



capita**health**

**METABOLIC AND  
WEIGHT LOSS CENTER**

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609.537.6777

[capitalhealth.org/weightloss](http://capitalhealth.org/weightloss)

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## IN THIS ISSUE

- Hydration Tips
- Product of the Month
- Recipes of the Month



## STAY HYDRATED THIS SUMMER

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Hydration is a key part of a healthy lifestyle and is required for many bodily functions, including the regulation of body temperature, electrolyte balance, joint cushioning, and eliminating waste.

The recommended amount of water consumption per day varies depending on your age, weight, gender, and other factors, but a good range to aim for is about 64–80 ounces per day. Living in a warm climate and being physically active can increase your daily water intake needs.

With the summer months approaching, you may find yourself outside in warm weather more often and therefore at a higher risk for dehydration. Common signs of dehydration are dry skin and mouth, headaches, dark-colored urine, tiredness, and dizziness.

## 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 Bariatric Support Group for post-weight loss surgery patients is **Tuesday, June 25 from 6–7 p.m.** All support groups are held virtually, so please check the Baritastic app, our online support group, or your e-mail (check junk mail!) for the link to access, or message your dietitian to receive the link.

\* If you had surgery and are not a member of our Post-Op Online Support Group, the Capital Health D.R.E.A.M. Team, please send an email to [esantora@capitalhealth.org](mailto:esantora@capitalhealth.org) so Emily can send you the link and accept your request. This is a great way to obtain support from our program and other post-op patients in our program, 24/7!

\* Are you or someone in your life thinking about weight loss surgery? Schedule a virtual information session with our Bariatric Surgeon Dr. Chung on **Tuesday, June 11, at 7 p.m.** To register, visit [capitalhealth.org/weightloss](http://capitalhealth.org/weightloss) or call our office to speak to Brelynn, our coordinator, 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! This program features Robard's great tasting New Direction Products! Weekly visits with our dietitians help you develop an individualized plan and lifestyle skills to help you lose weight and keep it off! To get started, call our office at 609.537.6777 to schedule your screening with Dr. Anwar.



## HYDRATION TIPS



Remember the following tips to make sure you are drinking enough water this summer and all year long:

1. **Carry a water bottle with you throughout the day.** If water is readily available, you are more likely to drink it. Try to keep it in your line of vision as well—on your bedside table, on your desk, in your work bag, or with you in the car. Be sure to choose a personal water bottle that works best for you. For example, you may find that a large, insulated bottle with a straw helps increase your water intake.
2. **Add flavor.** You may find yourself getting bored of plain water, but don't let that stop you from hydrating! Use sugar-free flavoring packets, such as Crystal Light or Mio, to add flavor. Or try adding fresh fruit like lemon and berries or make a large batch of unsweetened iced tea. See our Recipes of the Month in this issue for some fun and flavorful ways to make plain water more interesting.



3. **Track your water intake and set reminders.** This can be done manually on a piece of paper or in the notes app on your mobile device, or you can visit your preferred app store and search for a “water tracker.” There are many free apps available that can track your daily water intake. If you find yourself forgetting to drink water during the day, set reminders on your phone, laptop, or fitness watch to prompt yourself to pause and take a sip. Another option is leaving post-it notes around your house or workplace as reminders.
4. **Replace other drinks with water.** Do your best to minimize your intake of sugary beverages like soda, sweet tea, and sports drinks. These drinks provide added sugar and calories, so drinking too much of them can lead to conditions like obesity and diabetes. Try swapping the soda you have with dinner for a glass of water instead.



### Product of the Month

#### Fruit Infuser Water Bottle

Bring your fruit-infused water with you on the go! These water bottles have compartments to hold the fruit of your choice and allow the flavors to infuse into your water. Find them at Amazon, Walmart, and Bed Bath & Beyond, ranging from \$15 to \$30.



# RECIPE OF THE MONTH



## FIVE EASY FRUIT-INFUSED WATER RECIPES

Prep Time: 5 minutes ■ Set Time: 3 hours

### NUTRITION INFO – PER SERVING\*

Makes 4 servings / Serving Size: 1 cup

3 CALORIES ■ 1g CARBS ■ 1g PROTEIN ■ 1g FAT  
1g SATURATED FAT ■ 11mg SODIUM ■ 1g FIBER  
1g SUGAR ■ 13g CALCIUM ■ 29mg POTASSIUM  
1mg IRON ■ 127 IU VITAMIN A ■ 1mg VITAMIN C

\*Nutrition facts provided are for the Cucumber Mint Infused Water, but all recipes are fairly equivalent.

Image and recipe adapted from [aSweetPeaChef.com](http://aSweetPeaChef.com)

## INGREDIENTS

### Cucumber Mint Infused Water

- 1/3 cup (roughly 6–8 thick slices) English cucumber
- 1/3 cup fresh mint leaves
- 1 quart (4 cups) cold or room temperature water

### Watermelon Basil Infused Water

- 1/3 cup watermelon cubes (seedless)
- 4–6 basil leaves
- 1 quart (4 cups) cold or room temperature water

### Cherry Lime Infused Water

- 1/4 cup cherries (pitted and sliced in half)
- 4 slices lime (seeds removed, with peel)
- 1 quart (4 cups) cold or room temperature water

### Blackberry Orange & Ginger Infused Water

- 6–8 blackberries
- 3–4 slices orange (with peel)
- 4–5 slices ginger (peeled)
- 1 quart (4 cups) cold or room temperature water

### Strawberry Lemon Infused Water

- 4–5 strawberries (halved)
- 4–5 slices lemon (seeds removed, with peel)
- 1 quart (4 cups) cold or room temperature water

## DIRECTIONS

1. Add the fruit, spices, and/or herbs to the bottom of a sealable bottle or 1 quart Mason jar.
2. Pour in cold water.
3. Stir to mix well.
4. Let the water get infused at room temperature for 1–2 hours or refrigerated for about 3–4 hours before drinking it (infusing for up to 8 hours will make it very strong, if you prefer that).
5. If you're unable to drink your water within 12 hours, remove the fruit and store in the refrigerator so the flavor doesn't become too powerful and overwhelming.