



**MD WEIGHT  
MANAGEMENT**

## JUNE 2018 NEWSLETTER



### Simple & Tasty Recipe of the Month

Created by an  
MDWM Patient

#### *Vanilla Custard Pie*

#### **Ingredients:**

2 pkts MDWM Vanilla Pudding & Shake  
8 fl oz Cold water  
1-2 drops Almond extract, to taste  
½ teaspoon Ground cinnamon  
¼ teaspoon Ground nutmeg, or  
freshly grated from a whole nutmeg

#### **Instructions:**

- 1) Whisk together vanilla powder, cold water, and almond extract and pour into an individual dessert bowl.
- 2) Sprinkle ground cinnamon and nutmeg on top.
- 3) Refrigerate for 5 minutes or place in freezer for 2 minutes until it sets.
- 4) Enjoy with coffee or tea.



*Half way through 2018 already! No matter where you are in terms of your weight loss, remember that weight control is a constant learning process with behavioral change as the fundamental goal. Habits take time to form. Continue to give yourself credit for the little wins and stay kind to yourself. What do you do when life gives you lemons? As a weight controller, you slice them up and make lemon infused water instead of lemonade – and, of course, you reach out to your group leader ;)*

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

#### Across the Bay 12K & 5K

**6/10/18 (Sun)**

This scenic 12K features a route from Sausalito, crossing the Golden Gate Bridge, and finishing in Aquatic Park. The 5K begins at Aquatic Park and goes along the SF Bay Trail. Visit [race415.com](http://race415.com) to register.

#### Palo Alto World Music Day

**6/17/18 (Sun) @  
3pm – 7:30pm**

Celebrate Father's Day with a *free* world wide music festival on University Avenue in downtown Palo Alto, featuring 50 musical groups and a variety of musical genres.

#### Presidio Special Guided Tour

**6/30/18 (Sat) @  
1pm & 3pm**

Enjoy a free 60 min guided tour as part of the annual Pasados del Presidio celebrating SF's birthday and founding of the Presidio. Meet at the Welcome Desk of the Presidio Officers' Club.

## Cheers, Drink Up!

*We're talking about the essential fluid that comprises most of our bodies - water. As we roll into the summer season and bask in the sun, it's especially important to stay adequately hydrated.*

### Why does it matter?

Water is your body's most important nutrient. From a weight control perspective, proper hydration can help combat water retention and constipation, both of which are factors that can artificially increase the number on the scale. In addition, thirst can be confused for hunger. So before you reach for something to eat, have some water to see if it satiates the hunger feeling you might be having. In general, water holds a plethora of essential bodily functions like temperature regulation, digestion and absorption, transportation of nutrients and waste, prevention of painful stones like kidney or gallbladder stones – just to name a few.



### How much is enough?

We've all heard the standard 8 cups of water a day, which is a reasonable place to start. You may need more or less. Gauge based on the color of your urine. If it's colorless or has a tiny hint of yellow, hydration is likely adequate. If it's a darker shade of yellow, it's time to set a water-drinking goal. Try drinking throughout the day rather than only when thirst kicks in, as often once you're thirsty you're likely already dehydrated.



### What can help increase water intake?

- *Find the right water bottle:* Are you someone who drinks better with or without a straw? Do you like tops that uncap or unscrew? How about wide mouth versus narrow mouth? Try a few different bottles and see which one makes the biggest difference in your water intake.
- *Use an app:* An app such as My Water Balance can help track your water intake and incorporate reminders to gently nudge you to drink throughout the day. Plant Nanny is another water app with the added fun of watering your virtual plant every time you hydrate.
- *Count the bottles:* To easily track how many cups of water you've had, get a 24 fl oz or 32 fl oz bottle and count how many times you've filled up. It can be a quick way to estimate water intake for the day.

