



**MD WEIGHT  
MANAGEMENT**

SEPTEMBER 2018 NEWSLETTER



*One of the best ways to stay focused is to come up with a daily game plan. Whether it be in a notebook planner or your phone, jot down your to-do list for the day and then prioritize. Something to ask yourself is: where does my health fall on that priority list and how much time do I usually commit to it? Reflect on whether things need to be moved around on that list. And remember that we're all a working progress!*

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

#### Green Film Fest

**9/6/18 (Thurs) –  
9/13/18 (Thurs)**

Discover and view over 50 different international films all dedicated to environmental topics. Witness panels of special guests discussing how to make our planet greener. Learn more at [greenfilmfest.org](http://greenfilmfest.org).

#### Dragon Boats Festival

**9/15/18 (Sat) –  
9/16/18 (Sun)**

Take in the view of over 100 colorful dragon boats racing at Lake Merritt in Oakland. They'll also be cultural performances, kid-friendly games, arts and crafts, stories, and more.

#### Old Time Music Convention

**9/26/18 (Wed) –  
9/30/18 (Sun)**

Enjoy several mini concerts in venues throughout Berkeley along with square dances, music workshops, string-band contests, and more. Check out [berkeleyoldtimemusic.org](http://berkeleyoldtimemusic.org) for more info.

## Simple & Tasty Recipe of the Month

Created by an MDMW patient

### *Creamy Chicken Crackers*

#### **Ingredients:**

4 pkts MDMW Creamy Chicken  
2 ½ cup Unprocessed wheat bran  
1 ½ cup Boiling water  
Non-stick Cooking Spray.

#### **Instructions:**

- 1) Mix together creamy chicken soup packets and wheat bran.
- 2) Slowly add boiling water and stir until mixture thickens.
- 3) Lightly spray a pie plate and drop mixture by the spoonful.
- 4) Microwave about 7 min 30 sec, or until crispy and light brown (may need to adjust time depending on microwave wattage)

*Makes approx. 6 large crackers. Be sure to drink plenty of water with these because of fiber intake.*



## Tips on Tracking

*Forming the habit of tracking your food and portions can definitely take time but it's well worth the investment, as tracking is one of the key predictors of weight loss and weight loss maintenance. You can also gain insight by tracking emotions during certain eating bouts, sleep patterns, water intake, etc. Read on for some tips on how to make the most out of tracking.*

### Find the Method that Best Suits You

Apps, with their barcode scanners and large databases, make it more convenient than ever to keep food records. Some user-friendly common apps are: LoseIt, MyFitnessPal, FitBit, Cronometer, and MyNetDiary. Play around with some of these and see which one you like best. Of course, good ol' pen and paper works just fine as well. Use a website like [CalorieKing.com](http://CalorieKing.com) to find calorie information.



### Finish by the End of the Day

It can be quite difficult to recall what you had for breakfast the day before, so for more accurate food records, try and track as you go about your day. Feeling like you have no time at that moment? At the very least, snap a photo so that you can log it later on.



### Log & Review

Logging your food is beneficial. Actually looking at your logs and getting feedback from it is even more beneficial. Go through your previous days and week and analyze why some days might have been lower or higher in calories. Was there an event that day? Were you particularly stressed or tired? Use this info to help reflect on how to improve your eating habits.



### Make Your Own Meal Plan

Planning is key when it comes to weight control. Plan for your day by entering foods into your log the day before. That way you can estimate how many calories you plan to eat. You can then preemptively adjust your meals as needed. You can also do this anytime before you know you'll be eating out at restaurants to plan what you'll order and what an appropriate portion size is.