



HYDRATION 101

by Kristen Bryk, Sodexo Dietetic Intern

It's getting hot out there, and making sure you are getting enough of the right fluids is extremely important. But after weight loss surgery, staying hydrated is not as simple as it sounds. That small stomach of yours does not always allow you to get the fluid you feel you need during the warmer months, and there is a whole hour around mealtimes during which you cannot drink fluids. The good news is that there are ways to increase your water intake — try these tips to ensure you are sipping all day long to reach your daily fluid goal:

Get a reusable water bottle to keep with you at all times.

Don't leave the house without it, because it's your new summer BFF! Make sure you know how much fluid your water bottle holds and divide your recommended daily fluid intake by that number to determine how many times you should be refilling it daily (i.e. 64 fl. oz./day needs ÷ 8 oz. water bottle= 8 refills/day).

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What's Happening this Month:

- * Our June Support Group for Post – Weight loss surgery patients is **June 26** from 6 – 7 p.m. in our office, Suite 356.
- * Is someone in your life thinking about weight loss surgery? Bring them to Dr. Chung's information session on **June 26** from 6 – 7 p.m. in the Cancer Center Conference Room. To register, call our office to speak to Amy at **609.537.6777**.
- * For individuals interested in weight loss without surgery, or for bariatric patients experiencing weight regain, try our Medical Weight Loss Program, featuring great tasting Robard's New Direction Products! Weekly visits with our dietitians help you develop skills to lose weight (and keep it off) and customize the meal replacement plan to meet your needs! Call our office at **609.537.6777** to schedule your first appointment with Dr. Chung.
- * Make sure to download the Baritastic app and join using our Capital Health code (76777). Use the app to log your food and get recommendations from your dietitian, be reminded of program events and updates, and access recipes!

HYDRATION 101 continued

Track your intake.

Put rubber bands around the top of your water bottle and slide one to the bottom of your bottle every time you take a drink. This will help you keep track of how often you are drinking throughout the day and may also serve as a reminder to drink if the rubber bands are still around the top.

Mix it up.

If you get bored with plain water, find a Crystal Light, Mio, Hint, or sugar-free Hawaiian Punch or Crush flavor that you enjoy (many offer tropical summer flavors) and keep individual serving packets on hand to add to your water bottle or cups of water when you go out to eat so you are not tempted by high-sugar beverages or high-calorie summer cocktails.

Just add flavor!

Keep a pitcher of Crystal Light or infused water in your fridge all summer long . . . try citrus fruits, melons, fresh ginger, cucumber and/or mint! Also, try making your own decaf iced tea; for my favorite I use decaf passion fruit tea bags by Starbucks! Keep pouring your infused beverage of choice into a fun summer glass all day long, or check out the Product of the Month below!



Product of the Month

Turn plain old water into a delicious fruit-filled drink that you will be excited to have with an infusing water bottle (available online and at most department stores). Put as much fruit, herbs or whatever other flavors you enjoy into the infuser and refill the water throughout the day until you hit your daily fluid needs. This is a great option whether you're at work or on a summer adventure!





RECIPE of the Month

SESAME CHICKEN STIR FRY



INGREDIENTS

- Cooking oil spray
- 2 tsp sesame oil
- 1/4 cup chicken stock
- 1/3 cup teriyaki sauce (divided evenly in half), homemade or store-bought (we recommend Kikkoman Lite Teriyaki)
- 1 lb. boneless, skinless chicken thighs or breasts, sliced into strips
- 1 red bell pepper, stemmed, seeded, and sliced into strips
- 1 yellow or orange bell pepper, stemmed, seeded, and sliced into strips
- 2 cloves garlic, minced
- 2 cups stemmed and chopped fresh green beans
- 1/2 cup chopped scallions (sliced diagonally)
OR chopped cilantro
- 1/8 cup sesame seeds

NUTRITION INFO — PER SERVING

221 CALORIES • 10 g TOTAL FAT
305 mg SODIUM 19 g CARBOHYDRATES
16 g PROTEIN • 16 g DIETARY FIBER

DIRECTIONS

1. Toast sesame seeds in a dry skillet over medium heat, stirring frequently. Set aside.
2. Coat chicken strips in half the teriyaki sauce. Add oil spray to a pan or wok over medium heat. Cook for about 4-5 minutes per side until golden and cooked through. Set aside.
3. Add green beans and chicken stock to the pan. Cover and cook for about 5 minutes, until beans are crisp-tender. Add sesame oil and peppers to the pan with the beans. Cook uncovered for about 4 minutes. Add garlic and cook for an additional 30 seconds.
4. Return chicken to pan and add remaining teriyaki sauce. Cook for one minute, until warmed.
5. Remove from heat and sprinkle with toasted sesame seeds. Garnish with scallions or cilantro. Serve with 1/4 cup brown rice, if desired.
6. Enjoy!