

Virginia Cooperative Extension Service

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WEIGHT CONTROL FOLLOW-UP - OCTOBER

June, 1983

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Dear DEB Member:

Since this is the month of witches, goblins, and trick or treat, be extra careful to avoid high calorie treats. Remember to enjoy, but not to over do.

D
DIET

E
EXERCISE

B
BEHAVIOR MODIFICATION

DIET:

Have you ever looked at your grandmothers' old cookbooks or spent some time in the library thumbing through early American recipes? If you have, you've probably come across such terms as dash, pinch, splash, and dollop more than once. Confusing? It sure is if you don't know how much "pinch" or "splash" means.

To set your mind at ease we've compiled a list of all those terms that grandmas and great-grandmas from years ago used so frequently.

1 dash = 8 drops	1 pound bread = 12 to 16 slices
1 pinch = 1/8 teaspoon	1 square chocolate = 1 ounce
1 teaspoon = 60 drops	1 lemon = 3 tablespoons juice, 2 teaspoons rind
1 pat = 1 teaspoon	1 pound whole apples = 3 cups pared and sliced
1 dot = 1/2 teaspoon	1 garlic clove = 1/8 teaspoon garlic powder
1 splash = 1 tablespoon	coating (usually of flour) = a thin film
1 dollop = 1 tablespoon	dredging (usually of flour) = a heavy coating
1 lacing = 1 tablespoon per 1 cup	dusting (usually of flour) = a light sprinkling

Something Special. When you're feeling down, put this delicious dessert together-- a guaranteed mood lifter!

Frozen Yogurt

1 carton plain yogurt
1 6-oz. can frozen juice concentrate
Optional: dash of vanilla or honey

Mix well and freeze in molds or 3 oz. paper cups. IT'S GREAT!

EXERCISE:

Are there times when you exercise and the monotony of the routine is unbearable? Do you find yourself losing interest in exerting extra effort? If you do find yourself faced with just such a situation, try "Select-A-Cising"!

Hunt through exercise books, general magazines, and beauty magazines and collect all the exercises you can. Find several for each area of your body such as: head and neck, arms and hands, back, legs, thighs, hips, waist, abdomen, bust, and buttocks.

Using different colored paper for each type of exercise, write down each exercise on a separate sheet of the same colored paper. Store the exercise papers in large manilla envelopes. When you are ready to exercise, shuffle the cards and

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select your exercise routine for that day. You'll never know which exercises you'll be doing, so each day will give you a new exercise routine! If monotony is the problem with your exercise routine, "Select-A-Cise" and you'll never be bored again.

BEHAVIOR MODIFICATION:

Changing your eating habits is the key to successful weight reduction. Losing weight will not happen overnight and it will take a lot of motivation on your part to successfully reduce your weight. Here are several hints to keep in mind to help you change your unfavorable eating habits. Review these hints to refresh your memory; mark off those situations which you are still having problems with. When you have finished, go back and write down two suggestions to help you overcome the habits you are having problems changing.

- Do not read or watch TV while eating
- Confine your eating to one room
- Eat in slow motion
- Sip your beverages--don't gulp
- After each mouthful, place your utensils on the plate until you have swallowed that mouthful
- Get in the habit of leaving at least two forkfuls of food on the plate at the end of the meal
- Eat foods that take time to eat--such as an orange that has to be peeled instead of a glass of soda

R
RECORD

A
ANALYZE

P
PLAN

RECORD:

How many new exercises did you add to your current exercise routine this month?

Exercise

Part of the Body it Affects

Did you put forth an extra effort to eat sensibly and "low calorically" this month?

ANALYZE: What did you do this month . . .

Did you find that "Select-A-Cising" helped you overcome exercising monotony?
Did you find it enjoyable?

Did you try your best to seek out new exercises--especially those for your particular problem areas?

Have you been conscientious about following your DEB Diet Do's and Don'ts?

Are you satisfied with your weight loss to date? If not, how can you expend extra effort?

Have you rewarded yourself lately for improvements you've made in your physical appearance? How?

PLAN: For next month I will . . .

Plan to spend 5 minutes more on my exercise routine each day.

Alter my clothing that needs to be taken in today!

Make a list of all of my dieting strengths!

KEEP UP THE GOOD WORK!

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

October 19___. Weight_____lbs.