Dear DEB Member:

Now that the weather is beginning to warm up there are many things to look forward to. Spring and summer activities provide endless opportunities to really pour on the steam in the exercise department. Look now for activities that you might like to engage in later, and, if you can, practice indoors so you'll be great out of doors!

**D**

**DIET**

Soup's on!

The next time you get a craving for a light soup try one of the following, delicious low-calorie treats:

**Consomme Madrilene**

3 cans (13 oz. each) consomme
1 Tbsp. lemon juice
1 lemon, thinly sliced

Heat consomme and lemon juice just to boiling, stirring occasionally. Makes 5 1-cup servings.

45 calories/serving.

**Chicken Consomme**

2 cans (10½ oz. each) condensed chicken broth
2 sprigs parsley
1 soup can water
1/8 tsp. thyme
1/4 cup sliced onion
1/2 cup finely chopped cooked chicken
1/4 cup sliced carrot
1 small bay leaf

Heat all ingredients except chicken to boiling. Reduce heat; cover and simmer 30 minutes. Stir in chicken. Heat through. Makes 4 1-cup servings

60 calories/serving
Ruby Consomme

Heat 2 cans (10 1/2 oz. each) condensed broth (bouillon), 1 cup tomato juice and 1 cup water. Serve hot or chill and serve over ice. Makes 8 1/2-cup servings. 125 calories/serving.

For your own information:

Clarified soups are termed bouillon on consomme. Bouillon is usually made entirely from beef and is often brown in color; whereas consomme is usually a mixture of beef, veal, and chicken broth and is usually lighter in color. Both are seasoned with vegetables and some condiments during cooking, but consomme is usually more highly seasoned. Both may also be made from fish stock. Tomato bouillon uses tomato juice as a base, but may be combined with meat stock.

EXERCISE:

To add to your present exercise routine, try these body shapers. Depending on your energy level or mood, you can choose to lie down (the A exercises), to stand up (the B exercises) or to sit up (the C exercises). No matter which series you choose, you will be exercising every part of your anatomy (upper body, hips, buttocks, lower back, tummy, thighs and waist). Start out slowly and gradually work up to ten repeats for each exercise.

1) Lie face down, chin on floor, arms stretched out in front of you. Lift and lower arms one at a time in an easy rhythm, keeping them straight and stretched.
2) Lie flat on your back with arms outstretched at sides. Bend one knee, bringing it up toward body, then over to one side as far as you can go while turning your head in opposite direction. Try to keep upper body, especially your shoulders motionless. Repeat with the other leg.
3) Lie on your back, resting on elbows and forearms. Lift legs and pedal as if riding a bicycle. Bring one leg toward your chest as you straighten the other, keeping pumping movement fluid and rhythmical.
4) Lie on your back with knees bent, feet flat on floor. First arch your lower back, trying to keep shoulders and buttocks on floor. Then flatten your lower back, pressing it into the floor. Repeat arching and flattening movements in a slow, easy rhythm. Don't jerk.
5) Lie on back with your legs together and straight, arms at sides. Alternately raise and lower each leg. Raised leg should be lifted straight up with foot flexed; don't point toes.
1) Stand with feet apart. Bend forward from hips. Move your arms in large (up-and-over) circles as though you were swimming.
2) Stand with hands on hips and swing legs from the hips gently one at a time in a circular motion--forward, side, and back.
3) Stand with feet apart, legs straight, hands clasped behind your back. Then bounce upper body forward gently and stretch, making sure not to bend your knees. Keep the rhythm easy, stretching arms up behind you as you bounce and thrusting shoulders downward.
4) Stand straight, hands on hips, feet as far apart as necessary for good balance. Then bend from hips, moving your torso forward, sideway, and back in a wide circle; first clockwise, then counter-clockwise.

1) Sit on floor with feet crossed in front of you. Swing your arms together first to one side, then the other, stretching in a smooth, rhythmic motion.
2) Sit on floor with knees bent in front of you. Place hands behind you and lift your buttocks up off floor, then walk backwards on your hands and feet, first forward and then backwards.
3) Sit with soles of feet together, knees bent and apart. Grasp ankles and bounce upper body forward, pulling your head down toward your feet. Keep back rounded, not straight.
4) Sit on floor with hands behind you for support. Bend your knees and bring your feet up off the floor. Then roll from one side of your hips to the other side and back again. Keep rhythm smooth and easy.
5) Sit with legs straight in front of you and spread slightly apart. With one hand, reach toward opposite foot, then rotate body and reach with other hand to other foot. Twist from side to side, with smooth, rhythmic, stretching motions.

BEHAVIOR MODIFICATION:

In addition to modifications in the way you eat, you should be equally aware of possible modifications that you may need to make in your food shopping and preparation habits. Both shopping and preparation affect what you eat and how many calories you consume at each meal.

This month, let's review some hints on how to modify your present ways of shopping for food and the ways in which you cook it.

Hints for Shopping
1. Shop only from a prepared list, and stick to it.
2. Don't buy food that later may be a problem to resist--SNACKS & SWEETS!
3. Shop after eating, or at least when you are not hungry.
4. Resist any free snacks offered at supermarkets.
5. Buy tuna fish that has been packed in water instead of oil.
6. Buy fresh fruit or fruit canned or frozen without excess sugar.
7. Choose plain canned or frozen vegetables instead of those containing rich sauces. Avoid using the frozen-in-butter vegetables that come in plastic pouches.
8. Don't trust a product's claim of being low-calorie. Compare the ingredients to those in the regular product--often there is only a minor difference.
Hints for Cooking

1. Trim all fat from meat before cooking.
2. Broil meat that you normally would fry.
3. Broil, boil, or roast meat without adding sauces, flour, or fat.
4. Marinate or baste poultry or meats, using a bottled, low-calorie dressing.
5. When broiling or baking fish, use lemon juice or bouillon instead of butter.
6. Use lean meat in all recipes.
7. Before cooking chicken, remove the skin and any loose fat.
8. Cook vegetables in a small amount of water with herbs, instead of butter.

Record:  
What new low-calorie recipes did you try this month?

Recipe | Liked | Disliked

How many times this month did you incorporate the exercises presented in this handout into your exercise routine?

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<th>Exercise</th>
<th>How many times did you do it?</th>
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What shopping and cooking tips do you need to concentrate more on in the future?

Shopping tips
Cooking tips
ANALYZE: Now that you think about it . . .

Did you reach your weight goal for this month?

Are you maintaining an adequate exercise routine?

Do you feel that your body has toned up since you have started your exercise program? Which areas? Which areas still need work?

Do you find the shopping and cooking tips helpful in trying to maintain your diet? How? Which ones?

Which part of your dietary program do you feel needs more work?

PLAN: For next month . . .

I will lose _____ lbs. by the end of each week or maintain my present weight_____.

I will buy a new low-calorie cookbook as a treat for myself!

I will try to do at least ten repetitions of each exercise or as many as I possibly can without feeling overly tired!

KEEP UP THE GOOD WORK

Please let us know about your continuing success. Fill in and return the form below to the Extension Office. Thanks so much.

DEB FOLLOW-UP PROGRAM
Monthly Progress Report
of

for
March 19____. Weight____ lbs.