

VitaMin

Vital health information in a minute

WHY WAIST SIZE MATTERS

BMI by the numbers

Obsessing over the numbers on your bathroom scale can be frustrating. You might experience a range of emotions from “I’m inspired” to “I’m seeing no progress” to “I don’t even care.” Keep in mind, tracking your pounds doesn’t tell the whole story. Instead, measuring your body mass index (BMI) and waist circumference can provide a better picture of your weight and what it means for your health.

Watch your waistline

Waist circumference is a marker for how much fat is carried around the abdomen. This is important because belly fat increases the risk of heart disease, type 2 diabetes and other obesity-related conditions.¹ Measure your waist with a tape measure around your middle, just above your hip bones.

Waist circumference	What it means
More than 35 inches for women	Higher risk for obesity-related conditions
More than 40 inches for men	Higher risk for obesity-related conditions

Measure your BMI

Your BMI is an estimate of your body fat based on your height and weight. A high BMI can increase your risk for heart disease, high blood pressure, type 2 diabetes, breathing problems and certain cancers.¹

BMI	What it means
Below 18.5	Underweight
18.5-24.9	Normal or healthy weight
25-29.9	Overweight
30 and above	Obese

Enter your height and weight into https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm for quick results. For example, someone who’s 5’5” (65 inches) tall and weighs 150 pounds has a BMI of 25. Your health care provider can also provide your BMI.

Take control

Don’t stress over numbers on the scale. With guidance from your doctor, you can set realistic goals for losing weight and achieving a healthy BMI and waist circumference. If you’re overweight or obese, even losing 5% of your weight can make a big difference for your health.¹

Source:

1. National Heart, Lung, and Blood Institute. “Assessing Your Weight and Health Risk.” https://www.nhlbi.nih.gov/health/educational/lose_wt/risk.htm (accessed May 13, 2019).

This is general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

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TOMATO & FETA QUICHE WITH SPAGHETTI SQUASH CRUST

Yield: 6 servings

Total time: 1 hour, 50 minutes

Ingredients

Crust

- › 1 medium spaghetti squash, halved lengthwise, seeds removed
- › 1 tablespoon extra virgin olive oil
- › ¼ teaspoon salt
- › ¼ teaspoon pepper
- › 1 large egg, lightly beaten
- › 2 tablespoons grated Parmesan cheese

Filling

- › 2 large Roma tomatoes, chopped
- › ⅔ cup crumbled feta cheese
- › 4 large eggs
- › 1 tablespoon sour cream
- › 1 cup low-fat milk
- › ¼ cup chopped fresh parsley
- › 2 teaspoons chopped fresh thyme
- › ¼ teaspoon salt
- › ⅛ teaspoon ground pepper

How to make it

1. To prepare crust: Preheat oven to 400°F. Brush the cut side of each squash half with oil and sprinkle with ¼ teaspoon salt and ¼ teaspoon pepper. Place the squash halves, cut-side down, on a rimmed baking sheet and bake until tender, 40 to 50 minutes.

(Alternatively, place the squash halves, cut-side down, in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on high until the flesh is tender, about 10 minutes.) When cool enough to handle, scrape the flesh from each squash half. (You should have about 4 cups squash.)

2. Wrap the squash in a tea towel or cheesecloth and squeeze to remove as much liquid as possible. Coat a 9-inch deep-dish pie pan with cooking spray. Stir the squash, 1 egg and Parmesan together in a medium bowl. Transfer the mixture to the prepared pan and press it evenly into the bottom and up the sides of the pan. Bake until the crust is set and beginning to brown around the edges, about 25 minutes.
3. To prepare filling and bake quiche: Evenly scatter tomatoes and feta over the crust. Whisk together eggs and sour cream until smooth. Whisk in milk, parsley, thyme, salt and pepper. Pour the egg mixture over the other filling ingredients. Reduce

oven temperature to 350°F. Bake the quiche until the filling is set in the center and beginning to brown slightly, 35 to 45 minutes. Let cool slightly before serving.

Nutrition information

Amount per serving

Serving size: 1 slice

Per serving:

- › Calories: 201
- › Fat: 12 g
- › Saturated fat: 5 g
- › Fiber: 3 g
- › Carbohydrates: 15 g
- › Protein: 11 g
- › Folate: 47 mcg
- › Cholesterol: 174 mg
- › Sugars: 8 g
- › Added sugars: 0 g
- › Vitamin A: 972 IU
- › Vitamin C: 12 mg
- › Calcium: 213 mg
- › Iron: 2 mg
- › Sodium: 581 mg
- › Potassium: 389 mg

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