



IN THIS ISSUE

- Healthy Hydration Habits
- Mocktail Recipes
- Product of the Month

What's Happening this Month:

- * 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!
- * Our July Support Group for post-weight loss surgery patients is Thursday, July 23 from 5 – 6 p.m. This support group will be hosted virtually, so please check our online support group for the link to access, or message the dietitian at tbalestrieri@capitalhealth.org to receive the link.
- * Is someone in your life thinking about weight loss surgery? Attend Dr. Chung's information session held virtually on Wednesday, July 22 from 6 – 7 p.m. 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.

FRESHEN UP YOUR DRINK CHOICES

by Elizabeth George, Dietitian at
Capital Health Metabolic & Weight Loss Center

As you work toward a healthier lifestyle, it is important to understand where your nutrition is coming from. Staying hydrated is an important step in weight loss and weight maintenance. When you're dehydrated, your brain can confuse it with hunger, so you might find yourself reaching for more food. By staying adequately hydrated throughout the day, you avoid those feelings of hunger, help prevent headaches and dizziness, maintain regularity, and improve energy levels. It's clear to see that maintaining adequate fluid intake is an important health habit to develop!

continued on page 2



FRESHEN UP YOUR DRINK CHOICES *continued*



Food and beverages normally fall into two different categories: nutrient dense or calorie dense.

Nutrient dense foods have a higher percentage of vitamins, minerals, and fiber, while calorie dense foods have—you guessed it—a higher percentage of calories. Beverages that contribute to excess calorie intake from sugar fall into the calorie-dense food category and include juices, sodas and iced teas, and alcoholic beverages. Drinking alcohol can also lower your inhibitions, which can lead to overindulging with food options you may not usually choose. By replacing alcoholic beverages with mocktails, you can enjoy low-calorie, flavorful drinks that help you meet your hydration goals in a healthy way. Try the mocktail recipes in this issue or use the following tips to experiment and create your own!



... CHOOSE A LOW-CALORIE BASE:

Make simple switches for what you normally use. If you tend to use tonic water, try club soda! If juices and flavored drinks have been your go-to options, try replacing them with lighter choices such as Crystal Light, Mio, or Dasani.

... SWAP TRADITIONAL INGREDIENTS WITH SIMPLE, REFRESHING FLAVORS

- **SIMPLE SYRUP:** Making your own simple syrup at home with Stevia provides sweetness without adding sugar. Combine 2 tbsp. plus 2 ½ tsp. of Stevia powder and 1 cup of water in a small saucepan. Bring to a simmer and then cool, and use for up to two weeks!
- **HERBS:** Mixing mint, basil, and rosemary in your drink can add delicious earthy tones. Muddle the herbs (see Product of the Month on page 4) to bring out the juices and get the full affect. Let herbs steep in your simple syrup to create a unique taste.
- **FRESH FRUIT:** Muddling fresh fruit like blueberries, watermelon, and strawberries can add sweetness and antioxidants. Feel free to eat the delicious infused fruit afterwards!





SPICY MANGO SIPPER

From CookingLight.com

INGREDIENTS

- Sea salt
- Lime zest
- Cayenne pepper, to taste
- 1 lime
- 1 ripe mango
- Mango sparkling water (or mango flavored water as a carbonation-free alternative)

DIRECTIONS

1. On a rimmed plate, mix sea salt, lime zest, and a small amount of cayenne pepper (to taste).
2. Run a lime wedge around the lip of your glass, then dip into the spicy salt mixture.
3. In the glass, add ½ cup ripe chopped mango and muddle (using a muddler or the back of a spoon).
4. Top with mango flavored sparkling water or mango flavored water.



CUCUMBER LIME LAVENDER SPRITZER

From EatingWell.com

INGREDIENTS

- 1/2 cup Stevia simple syrup
- 1/4 cup loosely packed fresh mint leaves
- 1 tbsp dried culinary lavender
- 4 cups cucumber (approx.), chopped and peeled
- 2/3 cups fresh lime juice
- 6 cups club soda (or diet lemonade as a carbonation-free alternative)

DIRECTIONS

1. Bring Stevia simple syrup to a boil. Remove from heat and add mint leaves and lavender, letting it steep for 12 minutes.
2. Strain and discard solids, let cool completely.
3. Combine cucumber and lime juice in a blender, process until smooth.
4. In a larger pitcher, stir together the mint-lavender syrup, cucumber lime mixture, and club soda or diet lemonade. Serve over ice.



MOJITO

From EatingWell.com

INGREDIENTS

- 3/4 cup lime juice
- 3/4 cup Stevia simple syrup
- 1/2 cup fresh mint leaves
- two 2-inch strips of lime zest
- 4 cups ice cubes
- 2 cups sparkling water or lemon lime water (as a carbonation free alternative)
- Lime slices and/or mint sprigs (for garnish)

DIRECTIONS

1. Mix together lime juice, Stevia simple syrup, and mint leaves. Muddle mint leaves and mix.
2. Add lime zest, sparkling water (or lemon lime water) and mix.
3. Pour mixture over cups filled with ice. Top with your choice of garnishes.



TROPICAL TEA ZINGER

From CaliGirlCooking.com

INGREDIENTS

- 3 oz. Lipton Tropical Iced Tea, brewed and brought to room temperature (or chilled in the fridge)
- 2 oz. diet ginger beer
- 1 oz. fresh-squeezed orange juice
- Your choice of orange slices, citrus leaves, lemon slice (for garnish)

DIRECTIONS

1. Pour all ingredients in a tall glass with ice.
2. Stir to combine.
3. Add garnishes of your choice.
4. As a carbonation-free alternative, replace ginger beer with 1 tsp grated ginger.



Product of the Month

MUDDLER

Some of the delicious drinks in this issue are best made using special tools. While you can easily muddle fruit and herbs with the back of a spoon, using a muddler can help maximize the aromatic flavors released from the ingredients. Find one on Amazon.com, ranging from \$7.50 to \$20.