

## A scientific look at how people lose weight

One of the topics examined in the new Dietary Guidelines for Americans is research evidence on weight loss. These recommendations are based on the strongest evidence related to body weight. **Focus on the total number of calories you consume** to improve body weight outcomes and overall health. This appears to be more important than whether your diet is low-fat or low-carb.

**Monitor food intake** to become more aware of what and how much you eat and drink. Use the Nutrition Facts label found on food packaging for information on what is in processed food. Food diaries at [www.stepaheadprogram.com](http://www.stepaheadprogram.com) can help with monitoring food and calories.

**Eating out? Choose smaller portions or lower-calorie options.** Order a small-sized option, share a meal, or take home part of the meal. The spring installment of the Step Ahead Employee Resource

Book has a section devoted to healthy eating out with much more additional information.

**Prepare, serve, and eat smaller portions of foods and beverages, especially those high in calories.** People tend to eat and drink more when given larger portions. Serving and eating smaller portions is associated with weight loss and weight maintenance.

**Eat a healthy breakfast.** Not eating breakfast is linked to excess body weight, especially in children and adolescents. Eating breakfast helps with weight loss and weight loss maintenance and improves nutrient intake.

**Limit screen time**, especially television viewing. It is directly associated with increased overweight and obesity. Also, avoid eating while watching television, which can result in overeating.

To learn more, see

<http://www.cnpp.usda.gov/DietaryGuidelines.htm>

### Recipe of the Week : Spinach and Cheese Breakfast Casserole

Adapted from [eatingwell.com](http://eatingwell.com) 6 servings nice for brunch!

#### Custard:

4 large egg whites  
4 large eggs  
1 cup fat-free milk  
2 Tbsp. Dijon mustard  
¼ tsp. freshly ground pepper  
1 tsp. minced fresh rosemary or ½ tsp. dried

#### Bread & filling:

4 cups whole-grain bread, cut into 1" cubes  
½ cup chopped jarred red peppers, drained  
Optional: 5 oz. ham steak, diced  
5 cups fresh spinach, chopped and wilted (rinse thoroughly, place in microwave-safe bowl. Cover with plastic wrap, punch several holes in wrap. Microwave on high 2-3 minutes, till wilted. Squeeze out excess moisture.)

#### Topping:

¾ cup shredded Gruyere or reduced-fat Swiss cheese

1. Preheat oven to 375 degrees. Spray an 11x7" baking dish or 2 quart casserole with cooking spray.
2. Make custard: whisk together egg whites, eggs and milk in medium bowl. Add mustard, ground pepper and rosemary and whisk.
3. Toss bread, spinach and red peppers and ham if using in large bowl. Add custard. Mix well. Put in baking dish. Push down to compact. Cover with foil. Bake or refrigerate overnight; if you refrigerate, let stand at room temperature while oven preheats.
4. Put in oven. Bake 40-45 minutes till custard is set. Remove foil, sprinkle with cheese, and bake till puffed and golden on top, 15-20 minutes more. Cool 15-20 minutes before serving.

#### **Nutrition information** (without the ham)

Calories: 216      Total Fat: 9g      Saturated Fat: 4g  
Carbohydrates: 19g      Fiber: 4g      Protein: 16 g

**Tip of the Week:** It's the season for spring sports! Join a team in an adult league. When your kids practice or play, wear your sneakers and walk around the fields for exercise. Park as far from the field as possible and carry the equipment, chairs and backpacks. Make more than one equipment trip for extra steps!