



**MD WEIGHT
MANAGEMENT**

FEBRUARY 2019 NEWSLETTER



When it comes to weight management, it's important to know who is already in your support system and who else you can recruit. Developing new and improved habits for health is a lifetime commitment so best to get all the support you can get. Don't be shy to reach out to your loved ones, whether for emotional support or for recruiting a walking buddy. And of course, we, at MD Weight Management, are here for you as well!

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

Californian Antiquarian Book Fair

2/8/19 (Fri)-
2/10/19 (Sun)

Discover over 200 bestseller books from around the world at the Oakland Marriott City Center featuring special exhibits, art work, seminars, and lectures. Check out cabookfair.com.

Tulipmania Festival @ Pier 39

2/9/19 (Sat)-
2/18/19 (Mon)

Stop and smell the fresh tulips. Enjoy over 39,000 beautiful blooming tulips and free guided tours at Pier 39 in SF. Visit <https://www.pier39.com/tulipmania> for more info.

SF Chinese New Year's Parade

2/23/19 (Sat)
@ 6:00pm

Celebrate the year of the pig and join in the Chinese New Year's festivities. See elaborate floats, dragon dances, firecrackers and more all throughout Chinatown. Get there early for a good spot!

Simple & Tasty Recipe of the Month

Fudge Bombs

Ingredients:

1 pkt Chocolate Pudding/Shake mix
4 fl oz. water

Instructions:

- 1) Mix ingredients together well to make a pudding.
- 2) Spoon pudding as droplets onto a plate covered with plastic wrap. Freeze for 20 minutes.
- 3) If you leave in the freezer for longer, thaw them out for about 20 minutes before eating.
- 4) Optional: mix powdered peanut butter (ex. PB2) with water to use as a topping for fudge bombs

1 packet makes 6 fudge bombs. This recipe can be made with any flavored pudding/shake mix but may require less or more water.



What to Know About Sugar

With the Valentine's Day candy coming out, it's a good time to think about sugar and its effect on the body. Sugar not only can contribute to weight gain and diabetes, but also fatty liver, high triglycerides, and high cholesterol. Read below for recommendations and how to spot added sugars.

Natural vs. Added Sugars

Not all foods with sugars are harmful – think of fruit and milk for example, both of which naturally contain sugar but also contain multiple health benefits. Fruit provides fiber, vitamins, and antioxidants. Milk provides protein, calcium, and potassium. *Added* sugars, on the hand, are sugars that have been added by food manufacturers and do not provide any additional benefits. They are essentially unnecessary calories that are best to keep minimal.

The Recommendations

The recommendations from the American Heart Association for *added* sugars are:

6 teaspoons (about 24g) for women

9 teaspoons (about 36g) for men

To put this in perspective, a single can of cola has about 40g of added sugars – above the recommendations for both men and women (and that doesn't take into account anything else you had that day!)



Sugar's Various Identities

Sugar takes on many different names. Any word that ends with -ose such as dextrose, sucrose, maltose, etc. is a giveaway for an added sugar. Some other common sugar names are:

For a comprehensive list of 61 names for sugar, check out UCSF's SugarScience webpage: <http://sugarscience.ucsf.edu>

- ❖ Agave nectar
- ❖ Barley malt
- ❖ Cane juice
- ❖ Carob syrup
- ❖ Fruit juice
- ❖ High fructose corn syrup
- ❖ Honey
- ❖ Maltodextrin
- ❖ Molasses

Take a Look at the Labels

With the new nutrition label that has been rolling out, it is easier now to spot whether a product has added sugars. Look under "Total Sugars" on the nutrition label, and there will be a line that says "Includes ___g Added Sugars." However, not all food products have the new nutrition label yet. Food manufacturers have until 2021 to make the switch. In the meantime, be aware of sugar's multiple names and check the ingredients list.