

# DIET <update>



TREND

## Easy Eats

Eating homemade is the best way to lose weight, and now it's easier than ever thanks to new meal-prep chains like Super Suppers and Dream Dinners. In 2 hours you make 6 to 12 entrées, each feeding 4 to 6 people (cost: about \$150 a visit). Recipes, ingredients, and tools are on hand; you assemble and pack the meals, freeze them at home, and cook them at your leisure. **TIP** Ask for nutrition info so that you can calculate **POINTS** values. To find a center near you, visit [easymealprep.com](http://easymealprep.com).

STAT

## 20 minutes

THE AMOUNT OF TIME IT TAKES TO INSERT A BALLOON INTO A PATIENT'S STOMACH IN A NEW PROCEDURE THAT EXPERTS SAY MIGHT BE SAFER THAN GASTRIC BYPASS. THE TECHNIQUE, NOW USED IN EUROPE, HAS NOT YET BEEN APPROVED IN THE UNITED STATES, THOUGH EARLY TESTING IS UNDER WAY.

NEWS

## The Magic Number

Would you be happy if you lost 10 pounds? 20? 30? According to the Pew Research Center, a social science research group, the typical American dieter wants to lose 29 pounds. If you're overweight (BMI 25–29), shedding 29 pounds might be more than enough, but if you're among the 32 percent of adults who are obese (BMI 30–40), losing 29 pounds may not be enough to get you to a healthy weight.

**WWW says** Start by losing 10 percent of your weight, the threshold at which health benefits kick in. Need to lose more? Talk to your WW Leader about breaking your bigger goal down into realistic increments.

RESEARCH

### LOSE WHILE YOU SNOOZE?

Can what you eat during the day help you burn more calories at night? Maybe a bit. According to a study in the *American Journal of Clinical Nutrition*, subjects who obtained 30 percent of their daily calories from lean protein burned more calories while sleeping than those who got only 10 percent of their calories from protein. Most people get plenty of protein; just make sure you opt for *lean* sources, like chickpeas, chicken, and egg whites.