

Virginia Cooperative Extension Service

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WEIGHT CONTROL FOLLOW-UP - AUGUST

June, 1983

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Foods and Nutrition

Dear DEB Member:

How are things shaping up for you? We hope they are going well but you know that it is up to you to stay diet conscious. You are the one that must be satisfied with yourself. There is no room for a hit or miss diet and exercise program. If problems arise--reevaluate, but don't give up.

D
DIET

E
EXERCISE

B
BEHAVIOR MODIFICATION

DIET:

This month let's explore the world of the vegetarian. The term "vegetarian" is used to describe a diet made up of cereals, breads, fruits, vegetables, and nuts. A strict vegetarian omits meat, meat products, milk, milk products, and eggs from the diet. Milk and milk products are included in a lacto-vegetarian diet and eggs are included as well in a lacto-ovo-vegetarian diet. Some vegetarian diets are restricted to a limited number of food choices. If the list of food choices becomes too limiting, nutritional deficiencies can easily develop. It is imperative to examine your diet carefully (whether you are a vegetarian or not) to be sure that it is nutritionally sound.

What nutrients are likely to be low in a vegetarian diet? A sensibly chosen plant diet, supplemented with a fair amount of dairy products (with or without egg), will meet nutritional needs. However, some nutritional difficulties may be encountered when no animal foods are eaten. The possible nutrients that may be lacking in a vegetarian diet include:

ENERGY

A greater volume of food is required to meet energy needs with a vegetarian diet than with a traditional diet. Most foods, if of animal origin, are concentrated sources of energy, whereas foods of vegetable origin are not. This is a benefit if you're on a weight control diet.

VITAMIN B₁₂

Vitamin B₁₂ is one essential nutrient which is available only in foods of animal origin. It is essential for normal blood cell formation and for the functioning of nerves. If this vitamin is lacking in the diet for long periods of time, anemia and muscle weakness may result.

CALCIUM

Calcium is required for the formation of strong bones and teeth, blood clotting, and normal functioning of muscles and nerves. If milk, the leading dietary source of calcium, is eliminated from the diet, it is difficult to meet dietary requirements for

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calcium. However, leafy green vegetables such as kale, mustard greens, and chard are also good sources of calcium. So, if you don't drink milk, eat a lot of leafy green vegetables.

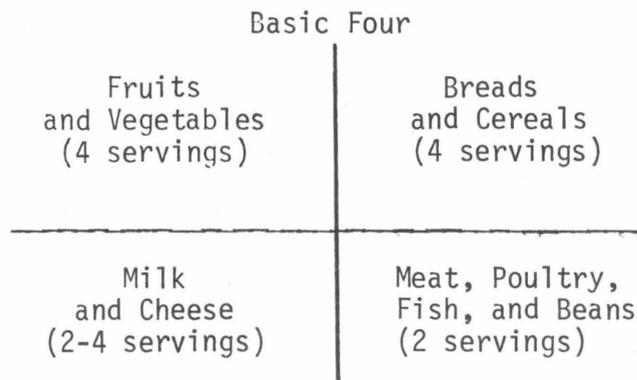
VITAMIN D

Vitamin D is needed to promote the utilization of calcium and phosphorus for the normal development of bones and teeth. It occurs naturally in certain foods of animal origin such as egg yolks and liver. Vitamin D is also formed through the action of sunlight on the skin.

RIBOFLAVIN

Riboflavin (B_2) plays a role in protein and energy metabolism. The richest sources of riboflavin are milk and milk products. However, leafy green vegetables and enriched and whole grain cereal products are fair sources of B_2 and need to be consumed in large amounts in order to meet the vitamin requirements for a vegetarian.

Meal planning for nutritional adequacy is very important if you are consuming a vegetarian diet. Such a diet should include a variety of foods to ensure that the nutrients needed for growth and good health are provided in adequate amounts. Foods vary in the kinds and amounts of nutrients they contain. No single food provides all the nutrients in the amounts required for good health.



The basic four food plan can be used as a guide in planning for vegetarian diets.

The lacto-ovo-vegetarian diet does not differ too greatly from the average western diet. The main difference is that meat is replaced with a variety of legumes, nuts, and a more generous intake of eggs.

The lacto-vegetarian diet also provides adequate nutrients if larger amounts of milk and milk products are consumed to compensate for the absence of other foods of animal origin.

The main points to remember, if you are a vegetarian or are considering becoming a vegetarian, are:

1. Make sure that you are consuming enough of the essential nutrients outlined in this session.
2. Make sure that you are receiving enough calories to ensure a slow, steady weight loss or weight maintenance.

EXERCISE:

There are many ways of getting into the exercise habit. The key to success is through motivation. How can you become motivated? Here are some suggestions?

1. Pick several exercises for the main trouble spots on your body. Then tell yourself over and over how these exercises are going to help rid you of those problem areas.
2. Pick a time of day that you find yourself most alert and relaxed, then exercise at the same time each day if possible.
3. Vary your exercise routine so that boredom does not set in. (Try selecting 4 or 5 exercises for each part of your body, then work out three different routines by alternating those exercises.)
4. Keep a record of what exercises you do each day, the number of times you do them, and how you feel about them after you do them. (Seeing your accomplishments and knowing your feelings are half the battle.)

By engaging in regular activity you will:

1. Burn up more calories
2. Improve relaxation
3. Release tension
4. Improve digestion and utilization of food
5. Improve circulation and coordination
6. Decrease the desire for food
7. Improve muscle tone and decrease flabbiness
8. Feel great

BEHAVIOR MODIFICATION:

Preplan what you eat. Preplanning is a technique that many people find extremely helpful, but sometimes it can be difficult. Preplanning involves thinking ahead about what you are going to eat and what type of situation your eating will take place in. It is also one of the first steps to take to change the external cues that determine when, where, and what you will eat. As thinking ahead about which foods you will eat becomes a habit, the effect of impulse eating will diminish.

How can you preplan? Follow these 5 steps:

1. Set aside a time to preplan meals each day.
2. Record planned menus and all the ingredients needed.
3. Shop only for those ingredients. Shop only once a week.
4. Plan ahead for special occasions.
5. Preplan for all snack items.

Preplanning is a new approach to the way you think and eat. Don't expect dramatic changes overnight.

R
RECORD

A
ANALYZE

P
PLAN

RECORD:

Do you believe that you understand the concepts of the vegetarian diets outlined in this month's newsletter?

Were you motivated to learn more about vegetarian diets? Will you plan some vegetarian menus for yourself in the future?

How did you feel about yourself after successfully completing your prescribed exercise plan?

ANALYZE: Think about it. . .

Does vegetarianism apply to you? Can you appreciate the trends toward vegetarianism today?

Do you understand the limitations of the various types of vegetarian diets?

As your exercise routine becomes a habit, do you find your attitude about a strict exercise routine changing?

Is preplanning what you eat difficult for you to accomplish? Has it helped you change your feelings about what to eat, how much to eat, and the circumstances of your eating?

PLAN: For Next Month. . .

I will locate and read more material on vegetarian diets before deciding if they are right for me.

I will start preplanning all of my meals.

I will continue to increase my activity time.

YOU'LL BE HEARING FROM US NEXT IN THE FALL

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

August, 19____. Weight _____ lbs.