



**MD WEIGHT
MANAGEMENT**

APRIL 2019 NEWSLETTER



The theme of April: don't be a fool, use all your tools! Weight management requires using all the strategies and support you can get, whether that's rethinking your environmental design, learning how to read nutrition labels, tracking your calories, continuing to come to groups, etc. Some tools might be more useful to you than others right now, but the more tools you can gather along your journey the more equipped you'll be to make full on lifestyle changes.

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

Free SF Walking Tour

**4/18/19 (Thurs)
10AM-11:30AM**

Enjoy this 90 minute walking tour downtown in the Yerba Buena Neighborhood with actors portraying local history figures. RSVP by emailing info@ybcbd.org

Free National Park Day

4/20/19 (Sat)

To celebrate the first day of National Park Week, enjoy free admission to all national parks. Check out Muir Woods or the SF Maritime National Historical Park. Go to nps.org for complete listing of CA national parks.

Free Golden Gate Park Concert

**4/28/19 (Sun)
@ 1pm**

A free premiere concert titled "Around the World in Ninety Minutes" will take place at the Spreckels Temple of Music in the Music Concourse in Golden Gate Park. Maybe get a walk in before or after!

Simple & Tasty Recipe of the Month *Ginger Almond Shake*

Ingredients:

1 pkt Vanilla Pudding/Shake Mix
1 cup Cold water
¼ tsp Almond extract
1-2 dashes Ginger powder

Instructions:

1) Combine all ingredients and mix well. Best served with lots of ice.

1 Ginger almond shake is 100 calories.



New Nutrition Label - What's Different?

Have you noticed at the grocery store some products have a different looking nutrition labels than other products? That's because in 2016, the FDA announced a new and improved nutrition facts label and all food manufacturers will need to make the switch by 2021. Some companies have already started created the new labels for their food products. Read on to see the key differences!

CURRENT LABEL

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

NEW LABEL

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Bigger & Bolder

The serving size portion and calories per serving is much larger and bolded for easier readability. Always check the serving size first as the entire label is based off of this serving size amount.

“Calories from Fat” Removed

De-emphasizing the calories that come from fat so that there is more focus on the *type* of fat. Because saturated and trans fat contribute to high cholesterol, focus on minimizing these fats and replacing with *unsaturated* fat. Unsaturated fat is not always listed but can be calculated by subtracting the saturated and trans fat from the total fat.

Added Sugars

Under “Total Sugars,” the new label includes the amount of sugar that has been added by the food manufacturer. In the above example, out of the 12g of total sugar, 10g is added sugar (meaning that only 2g is natural sugar). Keep in mind that all sugar, whether natural or added, is processed the same by your body. However, natural sugar typically comes with other nutrients (ex. fruit has natural sugar but also comes with fiber and vitamins). Added sugars provide no additional benefits. Aim for less than 24g added sugar for women and 36g for men.

Vitamins and Minerals

Because vitamin A and C deficiencies are very rare in our country, these vitamins will no longer be required on the label. Instead, vitamin D and potassium will be required, as most people do not get adequate amounts of both these nutrients. The exact amounts in milligrams (mg) or micrograms (mcg) will also be listed, as different people need different amounts of these nutrients.

3 Key pieces of info on the nutrition label that are helpful for weight control: 1) Serving Size 2) Calories 3) Filling nutrients AKA fiber, protein, healthy fats