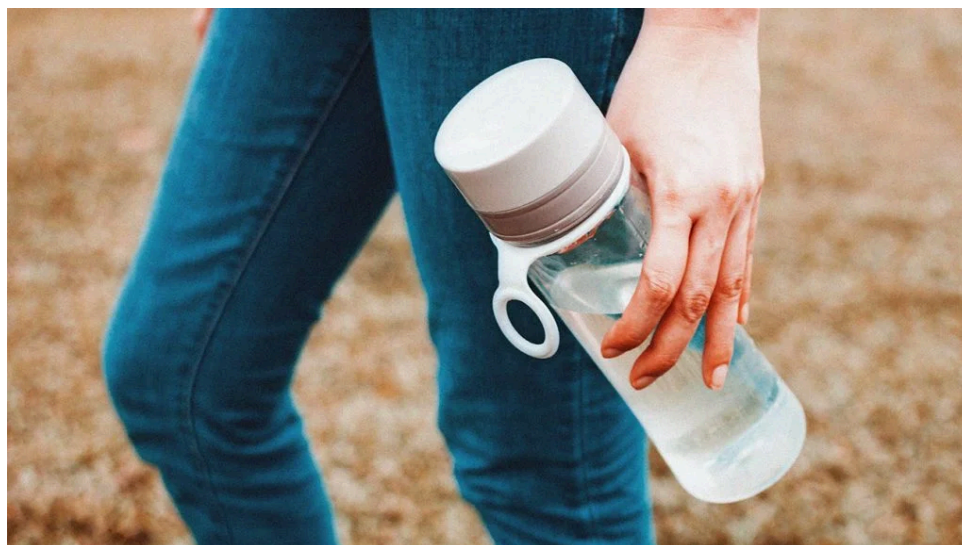


Atlanta Bariatrics

The Scoop on Electrolyte Supplements



What are electrolyte replacement drinks?

Electrolyte drinks are becoming increasingly popular in order to replenish electrolytes, such as sodium, potassium, and magnesium. A few popular brands include Liquid IV, LMNT, Ultima, and Drip Drop.

Are electrolyte replacement drinks necessary?

If you are consuming a balanced diet consisting of plenty of produce and whole grains and drinking at least 64 oz/day of non caffeinated fluids, you likely do not need extra electrolytes. If you are struggling with hydration, are sick, or are partaking in vigorous physical activity, it may be a good idea to consider replenishing your body with electrolytes. Ask your dietitian before starting any new electrolyte replacement supplement as those with certain health conditions may need to limit extra electrolytes.

Did you know that unsweetened coconut water, low fat milk, and bone broth contain varying amounts of sodium, potassium and magnesium? Try incorporating these liquids into your diet instead!

Recipe Corner

Spring Roll Bowl

Ingredients:

- 150 g noodles of choice - try brown rice or protein pasta
- 450 g extra firm pressed tofu, cubed
- 2 tsp soy sauce or coconut aminos
- 1 cup edamame shelled and frozen
- $\frac{3}{4}$ large cucumber, cubed
- 1 cup carrot, shredded
- 2 cups purple cabbage, shredded

Spicy Peanut Dressing

- $\frac{1}{4}$ cup natural peanut butter
- 2 tbsp soy sauce or coconut aminos
- 2 tsp sriracha
- 1 tbsp lime juice or lemon
- 1 tbsp maple syrup



Instructions:

1. Start by pressing your extra firm tofu for a minimum of 30 minutes. You can do this with a kitchen towel and heavy object. Once the tofu is pressed, slice into bite sized cubes and saute with coconut aminos or soy sauce until golden brown.
2. Prepare the rest of the veggies by shredding the carrot and cabbage (or purchasing pre shredded), and slicing the cucumber.
3. Steam the edamame for a few minutes until cooked then run under cold water. Cook your noodles of choice then run under cold water.
4. Add all the dressing ingredients into a blender and blend until smooth. You may also make this in a mason jar.
5. Assemble your summer roll bowls in containers. Drizzle the sauce over each bowl.

Recipe/image from: That Vegan Babe

Spring into Action

Support your local farmers market this year!



Suwanee Farmers Market - select Saturdays, 9-11am (winter), Summer 8am-12pm

Alpharetta Farmers Market - all Saturdays, April-November 8:30am-12:30pm

Brookhaven Farmers Market- all Saturdays, starting in April 9am-12pm

Marietta Square Farmers Market - all Saturdays, year round - 9am-12pm

Sandy Springs Farmers Market -starts April 12 , 8:30am-12pm

Grant Park Farmers Market - year round - Sunday 9am-1pm