

Weight Management Center

Customer Service Hours

Monday & Wednesday: 8:30-7:00

Tuesday & Thursday: 8:30-6:00

Friday: 8:30-12:30

843-792-CARE (2273)



MUSC Health

WEIGHT MANAGEMENT CENTER

March 2015

Local Activities

- **Saturday March 28, Cooper River Bridge Run & Walk**, Downtown
- **Saturday, April 11, 5K RunDead Zombie Run**, Johns Island
- **Saturday April 25, Where the Wild Things Run 5K**, Caw Caw Interpretive Center
- **Saturday May 2, Hell Hole Swamp Festival Gator Run (10K)**, Jamestown, SC

Sign up for and search for local activities at active.com.

Dave's Exercise Tip of the Month:

Strength training AND aerobic exercise that is weight bearing both promote strong bones. That's just another motivator to keep moving!

Visit us at www.MUSCHealth.com/weight for weight loss tools and resources. Like us on Facebook for daily tips and support!



Ready to try a new fruit?

Go for GUAVA!

It's packed with carotenoids, Vitamin C, Potassium, Fiber, Folate and other B Vitamins.

It has almost twice the amount of lycopene as tomatoes... all for only 80 calories per 4 oz. serving.

Vitamin & Mineral Supplementation

Some recent, well publicized studies concluded that most adult Americans don't need to take multivitamins - that there is no benefit to longevity, heart health, or memory loss. The studies sited no harm in taking a multivitamin, but that taking a multivitamin was simply a waste of time and money.

It is important to note that this may be true for most adults, BUT certain populations may benefit from taking a multivitamin or even a specific vitamin or mineral supplement.

Vitamin and mineral supplementation would be appropriate for people who:

- are (or are trying to) get pregnant
- are elderly
- consume a "poor" or less than adequate diet
- mal-absorb food due to a digestive tract disease or intestinal/bariatric surgery
- are taking a medication that decreases the absorption of specific vitamins or minerals
- are following a very low calorie diet
- have a diagnosed nutritional deficiency
- are at risk for a specific ailment

Anyone who falls in one of the above categories **should talk to their healthcare provider** about taking a multivitamin or a specific vitamin or mineral supplement.

Chocolate Fruit and Nut Clusters

Ingredients:

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|-------------------------------------|----------------------------|
| 9 oz. dark chocolate | 1 cup diced dried apricots |
| 2 cups roasted pistachios, unsalted | 1 cup golden raisins |
| 1 cup dried cherries, unsweetened | |

Directions:

1. Melt the chocolate using a microwave or the double boiler method. For this method, fill a large pot with 2 cups of water and boil. Remove from heat. Place a small heat resistant bowl inside the large pot with hot water and add the chocolate.
2. Once the chocolate has melted, add the pistachios and dried fruit and stir. Once well combined, spread into a 10 x 3 rectangle onto a baking sheet lined with parchment paper.
3. Allow to set at room temperature until chocolate hardens (30 minutes). Cut into 1 inch (30 pieces).

Nutrition: Each piece contains ~140 calories, 8 grams fat, 16 grams carbohydrate and 3 grams protein. Count each piece as 1 starch and 1 fat.

Recipe courtesy of Nutrition Action Newsletter