

Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

348-309

WEIGHT CONTROL FOLLOW-UP - MAY

June, 1983

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Dear DEB Member:

The warm weather is almost here. We hope that this month you find yourself on the right track with your exercise routine and your diet plans. Keep up the good work.

D
DIET

E
EXERCISE

B
BEHAVIOR MODIFICATION

DIET:

For a different kind of vegetable dish with an oriental flare, try Chinese Style Vegetables. This is an easy dish to make and it contains only 40 calories per serving.

1 Tbsp. water
3 c. finely shredded cabbage
1 c. thin diagonal slice celery
2/3 c. chopped onion

1 medium green pepper, cut into thin diagonal slices
1 tsp. salt
1/8 tsp. pepper
1 Tbsp. soy sauce

In medium skillet, mix water and vegetables. Cover, steam 5 minutes or until vegetables are crispy tender, stirring frequently. Season with salt and pepper; stir in soy sauce. Makes 4 servings.

Here are some "lo-cal" tips:

Nibble raw vegetables instead of rich appetizers.
Drink low calorie carbonated beverages that contain less than 1 calorie per 8 ounces.
Drink a glass of ice water 10 minutes before eating. This will give you a feeling of fullness so that you'll be more likely to eat less.

EXERCISE:

This month let's plunge into a new exercise experience.

1. Lie back, holding on to faucets or edge of tub. Raise leg from hip as high as you can without bending knee. Repeat 5 times with the right leg, then 5 times with the left.
2. Sit up straight, put hands under seat with fingers turned in. Push up while keeping your arms and legs straight, lifting body off the bottom of the tub at least a few inches. Relax. Repeat 5 times.
3. Keep your legs together and straight while sitting erect. Extend your arms and bend forward from hips until nose skims water. Return to upright position. Repeat 5 times, work up to 10 times.
4. Or try thinking up some of your own tub exercises while you relax with your favorite bubble bath.

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BEHAVIOR MODIFICATION:

Do you find it hard to keep your diet program on the right track when you go out to eat? Whether you're invited to a friend's house or going to a restaurant, the "what to eat to stay on my diet" situation is unavoidable. In order to help you choose the meal that is right for you, keep the following DO's and DON'Ts in mind:

Eating Out Do's

1. Do plan ahead for meals away from home.
2. Do plan to have a smaller morning and evening meal if you eat out regularly during the noon meal.
3. Do have a light snack before eating out in the evening.
4. Do try several restaurants in your area initially and then in the future eat primarily at those where it is easiest to control your eating habits.
5. Do read the menu carefully, being observant of cooking methods, breadings, sauces, and gravies.
6. Do choose broiled or grilled meats.
7. Do choose plain vegetables and salads.
8. Do choose low calorie desserts.
9. Do order a low calorie appetizer such as soup or salad to take the edge off your appetite.
10. Do ask the waitress about ingredients in dishes when you are not sure.
11. Do limit consumption of accessory items (bread, butter, salad dressings).
12. Do check the caloric content of a "diet plate" before ordering. It is not always your best choice.
13. Do request lemon juice or vinegar in place of salad dressings.
14. Do go easy on cocktails. Substitute low calorie juices.
15. Do order smaller portions when possible.
16. Do conduct business during business lunches. This will reduce the time you actually spend eating.
17. Do eat only the amount you can afford to eat calorically.
18. Do have your waitress remove your plate after you have eaten.
19. Do learn to say "NO" when offered seconds.
20. Do reward yourself for following the above suggestions, but not with food.

Eating Out Don'ts

1. Don't eat out without some advance planning.
2. Don't plan on reducing intake after the event.
3. Don't starve yourself all day to save up for the occasion.
4. Don't use eating out as an excuse to overeat.
5. Don't eat the breading on breaded items or the skin on chicken. Remove it.
6. Don't order items with sauces, gravies, or salad dressings.
7. Don't order dessert until you've finished your meal.
8. Don't go back for seconds at a buffet.
9. Don't allow edible food to remain in front of you once you have eaten the planned amount.
10. Don't overeat or take seconds just to quiet an insistent hostess.

R
RECORD

A
ANALYZE

P
PLAN

RECORD:

How many new low calorie recipes have you tried this month? How many tub exercises did you try?

Did you follow the behavioral Do's and Don'ts pertaining to eating out?

<u>Behavioral Do's</u>	<u>Times Used</u>	<u>Where</u>	<u>Successful</u>	<u>How Do I Feel</u>
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<u>Behavioral Don'ts</u>	<u>Times Used</u>	<u>Where</u>	<u>Successful</u>	<u>How Do I Feel</u>
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ANALYZE: Take a moment . . .

Did you reach your weight loss or maintenance goal for this month? What helped most? What helped least?

Did you honestly try to exert more energy this month through the bathtub exercises? How did you feel about them?

Which do's and don'ts do you find most helpful in eating out situations?

Which ones do you need to work at?

What situations are the hardest for you to control while eating out? How might you correct them?

PLAN:

I will work harder on the eating out "situations" that are most difficult for me to control.

I will list everything I eat for two consecutive weeks and will add up the calorie content of each meal and try to determine any faults with my diet.

I will plan a new wardrobe for the summer.

HAVE FUN PLANNING YOUR WARDROBE.

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

(Name)

for

May 19__.

Weight _____ lbs.