

# Atlanta Bariatrics

## “WHAT’S THE TEA” ON TEA

Is tea helpful for weight loss? Swapping your Starbucks iced coffee for a cup of hot or cold tea can lower overall caloric and added sugar intake for the day. The American Heart Association recommends no more than 24g (females) and 36g (males) added sugar per day.<sup>1</sup> The largest contribution of added sugars in the US population comes from sugar-sweetened beverages.<sup>2</sup>

Beyond tea being a low-sugar beverage option (if unsweetened or sweetened with non-caloric sweeteners), tea also contains a compound called catechins. Catechins are phytochemicals in foods and plants that have antioxidant properties.<sup>3</sup> Antioxidants are vital in order to stop free radicals from disrupting reactions in our bodies.<sup>3</sup> Free radicals have the ability to



produce oxidative stress if our bodies cannot stop the free radicals from damaging our cells. Oxidative stress has been linked to a variety of acute and chronic diseases, such as cancer, cardiovascular disease, neurological disease, pulmonary disease, arthritis, diabetes, and inflammation of the body.<sup>4</sup>

The highest amounts of catechins are found in green tea, such as gyokuro, sencha or matcha, white tea, and black tea. Some research suggests that green tea is effective at weight loss when combined with caffeine, but more research is warranted.<sup>5</sup>

### INSIDE THIS ISSUE

*Tea and Weight Loss,*  
Page 1

*Staff Spotlight,* page 2

*Recipe of the Month,*  
page 2

#### Today's Inspiration:

“If you set your goals ridiculously high and it’s a failure, you will fail above everyone else’s success”.

#### References:

1. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/added-sugars>
2. [https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary\\_Guidelines\\_for\\_Americans\\_2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf)
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6155401/#:~:text=Catechins%20are%20natural%20polyphenolic%20phytochemicals,as%20tea%2C%20legume%20and%20rubiaceae.>
4. [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3614697/#:~:text=When%20produced%20in%20excess%2C%20free,\)%20\(5%2D10\).](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3614697/#:~:text=When%20produced%20in%20excess%2C%20free,)%20(5%2D10).)
5. [https://www.everydayhealth.com/weight/types-of-tea-that-may-help-with-weight-loss/?slot=0&xid=nl\\_EHNLdiet\\_2024-03-19\\_34732788&utm\\_source=Newsletters&nl\\_key=nl\\_diet\\_nutrition&utm\\_medium=email&utm\\_content=2024-03-19&utm\\_campaign=Diet\\_and\\_Nutrition&zdee=gAAAAABikOut4DxRc5KxfYhRWaMkoHMK7vBRhVzqLvbI7XDF9nacPLQnBQbhgIOTeQZIRkaCiAL6jg7ycLBiVT6TBwro22WN8pOLazVrJjv56XWWZG\\_ho%3D](https://www.everydayhealth.com/weight/types-of-tea-that-may-help-with-weight-loss/?slot=0&xid=nl_EHNLdiet_2024-03-19_34732788&utm_source=Newsletters&nl_key=nl_diet_nutrition&utm_medium=email&utm_content=2024-03-19&utm_campaign=Diet_and_Nutrition&zdee=gAAAAABikOut4DxRc5KxfYhRWaMkoHMK7vBRhVzqLvbI7XDF9nacPLQnBQbhgIOTeQZIRkaCiAL6jg7ycLBiVT6TBwro22WN8pOLazVrJjv56XWWZG_ho%3D)



# STAFF SPOTLIGHT

*Heather Denmark, RN*

**Favorite food?** tacos

**Favorite Vacation Spot?** the beach

**Have you met anyone famous?**  
Kacey Musgraves

**Best advice you've been given?**  
Focus on what you can control.

**Favorite part of working at Atlanta Bariatrics?** Getting to see patients change their lives and meet their goals after surgery.



# RECIPE OF THE MONTH

## *Chicken and Veggie Spring Rolls*

Ingredients:

- 10 spring roll rice paper wrappers
- 1 large carrot, thinly sliced
- 1 English cucumber, thinly sliced
- ½ red bell pepper, thinly sliced
- 1/3 cup chopped cabbage
- 1 avocado, sliced
- 1 cup cooked chicken, chopped or sliced
- Cilantro leaves, if desired



Steps:

1. Pour warm water into a bowl & dip rice paper wrappers into the water for 15 seconds. Place wrapper onto cutting board or plate.
2. Place a portion of each ingredient into the wrappers. Do not overstuff the roll.
3. Carefully push all ingredients to the bottom of the paper, tuck in the sides, and roll until the roll is secure.

Recipe credits:

<https://www.bariatricfusion.com/blogs/recipes/bariatric-recipes-chicken-and-veggie-spring-rolls>