

Virginia Cooperative Extension Service

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WEIGHT CONTROL FOLLOW-UP - APRIL

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Dear DEB Member:

Hi! Are you shaping up for your new spring outfit? Now is the time to be serious about weight control because summer will be here soon. That means lighter clothing and much less of it, so you'll want to work hard now to look great later. This month's diet and exercise suggestions should help.

D
DIET

E
EXERCISE

B
BEHAVIOR MODIFICATION

DIET:

This month let's try something different in our diet section. Many people have misconceptions about food and dieting. These misconceptions can mean the difference between success and failure in weight reduction. The following quiz is composed of 14 questions on food and dieting. Give it a try. Then look up the answers and see how well you did. You'll find out if you're as diet conscious as you should be.

	True	False
1. Toasting reduces the calories in bread.	T	F
2. One can eat and drink whatever he or she pleases if a vitamin and mineral capsule is taken each day to assure a supply of essential nutrients.	T	F
3. Canned grapefruit sections have as much food value as fresh grapefruit.	T	F
4. Food eaten before you go to bed is more likely to cause weight gain than if the same food were eaten for breakfast.	T	F
5. Beer is a good source of nutrients.	T	F
6. Vegetable protein can be substituted equally for meat protein in the diet.	T	F
7. Fat should be eliminated from a reducing diet.	T	F
8. The stomach shrinks during dieting.	T	F
9. Starches and carbohydrates are the same thing.	T	F
10. It makes no difference if a person eats quickly or slowly.	T	F
11. Meal skipping helps one to lose weight.	T	F
12. When dieting, a person should eat lots of protein, as it supplies few calories	T	F
13. One should drink less water while dieting.	T	F
14. Overweight can be cured.	T	F

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Here are the answers. Good Luck.

1. False. Toasting bread does not burn away calories. It simply reduces water content slightly.
2. False. A well balanced diet of protein, carbohydrate, and fat, plus vitamins and minerals is essential for good nutrition, whether or not one is dieting.
3. True. With present processing techniques there are only small differences in the nutritive values of fresh, canned, or frozen citrus fruits.
4. False. The energy requirements of the body must be met whether awake or asleep. Food eaten at bed time will not put on weight if the calories supplied do not exceed the daily caloric requirements for the given body weight.
5. False. One 8 oz. glass of beer provides 115 calories and very little in the way of nutrients.
6. False. Protein foods vary in the amino acids that go to make up a "complete" protein. A variety of protein food sources (plant and animal) is therefore more desirable than any one protein food source.
7. False. Some fat is necessary both for its nutritive value as well as for its satiety value.
8. False. What many persons consider "shrinking" of the stomach is "shrinking" of the appetite as one becomes adjusted to eating less.
9. False. All starches are carbohydrates, but not all carbohydrates are starches. Carbohydrates include starches and sugar. Carbohydrate is the chemical name for one of the three kinds of food substances that supply us with energy. The other two are protein and fat.
10. False. Most overweight people eat too quickly. They consume large amounts of food without even realizing it. One should always eat slowly and chew food well. This gives the blood sugar regulatory mechanisms of the body a chance to act on our appetite regulating centers. This process takes about twenty minutes. Therefore, meals should be spread over at least a 20-30 minute time period. This reduces appetite and hunger during the meal and allows us to be satisfied with less food.
11. False. Skipping meals is not a good way to reduce. It usually results in overeating. It is desirable to plan the diet around three or more meals a day. When the daily food intake is divided into small portions and eaten at intervals, continued weight loss is more likely to occur.
12. False. Protein contains 4 calories per gram, carbohydrates contain 4 calories per gram, and fats contain 9 calories per gram. Any excess in caloric intake above our body requirements, regardless of food source, results in the deposition of fat stores in the body.
13. False. Water intake does not interfere with the loss of fat during weight reduction. Sufficient water should be included in the daily diet. This would be an average of six glasses per day.
14. False. There is no "cure" for overweight--it can only be controlled. If we eat more than the body "burns up", the excess is stored as fat.

Reference - Harvard University School of Public Health. Are you really serious about losing weight? 2-7, 1979. Penwalt Corp., USA.

After checking your answers, count the number of questions that you answered correctly and see where you rank in relation to diet and food knowledge.

13-14	Excellent	You are an exception.
10-12	Above Average	You can be proud.
8-10	Average	You should try harder.
0-7	Below Average	You are not alone. Many people take food and eating for granted.

EXERCISE:

This month why not try getting a jump on your summer garden. Start some or all of your favorite vegetables and flowers in peat moss pots. Then when it comes time to plant them out of doors, you'll already have your plants well on their way to producing a bountiful harvest. Just about any plant can be started in this manner with minimum expense and effort. It will not only give you something to do with your extra time but will give you a tremendous amount of pride knowing you did it all yourself. You won't have to shop for your vegetables; you'll be able to pick them from your own garden. Fresh garden vegetables make superb low-calorie snacks.

BEHAVIOR MODIFICATION:

Are you the kind of person who, when upset or nervous or bored, turns to the refrigerator for consolation? When these "refrigerator impulses" occur, why not try avoiding them by following some of these suggestions.

1. Talk to someone whom you know is a good listener and will make you feel better about your problem. If you're by yourself, call or go visit them.
2. Go see a funny movie.
3. Do something you really enjoy. A long bike ride could be fun, or go to the library and select a couple of good books to read.
4. Call a friend and go shopping, perhaps for spring or summer clothes. This should strengthen your will power so that you can fit into some of those pretty summer clothes you've been eyeing.
5. Make a list of reasons why you should not go on a refrigerator binge.

The main thing to keep in mind is to be active--the more active you are, the less time you have for being depressed and for eating. You'll also be surprised how much more enjoyable your day will be, knowing that it wasn't wasted and that you stuck to your diet and did not overeat.

R
RECORD

A
ANALYZE

P
PLAN

RECORD:

Keep a record of the following:

What I did this month to brush up on my food and diet know-how.

Activity

How many times

What I learned

Dieting weak points and strong points that I noticed this month.

Weak Points

What can I do to improve them?

Strong Points

What can I do to keep them strong?

ANALYZE:

1. Did you reach your weight loss goal this month? How do you feel now?
If you did not reach your goal, go back and reread your newsletters and review your diet program.
2. Are you keeping up with your daily exercise routine? Do you feel any physical improvement since you started the routine?
3. What "mood lifters" have you tried this month that you found especially helpful?
4. What new exercises have you included in your exercise program this month?
5. What new low calorie recipe have you tried this month?

PLAN:

I plan to lose _____ pounds next month or maintain my present weight of _____ pounds.
I will plan two activities outside my home to get involved in next month.
I will plan to include more exercises in my exercise routine.
I will set aside definite times to relax and enjoy myself during the week.

Good luck and keep up the good work.

DEB FOLLOW-UP PROGRAM
Monthly Progress Report
of

(Name)

for

April 19____. Weight _____ lbs.

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