Your Way \(eatright.org\)](http://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.

DIABETES DIALOGUE: A SUPPORT GROUP

Thursday, June 15
5:30 PM – 6:30 PM

Education Center Room B&C

Session: *Sleep, Stress, and Sick Days. How each Affects Your Blood Glucose*

For individuals with Pre-Diabetes, Diabetes, and their Support Team. RSVP to: srgamarketing2@phsi.us.

Recipe of the Month Hearty Hominy Stew

Ingredients

- 2 teaspoons olive oil
- 1 lb diced beef chuck
- ¼ cup diced bacon
- ½ cup chorizo
- 1½ cups diced onion
- 1½ Tbsp sliced garlic
- 1 tsp ground cumin
- 1 tsp paprika
- ½ tsp ground nutmeg
- 2 bay leaves
- 1½ cups diced butternut squash
- 1½ cups diced sweet potato
- 1 14.5-ounce can diced tomatoes
- 5 fl oz water
- 1 16 oz can white hominy

[Hearty Hominy Stew \(eatright.org\)](http://eatright.org)

Directions

1. Oil in a large pot over medium-high heat. Add diced meat and brown on all sides. Set it aside.
2. Return pot to stove, add bacon and chorizo, and cook 3 to 4 minutes.
3. Add onions and garlic, cumin, paprika, nutmeg, and bay leaves, toss and sauté for 3 to 4 minutes.
4. Add squash and sweet potatoes and sauté for 3 to 4 minutes.
5. Return beef to the pan and add tomatoes, water, add drained hominy. Stir, bring to a boil, and reduce to simmer for 50 minutes.
6. Remove bay leaves. Serve hot.

6 SERVINGS: ¾ cup (300 grams)

Nutrition per serving: 368 cal, 13g total fat, 4g sat fat, 62mg chol, 651mg sodium, 39g carbs, 6g fiber, 10g sugar, 24g protein, N/A potassium, N/A phosphorus .



Southern Regional Medical Center