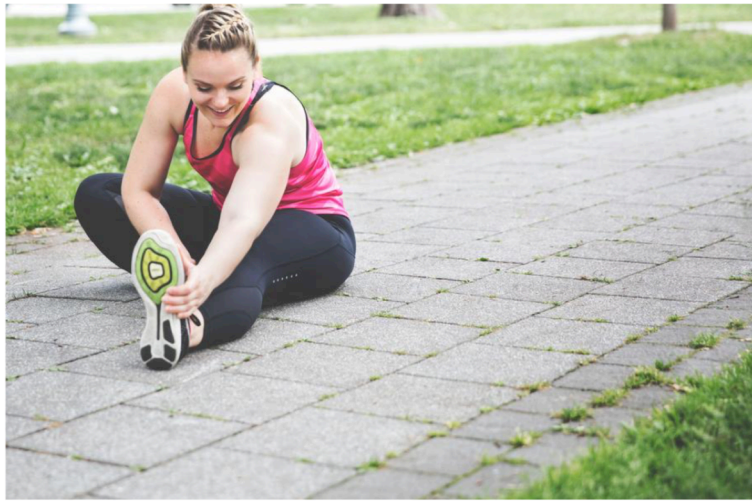




MD WEIGHT MANAGEMENT

APRIL 2018 NEWSLETTER



Spring is here! With the sun shining, flowers blooming, and birds chirping, it's a great time to think about your environment (and not just for spring cleaning). Reflect on how your environment influences your daily food and activity decisions. Are there any changes you can make to reduce food cues and increase activity cues? Ask your group leader if you need help brainstorming!

Save the Date: Local Events to Get You Out of the House

San Francisco Flower & Garden Show

4/4/18 (Wed) –
4/8/18 (Sun)

Visit the Cow Palace in Daly City to enjoy beautiful acres of garden displays, landscaping seminars, interesting gardening demos, and sales on gardening tools and products.

Earth Day Celebration @ South End Side of Stinson Beach

4/22/18 (Sun)
10AM-3PM

Bring the kids to join in on a beach cleanup or creek restoration and take part in fun art activities including music, dance, and sand globe making.

Bay Area Book Festival @ Berkeley

4/28/18 (Wed) –
4/29/18 (Thurs)

Explore book exhibits, film screenings, panel discussions with acclaimed authors, and workshops for the kids in downtown Berkeley. Visit <https://www.baybookfest.org> for more info.

Simple & Tasty Recipe of the Month Created by an MDWM Patient

Mini Chicken Soufflé

Ingredients:

Cooking Spray
1 pkt MDWM Creamy Chicken*
1.5 tsp Baking powder
½ cup Egg whites
¼ cup Water
Garlic powder, to taste
Pepper, to taste

Instructions:

- 1) Preheat oven to 350 degrees and spray a mini muffin pan with cooking spray.
- 2) Mix all ingredients until lumps disappear and fill mini muffin tins halfway.
- 3) Bake in the center of oven for 8-10 minutes. Keep an eye on them after 7 minutes as they can easily over bake. Best enjoyed fresh!

Entire recipe is 170 calories.

**Note: You can replace the MDWM Creamy Chicken with MDWM Creamy Tomato to make a "Mini Pizza Soufflé"*



Environmental Tweaks for Weight Control

Small changes in your environment can make a big difference in portion sizes and food choices. Try the tips below on how to tweak your environment to stack the deck in your favor.

Reduce Plate, Package, Utensil Size

The larger the plate, package, and utensil, the more we tend to eat. Reduce your plates at home to a width of 9" to keep food portions in check. Avoid eating straight from a large snack package; pour a single serving into a bowl and put the bag away or package the snack into several individual sized snack bags. For utensils, try using salad forks and dessert spoons or consider using chopsticks to reduce how much food you can fit in your utensil.



Choose a Different Route

Finding it hard to resist those sweets in the break room or the treats you know your loved ones brought back? If possible, walk another route to avoid passing the break room, or enter another door in your house where you don't have to pass through the kitchen. The more you can reduce unnecessary food exposures the better for weight control.



Make Unhelpful Foods Less Visible

Use opaque food containers or aluminum foil to store unhelpful foods and put them in less visible places in the fridge and freezer. When at a restaurant, throw your napkin on top of unfinished food to prevent from unnecessarily eating more.



Use Measuring Cups As Serving Tools

Instead of using your typical ladle or wooden spoon to serve foods, try using measuring cups and spoons as servings utensils to get a better idea of the portions you're giving yourself. In addition, you can get pre-measured portion controlled food containers to pack snacks or meals. It takes the guesswork out of your portion sizes!

