

# Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

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WEIGHT CONTROL FOLLOW-UP - JULY

June, 1983

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Dear DEB Member:

Summertime is one of the easiest times of the year to motivate yourself. There are so many other things to occupy your mind with instead of food. The key to success is motivation, which must come from you. This month, stop and think about how motivated you are. Do you need to work on your motivation? It may be easier than you think.

D  
DIET

E  
EXERCISE

B  
BEHAVIOR MODIFICATION

## DIET:

Do you have a job that keeps you on the go most of the time? Does your family keep you busy every day of the week? Even if you are very active, for whatever reason, just keep in mind that people on the go can still diet sensibly and safely.

For some easy bag lunch suggestions try:

1 piece chicken (not fried)	OR	Tuna sandwich with low	OR	1 hard cooked egg
carrot or celery sticks		calorie mayonnaise		1 slice low calorie cheese
apple		dill pickle slices		melba toast
		fresh peach		assorted raw vegetables
				2 plums

When grabbing a quick lunch, eat sensibly.

Instead of a <u>Big Mac</u>	557 kcal	879 kcal
and a <u>shake</u>	322 kcal	
Have a <u>plain burger</u>	249 kcal	249 kcal
and unsweetened iced tea	0 kcal	

Fast foods are often lacking in some essential nutrients. Vitamins A and C, calcium, and fiber are some of these nutrients. If you can't avoid eating at fast food restaurants, be sure to carefully plan your other meals so that you receive these nutrients daily.

## EXERCISE: Speaking of bagging it . . .

When you're on your daily walk, try taking along a large trash bag and bag some litter as you go. You'll feel better for it and maybe others will follow suit.

## BEHAVIOR MODIFICATION:

Now that you've had a chance to explore and understand some of your eating habits, try teaching some of your newly learned concepts to someone else. This teaching process will keep you "up to date" and make you more aware of your own weight control program. You may also be helping someone who really needs help in reducing but was never aware of it or never had the nerve to seek help.

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Try daily or biweekly work conferences where you can get together and discuss your weight control progress. Discuss any problems you have in maintaining your daily dietary routine. It will reassure you to know that other people have the same problems as you do. After talking about your individual problems with others, maybe you'll find a good solution for yourself.

R  
RECORD

A  
ANALYZE

P  
PLAN

RECORD:

Did I diet sensibly this month while I was "on the go"?

Took low calorie lunch with me

Chose sensible meals at fast food restaurants

Planned meals at home according to meals eaten out

Number of  
Times

What have I taught a friend this month in regard to weight control?

What have I received help with this month in regard to weight control?

ANALYZE: How do you feel?

Were you satisfied with your low calorie bag lunches? Can you make them more interesting? More appealing?

Were you able to make wise food choices when selecting fast food meals and bag lunches?

How did you feel about your "litter walks"? What did they do for you?

Did you feel successful in helping someone else start their own weight control program? Did you feel that you benefited also? How?

PLAN:

I will plan one month of low calorie bag lunches and try not to duplicate any items more than twice a week.

I will not eat out more than \_\_\_ times per week. I will also carefully plan my other meals at home to include such nutrients as \_\_\_\_\_.

I will encourage some of my friends to join me on my "litter walks" or some other useful activity.

HAVE A HAPPY 4TH

DEB FOLLOW-UP PROGRAM  
Monthly Progress Report  
of

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

for

July 19\_\_\_. Weight \_\_\_\_\_lbs.

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