



Your Connection to Healthy Weight



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

October, 2023

Cardiovascular Health

Heart disease is the leading cause of death in women in the US, influenced by factors like diet and lifestyle. To promote heart health, it's crucial to incorporate fruits and vegetables into your diet, because they provide the fiber, antioxidants, and electrolytes, that help control your blood pressure. And high blood pressure is one of the significant risk factors for heart disease. Try to incorporate 1 1/2 to 2 cups of fruit and 2 to 3 cups of vegetables into your daily.

The type of fat you consume also matters. For a healthy diet, avoid all partially hydrogenated oils and fats (trans-fats). These fats also increase the risk of heart disease. Foods like bacon, full-fat dairy products and meats are high in saturated fat, which should not to be confused with trans-fats. Replacing trans-fats with natural fats, found in EVOO — butter, avocados, nuts, seeds, and Omega-3 fatty acids in fatty fish — will lower the risk of heart disease significantly.

Heart Health

RISK FACTORS

Maintaining heart health involves a lifestyle, that includes regular aerobic and resistance physical activity. Moderate-to-intense exercise for at least 2 1/2 hours a week will set you on a healthy path. Of course, keeping a healthy body weight also improves your overall heart health by improving conditions like high blood pressure. However, some heart disease risk factors are beyond control, like aging, family history, race, and a history of heart attacks.

To lower your risk of heart disease or help manage it, you can add certain foods to your diet. Know how to choose healthier types of fats and cooking methods, learn ways to reduce salt in your diet, and understand some simple steps you can take to have a healthier diet that can help lead you to a healthier heart. Read:

[25 Heart-Healthy Eating Tips](#)

Upcoming Events

FREE WEIGHT LOSS SEMINAR

Our online informational seminar, led by Dr. Karleena Tuggle, Bariatric Surgeon and The Center's Medical Director, provides insight into the options that may be right for you. View our seminar at: <https://www.southernregional.org/services/center-for-bariatrics-healthy-weight/online-seminar/>

Or call 770-897-SLIM (7546).



Attend the hospital's *Food Talk* program offering 6 free classes that are focused on nutrition, physical activity, and healthy weight maintenance. Sessions will be on Wednesdays, Nov. 8 – Dec. 13 at 5 p.m. in the hospital's Magnolia Café. To register, email your name and cell number to srgamarketing2@primehealthcare.com

Recipe of the Month

Apple, Bacon, and Egg Casserole

Ingredients

- 2 Tbsp. soft butter
- 8 whole eggs
- 2 cups whole-fat milk
- 2 tsp. dried sage
- 1 tsp. black pepper
- 1/2 tsp. Sea salt
- 8 slices whole-grain bread, cubed
- 1/2 pound bacon, chopped
- 3 small tart apples (Granny Smith)
- 3 small red apples (McIntosh)

Directions

Before you begin: Wash your hands.

1. Preheat oven to 350°F
2. Spread a 13-x-9-inch pan with the softened butter and arrange bread cubes in the pan.
3. Whisk eggs, milk, sage, pepper and salt in a bowl; pour over the bread layer. Set it aside.
4. Cook the bacon thoroughly, but do not crisp. Drain on paper towels; set aside.
5. Wash, core and chop (but do not peel) the apples. Add apples to the egg and bread mixture, Sprinkle evenly with the bacon.
6. Bake for 50 to 60 minutes.



Serving Suggestion: Make this dish as a side dish to accompany baked ham. Serving size: 1/12 of casserole. Serves 12.

Calories: 200; Total Fat: 7g; Saturated Fat: 2.5g; Cholesterol: 15mg; Sodium: 570mg; Total Carbohydrate: 22g; Dietary Fiber: 4g; Protein: 13g.

[Farmhouse Apple Bacon and Egg Casserole Recipe \(eatright.org\)](http://eatright.org)