



**MD WEIGHT
MANAGEMENT**

OCTOBER 2018 NEWSLETTER



Simple & Tasty Recipe of the Month

Pumpkin Puff

Ingredients:

Puff:

- 2 pkts MDWM Vanilla Pudding
- ½ tsp Baking powder
- 2 Tbsp Splenda
- ¾ cup Egg whites
- 2 Tbsp non-fat milk
- 2 tsp Water

Filling:

- 2 pkts MDWM Vanilla Pudding
- 1 cup Water
- 4 drops Vanilla Extract
- Pumpkin pie spice (to taste)

Instructions:

- 1) Preheat oven to 375F and spray a six mini muffin tin with non-stick spray.
- 2) Thoroughly mix together dry ingredients and then add wet ingredients. Spoon mixture into the muffin tin and bake 13-15 min.
- 3) Mix filling ingredients together.
- 4) Carefully lift top off of puff and fill with pumpkin filling. Makes 6 puffs – 85 cal per puff.

Fall is here! And so is the beginning of the holiday season. If you're in charge of any candy-related situations like trick-or-treating with the kids or treats for the co-workers, a good tip to remember: purchase candy that you're not a huge fan of. This might reduce your chances on overdoing it on the sugary sweets!

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

SF Italian Heritage Parade

**10/7/18 (Sun) @
12:30pm**

This annual parade features Italian music, performances, and floats. An insider tip: go to the SF Art Institute and walk to the back patio for a great view of the Blue Angels at 3pm. More info at sfitalianheritage.org

Half Moon Bay Art & Pumpkin Festival

**10/13/18 (Sat) –
10/14/18 (Sun)**

Carve some pumpkins and explore hundreds of art & craft booths. Don't miss the parade as well. A great family event located on Main St. in Half Moon Bay.

Bay Area Science Festival

**10/26/18 (Fri) –
11/3/18 (Sat)**

Explore over 50 free events around the SF area featuring exhibitions, workshops, and more all related to science and technology. Check out bayareasciencefestival.org for more info.

How to Keep the Plumbing Moving

With the holiday season around the corner, it's more common for meals and snacks to be high in calories and low in nutrients, which in turn may affect your regularity. Here are some reminders on how to keep your bowel movements smooth and consistent.

Get Friendly with Fiber

Fiber speeds up stool movement through the intestine and adds bulk to the stool for easier passing. In addition to the regularity benefit of fiber, fiber can also be helpful with the feeling of fullness – not a bad perk particularly for weight management.

Good sources of fiber come from whole grains, vegetables, legumes, and fruit. With meals often lacking these, most Americans don't meet the daily recommendation of at least 25g of fiber/day. Some people may need a fiber supplement to help meet this requirement. When adding more fiber to the diet, do so slowly, in increments of 5g each week, to avoid bloating or gas.



Drink Plenty of Water

Fluids help keep your stool moving through the intestines. When you are dehydrated, the colon will withdraw water from your stools so that your body can get the water it needs – this can often lead to constipation. Be sure to stay adequately hydrated, drinking at least 64 fl oz/day. In addition, anytime fiber intake is increased, water intake must also be increased. Without adequate additional water, constipation may occur or be worsened.



Keep Up the Activity

Not only is physical activity essential from a weight control perspective, but it can also help push the stool through your bowels. Remember that even just 10 minute bouts of activity can still be beneficial. With adequate fiber, water, and physical activity, you can keep your bowel movements nice and regular during the holidays.

