

VIRGINIA COOPERATIVE EXTENSION SERVICE

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Lesson 10
Diet, Exercise, and Behavior Modification
(Weight Control by Mail)

Dear Weight Control Member:

I have thoroughly enjoyed your interest and correspondence. I would appreciate your returning the questionnaire enclosed with this lesson at your earliest convenience. This will assist us in the evaluation of this program and perhaps point out to us areas in which we could make changes which would make the program more useful to you. Use the envelope provided. No postage is required. Thank you for your assistance.

Today's lesson is on "Eating Out." I realize that sometimes it's pretty tempting to "splurge" and overeat when you go out, whether for a snack or for a very special meal. I want to give you some hints that will help you follow your diet plan while still enjoying eating out.

Remember, keep up your weight loss. If I can be of further help to you as you continue to lose weight or maintain what you have already lost, please call me.

Sincerely,

Extension Agent

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1. General Hints on Eating Out. If eating out is something one does rarely, then food selection may not be much of a problem. A week's supply of "saved" extra calories can be used in one meal. But if eating out is a frequent occurrence, then selecting food which contributes necessary nutrients within one's calorie allowance becomes especially important. Whether you are a frequent or infrequent away-from-home diner, these guidelines should help.

Choose an eating place which has a variety of food items. For example, a cafeteria may offer more food items which are included on the weight reduction program than a fast-food restaurant specializing in sandwiches.

Ask questions about the way food is prepared and about the size of servings. Many restaurants will broil entrees on request. Some will sell a child's portion to an adult.

Listed below are properties of foods which indicate that they are relatively high in calories. Avoid these foods or choose small portions:

- Thick, oily, or greasy-crisp (such as fried, breaded, or coated foods)
- Slick, smooth, or gooey (such as creamed foods, or foods served with gravy)
- Sweet or sticky (such as sweetened desserts, syrups, candy)
- Alcoholic or carbonated beverages (which provide calories but no essential nutrients)

Listed below are properties of foods which indicate they are relatively low in calories.

- Thin, watery, or diluted
- Bulky, or with lots of fiber or coarseness
- Watery-crisp instead of greasy-crisp

Try to order foods prepared or served in the following ways:

- Roasted, broiled, or charcoaled meats
- Plain vegetables and salads
- Baked potato (without butter) rather than french fries
- Fruit for dessert
- Skim milk rather than whole milk

Eat only the amount specified in the diet plan. A 12-ounce steak is equal to 12 meat exchanges--two day's worth on the 1200 calorie diet plan! Remember also, the menu may be deceiving. The 8-ounce steak listed on the menu usually refers to uncooked weight. After subtracting 25% for cooking loss (2 ounces), the cooked weight is 6 ounces which is perfect for you and a diet conscious friend to split!

A small baked potato is considered a bread exchange, about 70 calories. An order of french fries is equal in calories to the baked potato with 3-4 pats of butter or margarine and has 200-250 calories! However, a baked potato in a restaurant is usually not "small." It may be equal to 2 or 3 bread exchanges. So, before you begin to eat, cut off the excess portion and put it aside where it won't tempt you!

2. Breakfast Out. Breakfast out offers a variety of foods which fit into the diet plan. Orange juice, a poached egg, two pieces of dry toast, a pat of butter or margarine, a tablespoon of jelly, and black coffee add up to about 350 calories. Or have toast without butter and add a strip of bacon for the fat exchange in the breakfast menu. Or substitute a second egg for the fat and jelly.

A banana, a bowl of ready-to-eat cereal, a teaspoon of sugar, a cup of skim milk (half on the cereal, half to drink) and a piece of dry toast is a quick breakfast supplying about 275 calories. That's about the same number of calories found in the "traveler's special"--prune juice, Danish pastry, and coffee--but supplies more of the needed nutrients.

Of course, there's always the pancake breakfast. A stack of 3 uses up 3 bread exchanges. It's not unusual to use at least 3 fat exchanges of butter or margarine plus a fourth cup of syrup on pancakes. And there's often the feeling that some "meat"--bacon, sausage, or ham--should be included. Calories in such a breakfast may exceed 600.

