

Bariatric

A journey to a new you!



NORTH MISSISSIPPI
MEDICAL CENTER

BARIATRIC CENTER

bytes

Summer 2016

Bariatric Center to Hold Weight Loss Health Fair

North Mississippi Medical Center's Bariatric Center will host a Weight Loss Health Fair on Thursday, June 2, for anyone who is losing weight or wants to.

The event will be held from 6-7:30 p.m. at the NMMC Bariatric Clinic, 408 Council Circle, Suite C. Included will be free screenings, mini-makeovers, smoothies by Juva, bra fitting by Belk, weight loss supplements, refreshments and information from fitness professionals.

Participants will have the opportunity to visit one-on-one with specialists in plastic surgery, urology, endocrinology, gastroenterology and psychology.

In addition, participants are invited to take advantage of a free clothing swap that will be ideal for those who need to swap clothes that are too big for smaller items. Donated clothes should be clean and on hangers, and can be dropped off beginning May 23.

For more information about the Weight Loss Health Fair, call (662) 377-SLIM(7546) or 1-866-908-9465.

Stay Hydrated in Warmer Weather

As the weather begins to change, more people want to get out of the house and participate in outdoor activities. One thing people forget to pay attention to is drinking plenty of fluids during those nice sunny days. Not drinking fluid can cause dehydration, fatigue and weakness. In order to avoid getting dehydrated, drink plenty of fluids throughout the day, especially when outside in the hot summer sun. Below are some helpful tips on how to stay hydrated during these warm months, as well as after surgery.

Tips for staying hydrated:

- Start drinking early in the day. Doing this will help you stay hydrated all day long.
- Carry some form of liquids with you all day. Keeping a bottle of water or a cup on you at all times will help remind you to sip on liquids throughout the day.
- Do not drink with your meals. Wait 30 minutes after completing your meal to drink again.
- Make sure your beverages are decaffeinated! Caffeine is dehydrating, so be sure to limit caffeinated drinks to 2 cups per day.
- Stay away from carbonation! Carbonation can cause bloating and stomach discomfort.
- Sip, sip, sip! Avoid taking big gulps while drinking in order to avoid air in the stomach.
- Aim for sugar free beverages and sugar free additives such as Crystal Light, Vitamin Water, Propel and True Lemon.

NMMC is designated as an Accredited Center by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program. The designation helps ensure patients that the health care facility and surgeon meet stringent criteria and provide high quality care. Because of the designation, more health plans now cover weight loss surgery at NMMC.

Bariatric Clinic
408 Council Circle, Suite C
Tupelo

Bariatric Center
830 South Gloster
Tupelo

(662) 377-SLIM (7546)
Toll free:
1-866-908-9465

www.nmhs.net/bariatric_center



Five Simple Steps to Begin Meal Prepping

“Food prep is probably the most under-rated, under-utilized healthy living tool. Making it a habit to spend even just one hour on the weekend to prep food can make a huge difference in your food choices during the upcoming week.”

– The Lean Green Bean

Have a Plan

Make a list of everything you want to prep for the week. Plan a menu for the week and try to include staple food items that can be used for multiple meals. Once you have your list, divide it into sections of the kitchen (oven, stove, no cook, etc.). This will help give you an idea of how things will look on prep day.

Take Advantage of Time

The best way to get the most out of your time is to multi-task. Don't be afraid to have multiple things cooking at once. In theory, you can have something cooking in the crockpot, something in the oven, and a few things on the stove all at the same time. Doing this will help you get the most out of your time and allow you to have time for other prepping needs.

Don't Overdo It

Most leftovers are only safe for up to four days in the refrigerator, so be careful not to make more food than you can eat. If you find that you cannot eat it all, remember that you can always freeze your leftovers.

Double the recipe

When prepping things like soup, burgers or casseroles, consider doubling the recipe and freezing half of it. This will make it easier on those days when you don't have time to prep.

Focus on your trouble times

What time of day do you struggle the most with eating healthy? Whether it's breakfast, lunch, dinner or snacks, focus your meal plans around that time of day. If breakfast is a meal you struggle with eating every day, prep more breakfast foods so that way you have something already prepared each morning. Doing this will make meal times less stressful and allow more time for other activities during the day.

Recipes to Try

Spike your H2O! Infusing water with fruit and herbs is a great way to flavor your drink without drinking sugary juice or using artificial sweeteners.

Try one, or all, of these combos:

- Grapefruit + lemon + rosemary
- Blueberry + basil
- Lemon + lime + ginger
- Lavender + lemon
- Cucumber + lime + mint

Strawberry Kiwi Mock Margarita

1½ cups cold water
1 cup cold orange juice (light version)
1 T. lime juice
1 packet strawberry kiwi drinks mix (can use another flavor) (Makes 2qt. drink)
1 qt. (4 cups) ice cubes

Place water, orange juice, lime juice and drink mix in blender container; cover. Blend until drink mix is dissolved. Add ice: cover. Blend on high speed until smooth

Note: 10 calories, 2 grams carbohydrates per serving

Mango Melt Protein Beverage

1 scoop vanilla protein powder
1 mango (sliced)
1 cup skim milk
Ice, as desired

Mix all ingredients in blender until smooth