



# Your Connection to Healthy Weight



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

December, 2023

## Healthy Holiday Parties

Here are tips to help lighten up your holiday meals without sacrificing taste:

- Use low-sodium vegetable broth, in place of butter or margarine, in your mashed potatoes to add flavor and reduce calories.
- Substitute applesauce for oil, margarine, or butter in muffins and quick breads. Start with a small amount, as too much may change the texture of the bread.
- Use fat-free yogurt instead of sour cream or mayonnaise in dips and sauces.
- Try sliced or slivered almonds as a delicious, crunchy topping instead of fried onions.
- Use reduced-fat or fat-free cheeses for salads and casseroles.
- Add plenty of fresh produce to your shopping cart — sweet potatoes, winter squash, broccoli, carrots, and green beans, apples, dry or fresh cranberries, and pears. Combine them to make a tasty salad, fruit crisp, or even a topping for the turkey .

## What If I'm The Guest?

### What to do.

Here are some tips for being healthy, happy, and safe at your next holiday party:

- Start your day with a small healthy meal. Skipping meals before an event can lead to overeating later.
- Socialize before hitting up the buffet.
- Savor foods you truly enjoy and pass on those that don't really interest you.
- Move socializing away from the buffet tables to minimize unconscious nibbling.
- When it comes to alcohol, satisfy your thirst by drinking water first. Moderate alcohol consumption is defined as up to one drink per day for women and up to two drinks for men.
- Keep your holidays merry and safe by having a designated sober driver.

With just a little preparation, you can enjoy all that the season has to offer and make healthy choices along the way.

[Helpful Tips for Healthy Holiday Parties \(eatright.org\)](https://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

Saturday, January 20  
12 noon—1 p.m.  
Education Center Room B&C  
at Southern Regional

Attendees should park in front of the hospital's Education Center doors (3rd set of doors to the left, facing the hospital). Enter and take steps or elevator down one level to the Ground Floor to the Meeting

## Recipe of the Month

### Cheese Chickpea & Broccoli Bake

#### Ingredients

- 1 large bunch (about 1 lb) fresh broccoli, rinsed, cut into medium pieces (include tender parts of stems and leaves) or a 1-lb bag frozen broccoli florets (thawed)
- 15½-ounce can chickpeas, drained and rinsed
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 cup shredded Gruyere, cheddar or vegan cheese
- ½ cup whole-wheat breadcrumbs

#### Directions

*Before you begin: Wash your hands.*

- Preheat oven to 400°F.
- Steam fresh broccoli until just tender and bright green. Drain water. (Or thaw broccoli)
- Toss steamed broccoli and chickpeas with olive oil. Place in a 9x9 baking pan.
- Add salt, pepper, grated cheese, and breadcrumbs.
- Bake 10 to 15 minutes, or until cheese is melted and breadcrumbs are lightly browned and serve immediately.



#### Nutrition Information

Serving size: 1½ cups. Serves 6  
Calories: 340; Total Fat: 15g; Saturated Fat: 6g; Cholesterol: 30mg; Sodium: 456mg; Total Carbohydrate: 34g; Dietary Fiber: 9g; Sugars: 6g; Protein: 19g; Potassium: n/a; Phosphorus: n/a

[Cheesy Chickpea and Broccoli Bake Recipe \(eatright.org\)](https://eatright.org)



Southern Regional Medical Center