



**MD WEIGHT
MANAGEMENT**

AUGUST 2019 NEWSLETTER



People tend to be their own toughest critic. While you continue on your weight control journey, take note of the kind of language you use with yourself. Does it tend to include strong words like: never, always, bad, cheat, etc.? Rethink your self-talk and replace strong words with neutral more accurate words. Stay kind to yourself! And don't hesitate to reach out to your group leader.

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

Pedalfest @ Jack London Square 8/3/19 (Sat)

Join over 20,000 bike lovers to support bike-friendly communities in the East Bay. Enjoy live music, bike races, bike stunts, and more at Jack London Square in Oakland from 11am to 5pm. Pedalfestjacklondon.com for more info.

Free Museum Day

8/6/19 (Tue)

Enjoy free entry to various SF museums like Conservatory of Flowers, de Young, Legion of Honor, Yerba Buena Center for the Arts, Contemporary Jewish Museum, and Museum of Craft and Design.

Bridge to Bridge 5K Run

**8/25/19 (Sun) @
8AM**

Starting at the Bay Bridge, you'll pass Fisherman's Wharf and Ghirardelli Square, ending at Marina Green getting a great waterfront view. Go to bridgetobridge.com to register and for more info.

Simple & Tasty Recipe of the Month

Iced Mocha Shake

Ingredients:

1 pkt MDWM Mocha Pudding & Shake mix
8 fl oz Skim Milk
3-4 Ice cubes

Instructions:

- 1) Blend together all ingredients.
- 2) If desired, add spices like cinnamon for enhanced flavoring.



Mediterranean Diet Basics

The Mediterranean Diet has a long-standing history for being a heart healthy diet. Unlike many diets out there, the Mediterranean diet actually has ample strong evidence to support its use. Benefits potentially include reducing cardiovascular disease risk, inflammation, age-related disease risk, and overall mortality. When used in combination with a calorie conscious eating plan, the Mediterranean way of eating can contribute to a longer, healthier life. Read on to see what the major components of this lifestyle are.

Plants, Plants, and More Plants

The bulk of what makes up the Mediterranean Diet is a focus on not just fruits and vegetables but all plants in general. This includes whole grains, beans, nuts, and seeds. It also means relying heavily on spices and seasonings for flavoring instead of salt and butter.

Seafood as the Meat Protein

Fish and seafood are emphasized as the major meat protein of the Mediterranean diet, eaten at least twice per week. Red meat is consumed rarely, and put into the same frequency category as desserts. Poultry, eggs, and dairy are eaten in moderate portions daily to weekly.



Emphasis on Healthy Fats

The Mediterranean diet puts less emphasis on the *amount* of fat consumed in a day, and more emphasis on the *kind* of fat. Unsaturated fats from olive oil, avocados, nuts, and seeds replace saturated fats found in solid fats like butter, lard, and shortening. For weight control, be mindful of portion size.

Water as Main Beverage

While wine is often associated with the Mediterranean diet, water is the default choice of beverage. Wine is acceptable (1 glass/day for women, 1-2 glasses/day for men), but is *optional*. It is not recommended to start drinking if one does not already do so. Staying well hydrated can also help prevent confusing thirst for hunger.

A Lifestyle, Not a Diet

Eating a Mediterranean diet is more of a lifestyle rather than a diet. It's important to note that simply adding in a single food such as olive oil won't necessarily provide the same benefits. The Mediterranean lifestyle also includes habits such as doing enjoyable physical activities and eating slowly with others.