

# Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

348-310

WEIGHT CONTROL FOLLOW-UP - JUNE

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Dear DEB Member:

This month we've got some great ideas to help you enjoy the summer weather. It's that time of year for gardening and a great time to cash in on the extra exercise that it brings. Take some time to think about what vegetables and flowers you would like to grow. Happy hoeing.

D  
DIET

E  
EXERCISE

B  
BEHAVIOR MODIFICATION

## DIET:

Let's talk about fiber. An important part of your daily diet is the fibrous food that you consume. Fruits, vegetables, grains, nuts, seeds, and legumes are all high in plant fiber. Let's find out exactly what fiber is. Fiber is the roughage or bulk that is part of the plant cell wall. The human digestive system does not contain the microorganisms to break down the fiber for absorption, so the fiber remains almost the same throughout our system and then is excreted from the body. Fiber and other waste materials form a sizeable bulk which promotes regular elimination if fiber is consumed on a regular basis. Consuming fiber in your diet offers several benefits: (1) Fibrous foods often contain fewer calories than non-fibrous foods, (2) Fibrous foods add bulk and promote regular elimination, and (3) Fibrous foods require chewing which slows down food intake.

Remember that you need to balance your fibrous food intake with other kinds of foods to be sure that you have an adequate, daily intake of essential nutrients. If the full benefits of fiber are to be gained, they will be gained only by eating a wide variety of fiber-containing foods. Fiber rich cereals such as oatmeal, whole grain wheat cereals, or shredded wheat are great breakfast "picker-uppers." Whole grain flours can be used in baking rolls, muffins, and breads. Many fruits are also good sources of fiber. Some of these are apples, pineapple, berries (with seeds), oranges, pears, and rhubarb. There are many vegetables that are also excellent sources of fiber, such as carrots, brussel sprouts, eggplant, cabbage, green beans, lettuce, peas, celery, cucumbers, tomatoes, cauliflower, potatoes, and turnips.

Examine the following high fiber menu, total the calories, and plan a menu for yourself, adjusting the calorie level according to your own caloric needs.

### A "Fibrously" Great Diet

Breakfast - Fresh orange sections  
Bran cereal with skim milk  
Black coffee

Lunch - Tuna salad sandwich on  
toasted whole wheat bread  
Small green salad with  
1 Tbsp. dressing  
Fresh ripe banana  
Glass of skim milk

Dinner - Roast chicken with brown rice  
stuffing  
Buttered winter squash or  
green pea soup  
Whole wheat roll with 1 pat  
margarine  
Vanilla ice cream with fresh  
berries

Snack - Fresh apple, coffee, tea

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EXERCISE:

This month try "fiber-cising." Get your exercise by planting a high fiber garden. You could plant things like carrots, cabbage, green beans, yellow beans, lettuce, peas, onions, cucumbers, tomatoes, rhubarb, potatoes, turnips, and eggplant. All are high fiber vegetables and contain very few calories per serving. Not only do you get home grown, healthy foods but think of the calories that you burn up while working. Gardening burns up 220 kilocalories per hour. It takes a lot of work to start a garden. First, you spade, weed, hoe, rake, plant, and water. Then to maintain it you hoe, weed, and water. Sounds like a lot of work, doesn't it? Think of all the benefits.

1. fresh fruits and vegetables
2. exercise
3. fresh air
4. satisfaction
5. weight loss

BEHAVIOR MODIFICATION:

It is important to try to distinguish between physiological and psychological hunger while trying to reduce or to maintain your present weight. Experimental data indicates that people cannot sense calories. People feel full when they consume a large volume of food or when they believe they have eaten high calorie foods.

Sensitivity to volume can be used to your advantage, especially when dieting. Feeding your hunger with volume instead of concentrated high calorie foods will satisfy your hunger and reduce your total calorie consumption. Psychological hunger is generally short lived and will go away. Some hints for handling psychological hunger include:

1. Start your meal with high volume, bulky foods.
2. Stop eating when you are no longer hungry.
3. Exercise instead of eating.
4. Choose your food wisely.

R  
RECORD

A  
ANALYZE

P  
PLAN

RECORD:

In order to recognize the full benefits of eating high fiber foods, how many times did you attempt the following?

<u>Number of Times You . . .</u>	<u>Times</u>	<u>Description of Situation</u>
1. Tried a new high-fiber food.		
2. Consciously tried to incorporate more fibrous foods into your daily diet.		
3. Satisfied your hunger through volume eating.		
4. Selected bulk foods after checking nutritional tables and charts.		

ANALYZE: Think it over . . .

Were you successful this month in understanding and practicing what you've learned about fiber and its importance to your diet?

Did you really feel that eating fibrous foods added bulk to your diet?

Did the increased chewing cause you to limit your intake and feel satisfied sooner?

Is it easy for you to include high fiber foods in your diet daily? Which foods are your favorite high fiber foods?

If you can't plant a high-fiber diet of your own, is there a friend's garden that you could help with?

When you're conscious of your hunger, do you try to handle the situation by waiting until the hunger subsides? Do you try to be more aware of eating high volume foods vs. high calorie foods? Do you stop eating when you are no longer hungry?

PLAN:

I will plan \_\_\_\_\_ high fiber menus each week for the next month.

I will engage in an activity that will burn up 220 kcal/hr. if I am unable to garden.

I will let my psychological hunger go away naturally instead of feeding it.

ENJOY THE SUMMER

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

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DEB FOLLOW-UP PROGRAM  
Monthly Progress Report  
of

\_\_\_\_\_  
(Name)

for

June 19\_\_\_. Weight \_\_\_\_\_ lbs.