

# WellnessAdvocate

## Your Guide for Losing Weight (and Keeping It Off)!

You **can** control your weight. The formula is simple: **eat fewer calories or burn up more calories** than you need, but it's easier said than done! The best way to lose weight is to do both. A positive attitude is also very important for effective weight loss and weight management. To lose weight successfully, it's essential to believe in yourself. **You have the power** to do it. It's about losing bad habits, gaining new ones and good old-fashioned persistence. Just **knock the "t" off of "I can't"** and give the following tips a try!

**Weigh yourself once a week.** Monitoring your weight can help you stop weight gain from occurring by creating awareness.

**Keep a food and activity journal.** Write down everything you eat or drink. The food journal will help you realize when higher calorie foods are being included more frequently than they should. Recording when you exercise (and how long) will also help you to look at trends. Are you gaining weight because you are eating the same but stopped exercising?

**Don't skip meals or cut too many calories.** Skipping meals can slow your metabolism down. It can also cause overeating later in the day. In addition, following a very low calorie diet can leave you feeling deprived and can increase the temptation to binge. Instead of "dieting," a good rule of thumb is to decrease your portion sizes and increase your consumption of fruits and vegetables.

**Make every calorie count.** [Choosemyplate.gov](http://Choosemyplate.gov) is an excellent tool for making sure you are meeting your nutritional needs while trying to lose weight. Cooking more meals at home is also a great way to exercise more calorie control. If you don't usually cook, start gradually. Keep healthy staples on hand, such as dried fruit, whole wheat pasta, "no-salt-added" canned vegetables, and frozen seafood. Changing a family pattern is difficult at first but it can save calories and money! To mix things up, try new recipes. It'll help keep your family excited about dinner at home.



### PUTTING IT ALL TOGETHER

In addition to changing your diet, mildly restricting calories and keeping track of what you eat, it is very important to **include exercise** as part of your weight loss and weight maintenance efforts. Talk to your physician about the best exercise is for you, but make it a priority.

If you want to lose weight, shoot for at least 200 minutes (more than three hours) a week of moderate intensity exercise with everything else consistent. If you cut calories and exercise, you can get away with a minimum dose of 150 minutes (2 1/2 hours) a week. If you're a beginner, start with 50 minutes of exercise a week and work up to 200. Pace yourself. Don't do too much, too soon — work your way up to help prevent injury.

"The **best exercises to lose weight are exercises you enjoy**, says Timothy Church, MD, MPH, PhD, a professor at Pennington Biomedical Research Center in Baton Rouge. "The two things that stop people from losing weight with exercise are either boredom or injury," says physical therapist and strength and conditioning specialist Ben Quist.

Pounce on your weight loss goal. Put it on the fast track. But do it right so you set yourself up for lasting success. Did you know that **HealthSmart has a 12-week exercise and nutrition program**? [Click here](#) to learn more!

HEALTH

# Farmer's Markets: Fresh, Nutritious, Local

## Great Reasons to Shop at a Farmer's Market



### ✓ Farmers markets are easy to find.

Click [here](#) to use the USDA Farmers Markets Search to find one near you. Due to their flexible locations, some community farmers markets provide fresh, healthy foods when other sources aren't as easily accessed.

### ✓ You can try a new fruit or vegetable!

Have you ever tasted gooseberries or rhubarb? Many farmers markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious. Learn how to select the best quality, how to store, and about the nutritional values of these rarer fruits and vegetables (and some common ones, too) in the [Fruit Nutrition Database](#) and [Vegetable Nutrition Database](#).

### ✓ It's a great way to get your kids involved.

Let them pick out something new to try and then they can help prepare a meal or snack using the helpful tips at the [Food and Nutrition Information Center's Consumer Corner](#).

### ✓ Freshly picked ripe food is at its peak in flavor and nutrition.

Stop by your local farmers market today, learn about where your food comes from, and enjoy some delicious and nutritious food!

## Recipe: Roasted Veggie Lasagna

This Roasted Vegetable Lasagna boasts meaty eggplant, fresh zucchini and lycopene-rich tomatoes. Whole-wheat noodles pack cancer-fighting fiber and hundreds of natural plant compounds, called phytochemicals, which protect cells from the types of damage that may lead to cancer.

### Ingredients

2 eggs	2 eggplants (about 3 lbs.), quartered lengthwise
1/2 cup grated Parmesan cheese	6 medium zucchini (about 3 lbs.)
1/2 tsp. ground nutmeg	Canola oil cooking spray
1/2 tsp. garlic powder	1 lb. whole-wheat lasagna noodles
4 cups low-sodium tomato sauce	15 oz. low fat ricotta or low fat cottage cheese (or a combination of both)
3 cups low fat mozzarella cheese	

### Directions

1. Preheat the oven to 450 degrees. Grease a 13x9x2-inch baking pan, set aside.
2. Slice the eggplant and zucchini in 1/2-inch slices. Layer on two baking sheets and coat both sides of the vegetables with cooling spray. Roast for 20 minutes. Toss the vegetables and continue to roast until well browned and soft, about 20 minutes more. Transfer vegetables to a large bowl.
3. Reduce the oven temperature to 375 degrees.
4. Cook the lasagna noodles according to package directions. Separate the noodles and let them cool slightly.
5. Meanwhile, in a medium bowl, mix together the ricotta and/or cottage cheeses, eggs, Parmesan, nutmeg and garlic powder.
6. To assemble: spread a thin layer of sauce over the bottom of the prepared pan. Cover with a layer of pasta (noodle strips slightly overlapping). Spread with one-third of the ricotta mixture. Sprinkle one-quarter of the mozzarella over the ricotta. Spoon one-third of the roasted vegetables on top. Top with 1/2 cup of tomato sauce and continue the assembly as directed until you have 4 layers of pasta and 3 layers of filling. Spread the remaining sauce on top and sprinkle with the remaining mozzarella cheese.
7. Cover the pan with aluminum foil and bake for 30 minutes. Uncover and continue to bake until golden and bubbly, about 15 minutes more. Let stand for 15 minutes before serving.

Makes 12 servings. Per serving: 360 calories | 11 g total fat (5 g saturated fat) | 45 g carbohydrates | 23 g protein

