

Worksheet
Fad Reduction Diets
Lesson 9

Answers and Explanations to the Question Game
For Weight Control

1. False. It is difficult for people of all ages to get enough calcium or riboflavin if milk is not included in the diet. Skim milk is useful in a reducing diet.
2. False. Meal-skipping is not a good way to lose weight. Skipping of meals and subsequent hunger may lead to snacking of foods not on the diet plan and richer in caloric content.
3. True. Obesity is due to many factors which result in a greater caloric intake than caloric expenditure. This may be due to overeating and/or underactivity.
4. False. Grapefruit has no "fat-burning" substance. It does have few calories per serving (1/2 grapefruit) and is a good source of vitamin C. It can be used in a reducing diet, but not as the only food.
5. True. Weight loss of one to two pounds per week is a safe rate of weight loss. Consumption of a diet adequate in all nutrients and containing not less than 1200 calories per day is recommended.
6. False. All foods containing digestible protein, fat, and carbohydrate have calories. Carbohydrate and protein yield 4 calories/gram and fat yields 9 calories/gram.
7. False. There has never been any scientifically validated evidence that steam baths are of value in a weight-reduction program. They cause a quick weight loss because of water loss due to sweating. When the individual drinks, the water is usually retained and with it the weight.
8. False. Some bulk foods are beneficial to the digestive tract.
9. False. For weight reduction, caloric intake must be less than caloric expenditure. A high protein diet may cause loss of weight if caloric intake is reduced. However, adequate nutrient intake needs to be considered. Eating a diet of "anything you want" does not change eating habits which contribute to obesity.
10. True. Exercise such as walking, jogging, bicycle riding, calisthenics, or any form of activity helps use up calories.
11. False. Most crash diets are poorly balanced nutritionally. If followed for a long period of time they may be dangerous to health since they may be lacking in certain nutrients. A gradual weight loss helps you eat less but not starve yourself. Your eating pattern is changed and there is less chance that you will slip back into your old habits.

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12. False. Both sugar and starch are carbohydrates which yield 4 calories per gram when oxidized.
 13. False. Sugar sweetened, fruit flavored gelatin dessert contains both carbohydrate and protein which yield 4 calories per gram when metabolized. A 1-cup serving of gelatin dessert has about 140 calories.
 14. False. Water cannot be used to yield energy for body use. Therefore, it has no caloric value. However, water retention by tissue can add body weight but not body fat.
 15. True. Bread that is toasted yields the same amount of energy (calories) as untoasted when metabolized.
 16. True. Margarine and butter consist primarily of fat which yields approximately 9 calories per gram when oxidized. However, some of the new whipped margarines have air incorporated into them; therefore, they have fewer calories per unit volume (i.e., per tablespoon) but the same number of calories per unit weight (i.e., per gram) as butter.
 17. True. To maintain a weight loss you must consume the number of calories you expend. If you resume your former eating habits of consuming more calories than you expend then you will regain your weight loss. Weight gain can also result from decreasing physical activity.
 18. False. Reducing pills are dangerous. They should never be taken except under the close supervision of a doctor.
 19. True. Emotions, such as boredom, anxiety, and loneliness can be cues for eating which do not reflect the degree of hunger of the individual.
 20. False. A well-balanced reduction diet allows bread, potatoes, and fats in moderation. Enriched and whole grain breads contribute small but significant amounts of thiamin, niacin, riboflavin, and iron. Potatoes are a fair source of vitamin C and contribute small amounts of other vitamins and minerals. Fats are needed to carry fat-soluble vitamins, to contribute essential fatty acids, and to provide a concentrated source of energy.
 21. True. An adult should plan to consume 4 servings of breads and cereals, 4 servings of fruits and vegetables, 2 servings of meat or meat alternates, and 2 servings from milk and milk products each day.
 22. True. Consumption of fewer calories than the body utilizes results in use of body energy stores (i.e., fat) and a loss of weight.
 23. True. Soda, candy, and sweets provide calories but no other important nutrients.
 24. True.
 25. False. Special "dietetic" foods are not required for weight loss. Use of fresh fruits or fruits canned in their own liquid can be used rather than special, more expensive, "dietetic" foods.