



capita**health**

**METABOLIC AND
WEIGHT LOSS CENTER**

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609.537.6777

capitalhealth.org/weightloss

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BENEFICIAL BERRIES

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July is National Berry Month, so it's a great time to celebrate the variety and benefits of these power-packed sources of antioxidants, fiber, and beneficial vitamins and minerals. Berries are very easy to add to your diet, so we're highlighting their benefits and some local growers near you.

Benefits of Berries

Berries are rich in antioxidants. Antioxidants help to protect our cells from damage from free radicals. We can get free radicals from environmental sources including smoking and pollution. If our cells become damaged, we can be at higher risk for cancers and cardiovascular disease. Getting antioxidants in our diet helps to keep our cells strong.

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, July 30 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 so Caroline 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, July 9 at 7 p.m.** To register, visit 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.



BENEFICIAL BERRIES

continued



Berries are high in fiber. Fiber helps to support gut health, healthy blood sugar levels, and provides lasting energy. The type of fiber in berries also helps to support healthy cholesterol levels.

Vitamins/Minerals: Many berries contain vitamin C, which helps to support a healthy immune system, helps with iron absorption, and promotes healthy skin. Depending on the berry, they contain other beneficial nutrients. For example, blueberries are good sources of manganese and vitamin K.

Quick ways to add berries to your diet:

- ... Add to Greek yogurt
- ... Add to oatmeal or cereal
- ... Make a smoothie with berries
- ... Add to pancakes or waffle mix
- ... Add dried cranberries to a salad



Pick Your Own Berries!

New Jersey is home to the town of Hammonton, also known as the blueberry capital of the world. There are many local farms in our region where you can pick your own blueberries or other varieties. This is a way to get keep your family active and incorporate berries into your diet.

Local Farms to try:

Snyder Farms

586 South Middlebush Rd.

Somerset, NJ 08873

www.snyders-farm.com/u-pick-info/blueberries/

Von Thun's Country Farm Market

519 Ridge Road

Monmouth Junction, NJ 08852

www.vonthunfarms.com/sb/

Schaefer Farms

1051 County Route 523

Flemington, NJ 08822

www.schaeferfarms.com/summer.php

Terhune Orchards

330 Cold Soil Road

Princeton, NJ 08540

www.terhuneorchards.com/pick-your-own-schedule/