3. Lunch Out. Is lunch out an everyday occurrence? Many weight watchers think a tossed salad is THE lunch of choice, but that's not necessarily so. The vegetables in the tossed salad may be low in calories but add a hard-cooked egg (80 calories), a half-ounce of cheddar cheddar cheese (60 calories), a fourth cup of blue cheese dressing (300 calories) and the total calorie count may be around 500. For that number of calories, one could have a 3-ounce beef pattie (245 calories) on a bun (120 calories) with mustard or catsup (15 or 25 calories) and a glass of skim milk (90 calories). Or one might eat the beef pattie without bun with some of the day's fruit and vegetable exchanges.

It is best to choose a restaurant with some variety. However, that's not always possible. Most persons will find themselves occasionally ordering foods at a fast-food, limited-variety restaurant. Consider the food choices below. Make selections from the foods to provide (1) a low-calorie meal and (2) a high-calorie meal.

Hamburger	Fruit turnover
Cheeseburger	Shake (chocolate or vanilla)
Fish fillet sandwich	Cola, root beer, orange drink
Superburger	Whole milk
French fries	Coffee

A plain hamburger with added mustard, catsup, and pickles would have the lowest calorie content of the sandwiches. A cup of black coffee would be a no-calorie beverage choice. The nutrient content of the meal could be improved by choosing a cheeseburger or a glass of milk, but the calorie content would increase.

A Superburger with french fries, a vanilla shake, and fruit turnover would add up to more than 1,000 calories. Other combinations would have intermediate calorie values.

The fish fillet sandwich has added fat from deep-fat frying and from the added tartar sauce. Omitting the tartar sauce will decrease the calorie value by about 75. The sauces put on sandwiches can add to the calorie content. Catsup and sweet pickle relish have between 15 and 20 calories per tablespoon compared to oil-based sauces, such as salad dressing or tartar sauce, which have 65 to 80 calories per tablespoon.

Beverage choice should consider both nutrient and calorie value. Black coffee and tea are no calorie, no nutrient foods. A root beer or orange drink will add about 145 calories per 12 ounce serving but no nutrients. Milk has about 160 to 170 calories per 8-ounce serving but contributes important amounts of protein, calcium, and riboflavin to the diet. Shakes contain a large number of calories supplied by sugar and thickeners. A shake may contain as much as 50 grams of carbohydrate and more than 300 calories. Shakes may or may not be milk based. If shakes are milk based, they provide protein, calcium, and riboflavin in addition to the calories from carbohydrate. Study the chart below:

	CALORIES	PROTEIN	CARBO- HYDRATE GRAMS	FAT
Hamburger	250	13	28	10
Cheeseburger	310	16	30	14
Fish Fillet Sandwich	410	15	37	22
Superburger Sandwich	560	26	41	32
Small French Fries	215	3	28	10
Fruit Turnover	265	2	30	15
Shake(Chocolate or Vanilla)	320	11	52	7
Cola, Root Beer, Orange Drink (12 ounce)	145	0	37	0
Milk (8 ounces)	170	9	12	9
Coffee	-	-	-	-
Catsup (1 Tablespoon)	15	-	4	-
Sweet Pickle Relish (1 Tablespoon)	20	-	5	-
Tartar Sauce (1 Tablespoon)	75	-	1	8
Salad Dressing (1 Tablespoon)	65	-	1	7

If the family enjoys a weekly outing to Bill's Burger Basket, don't despair. Take along a bag of carrot and celery sticks to munch on instead of french fries. Have dessert at home--offer a choice of fresh fruits, ice cream or sherbet, or cookies and milk. The whole family will eat better as a result of your diet.

How about pizza? Pizza is a combination food which cuts across the food groups. It does contribute essential nutrients along with calories. The problem comes with the quantity consumed. An eighth of a 14-inch cheese pizza has 185 calories. Meat ingredients--ground beef, pepperoni, sausage--increase not only the protein and fat content but also the calorie content. If limiting food intake is a problem, then maybe one should steer clear of the pizza place.

Select a dinner menu from foods listed on the attached "Worksheet for Eating Out" (348-221). Take about five minutes to complete the worksheet and then read the discussion below. Did you take all factors mentioned into consideration?

4. That Special Dinner. Look at 348-221, That Special Dinner. What would you order? What about a cocktail before dinner? One may choose to use extra calories in this way. However, alcoholic beverages are empty calorie foods. Mixing with a fruit or vegetable juice will mean a few needed nutrients are supplied by the drink.

