



# Your Connection to Healthy Weight



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

November, 2023

## Fall Is Here!

Fall is a season of change, and with it comes new school classes and activities, new plans for health and development, and sports. As the weather gets colder, it's important to shift to foods that will help the entire family function at their best. While summer's bounty of tomatoes and peaches may be over, harvest season has its own advantages with an abundance of delicious fall foods. Think about a bounty of apples, pumpkins, pumpkin seeds, sweet potatoes, brussels sprouts, and squash. These foods are rich in phytonutrients, fiber, vitamins, minerals, and antioxidants that are essential for healthy growth, your immune system, and development.

Apples are rich in vitamin C and fiber; pumpkins offer loads of vitamin A and their seeds a high in zinc, while Brussels sprouts are an excellent source of vitamins A, C, K, folate and iron. Incorporating these into your family's diet, will help them stay healthy and energized throughout the fall season.

## Tasty Fall Foods

### IT'S NOT JUST ABOUT SWEETS

1. Pumpkins can be used in a variety of dishes, like mac-and-cheese, hummus, pancakes, oatmeal, smoothies, and chili. Or add pumpkin seeds as a fall snack. They offer nutrients essential for immune function and cell regeneration. You can easily toast pumpkin seeds at home. Just rinse them to remove pulp and strings, spread them on a baking sheet coated with cooking spray or drizzle a small amount of olive oil over seeds, and bake at 325°F for about 30 minutes or until lightly toasted.
2. Brussels sprouts are a versatile cruciferous veggie that is low in carbohydrates. Small ones are often sweeter and milder than the larger ones.
3. Apples can be eaten as a fresh snack or used in savory dishes such as roasted pork.
4. Oats are heart-healthy and packed with fiber. Mix them with nuts, seeds, and dried fruits; then toast them to create granola.

[4 Fall Foods for Your Family \(eatright.org\)](https://www.eatright.org)

## 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).

### FREE EDUCATION SERIES

Southern Regional is offering a free diabetes education program series: *FLEX Against Diabetes*. This CDC-approved curriculum and trained lifestyle coaches will educate on diet, healthy eating habits and physical activities. Sessions are offered both in-person and virtually as follows: Virtual Classes every Tuesday from 6 – 7 p.m. starting 11/14 and In-Person Classes every Thursday from 12 – 1 p.m. starting 11/16. More: <https://southernregional.org/flex-against-diabetes-program/>

## Recipe of the Month

### Apple & Cranberries Roasted Brussels Sprouts

#### Ingredients

- 1 lb. Brussels Sprouts, trimmed and quartered
- 1 Apple, cored and diced
- ½ cup dried Cranberries
- ½ cup Apple juice
- 2 tsp Avocado oil
- 1 tsp minced fresh Tarragon
- ¼ tsp salt, or to taste
- ⅛ tsp freshly-ground Black Pepper
- ¼ cup chopped toasted Pecans

#### Directions

*Before you begin: Wash your hands.*

1. Preheat oven to 375°F (190°C).
2. Combine Brussels sprouts, apple and cranberries in a large bowl. Set aside.
3. Blend apple juice, oil, Tarragon, salt and pepper in a small bowl; add to Brussels sprouts mixture; toss until well coated.
4. Arrange mixture in a 9 x 9 baking dish. Bake for 25 to 30 minutes until the Brussels sprouts are fork tender.
5. Top with toasted pecans (toast pecans in a small skillet over medium heat, shaking the skillet frequently for 1 to 2 minutes).

Serving size: ¾ cup; Serves 4

**Nutrition Information:** Calories: 200; Calories from fat: 70; Total fat: 8g; Saturated fat: 0.5g; Trans fat: 0g; Cholesterol: 0mg; Sodium: 180mg; Total Carbohydrate: 33g; Dietary fiber: 7g; Sugars: 21g; Protein: 5g



[Roasted Brussels Sprouts with Apple and Cranberries Recipe \(eatright.org\)](https://www.eatright.org)



Southern Regional Medical Center