Does one cocktail have fewer calories than another? Yes, generally the sweeter the drink, the greater the number of calories. A jigger (1 1/2 fl. oz.) of 80-proof gin, rum, vodka, or whisky has 100 calories. If served on the rocks or mixed with water or soda water, the drink will have 100 calories. But if mixed with 4 oz. of cola or ginger ale, the drink has 140 calories.

A glass (3 1/2 fl. oz.) of table wine has about 85 calories; an 8 oz. glass of beer about 100 calories.

One problem in eating out is the tendency to nibble while waiting for the entree to be served. It's possible to eat 4 or 5 crackers with butter or margarine or a couple of slices of bread spread with cheese. The relish tray is the dieter's friend as raw vegetables are low in calories.

Order as soon as possible. Don't wait until the first drink is finished or you may be tempted to order another while waiting.

Appetizers

Grapefruit half	French onion soup	Shrimp cocktail
Tomato juice	Cream of potato soup	Fruit cup with sherbet

If appetizers are priced separately, then cost may influence the decision. In fact, one may decide to skip this part of the meal. If the appetizer is included in the meal price, that part of us that says "we're paying for it, we'd better eat it" becomes active. The tomato juice is the food lowest in calories on the list--a half-cup serving will have about 25 calories--and tomato juice is nearly always included on the list of appetizers. A grapefruit half has about 45 calories. A bowl of soup will have 75 to 200 calories, depending on the type of soup. Many restaurants offer a cup of soup which is a smaller serving than a bowl--more is not always better. A shrimp cocktail is low in calories. If 5 or 6 good sized shrimp are in the cocktail, it may become the entree. A fruit cup with sherbet (1/4 cup fruit cocktail, 1/4 cup sherbet) would have about 100 calories.

Entrees

Ham Steak with Hawaiian Raisin Sauce	Southern Fried Chicken delicately seasoned and deep fried until golden brown
Beef Stroganoff tenderloin in a sour cream sauce over fluffy white rice	Chicken Livers sauteed in butter with a tangy Italian tomato sauce
Jumbo Shrimp batter dipped and deep fried	6-ounce Sirloin Steak broiled to order
Fillet of Sole broiled and served with a fresh lemon wedge	

Served with a Crisp Garden Salad
and salad dressing of your choice
(Thousand Island, French, Blue Cheese, Italian, Vinegar & Oil)

Knowledge of the method of preparation and fat content are two clues which help in selection of a low calorie entree.

The lowest calorie choice of entrees would be the broiled fish fillet. A six-ounce piece of raw sole when broiled would shrink to about 4 ounces and provide about 115 calories. Fish usually have a lower fat content than do red meats and broiling would add no additional calories.

Two large or three small chicken livers contain about 140 calories. Cooking the livers in 1 tablespoon of butter would add an additional 100 calories. A 1/4 cup serving of tomato sauce would add about 25 calories. Therefore, the addition of butter and tomato sauce would make a total of 265 calories for the liver entree.

A lean ham steak weighing about 4 ounces would contribute about 250 calories for a total of 375 calories.

A small serving (about 3 ounces) of deep fried shrimp would contain about 225 calories. A comparable serving of fried chicken (1/4 bird) would have about the same number of calories. Larger servings of these deep fried entrees would increase the number of calories. Preparation by batter dipping and/or deep fat frying adds calories to any food.

The three ounces of beef in the stroganoff would contribute about 150 calories or more depending on the amount of fat and marbling in the meat. A 1/4 cup of sour cream sauce would contain about 125 calories, and 1/2-cup of rice would have about 90 calories for a total of 365 calories.

The 6-ounce sirloin will have a cooked weight of 4 1/2 oz. and contain about 275 calories. Again, the calorie content varies with the amount of exterior fat and marbling. Removing the visible fat will help reduce the number of calories.

In general, poultry and fish have less fat and thus fewer calories. However, the method of preparation, such as deep-fat frying, may double the calorie value of a serving of fish or poultry. If you must choose these entrees, peel off the skin and fried coating to reduce calorie content.

Vinegar and oil may be the best choice of a salad dressing. A teaspoon of oil contains about 40 calories and the number of calories in vinegar is negligible. Usually the vinegar and oil are served separately so the amount of oil used can be controlled. Prepared salad dressings have 65 to 80 calories per tablespoon. Ask to have the salad dressing served separately so you can control the amount used.

Vegetables

Candied sweet potatoes	Creamed asparagus
Baked potato	Broccoli with lemon juice
French fried potatoes	Green beans and mushrooms
Corn-on-the cob	Sliced tomato
Green peas	Carrots

Which vegetables are lowest in calories? The green salad included with the entree would be low in calories. Broccoli, green beans, or sliced tomato would also be good low-calorie selections. Asparagus is also low in calories. However, the white sauce for the creamed asparagus would add about 100 calories per 1/4 cup. Green peas and carrots are other low calorie choices.

The sweet potatoes, white potatoes, and corn are listed in the Bread Group. A serving contains about 70 calories; however, the serving size varies from one vegetable to another. One small white potato, 1/3 cup of corn, and 1/4 cup of sweet potatoes are considered to be a serving. The cooking method also affects the calorie value of the product. Candied sweet potatoes would have added sugar, and french fried white potatoes would have added fat. If the diet plan allows a bread exchange, a small baked potato or roll would be a good choice. Learn to judge serving size accurately.

Remember that fat in the form of butter or sour cream, or cream cheese added to potato, bread, or vegetables adds calories and should be avoided unless suggested in the diet plan.

Dessert

Assorted Fruit Pies Fresh Strawberry Shortcake Assorted Ice Creams

Desserts usually come from the Extra Calories allowed on the Food Plan. However, 1/2-cup of ice cream can be used for 1 Bread Exchange and 2 Fat Exchanges.

A normal size serving of fruit pie is 1/6 of a 9-inch pie and will contain from 300 to 400 calories. Eating one-half of the serving of pie will give from 150 to 200 calories. Extra calories allowed for the day may be used for pie if not used for the before dinner cocktail.

Fresh strawberry shortcake will contain about 230 calories if served without cream. One biscuit has about 130 calories and 1/2 cup of sweetened strawberries contains about 100 calories. An alternate low calorie choice would be to order a grapefruit half from the appetizer section of the menu. Half a grapefruit contains about 45 calories and counts as one Fruit Exchange.

So remember, whether it's dinner in a private home or restaurant, there are several methods you can use to keep your caloric intake within bounds without feeling awkward or left out or different from the others you are dining with. Most important is to plan ahead! Now that you've learned behavioral changes to make in your eating patterns--go out and enjoy eating! A summary of "Guidelines for Watching Calories in Restaurants" (348-349) is enclosed. Review it.

5. Summary. And finally if you have not reached your goal weight, stick with your diet plan--don't give up! If you have a long way to go you may want to "take a break" periodically to just maintain your weight loss, then return to your diet plan with renewed vigor! Without the DEB program as weekly reinforcement you will need to find other forms of motivation--from supportive family and friends, through your own reward system, or by involvement with others who also have a weight problem.

Weight loss is a slow process. It requires perseverance and continual self-monitoring. When you reach your desired weight, you cannot "cast your fate to the wind" and go back to the old eating habits which caused you to gain weight in the first place. There is no simple cure for overweight, even though we wish we could take a pill and watch the fat melt away effortlessly.

In order to maintain an ideal weight, you must be on guard constantly, against such culprits as dessert every night which will rob you of your waistline, or seemingly well-meaning people who try to stuff you like a turkey! Of course, you will let your diet slide at times--you're only human! But don't let the slide turn into an avalanche! Try to be aware of the many influences on your

food intake as discussed in this program. Recognize your personal pitfalls, and deal with them! Remember to be successful on a long term basis, you must continue to practice your new eating and activity patterns and make them a part of your everyday life! One habit you will definitely want to continue is weekly weighing. Even when you achieve your goal weight this practice is important. If you weigh more than 5 pounds above this figure at any time, you should consider it as a "red flag" signal-time to reinstitute your low calorie diet plan.

We in the Extension Office thank you for your input and participation. If we can be of any help to you, please do not hesitate to call us. We do have a follow-up program for those of you who would be interested in receiving a monthly newsletter with weight control hints and a review of the DEB material. If you are interested in receiving these newsletters each month please let me know.

Objectives Checklist - You should now be able to:

- 1. Select a combination of low calorie foods from a restaurant menu.
- 2. Continue to follow the diet plan for weight reduction or maintenance.
- 3. Accurately monitor and record weight.

Activities Checklist

- 1. Complete Restaurant Practice Worksheet
- 2. Record weight each week
- 3. Stick with your diet plan even after this program is complete.
- 4. Complete and return enclosed questionnaire (348-348)