

Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

348-316

WEIGHT CONTROL FOLLOW-UP - DECEMBER

June, 1983

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Foods and Nutrition

Dear DEB Member:

Are you enjoying the holiday season? Remember to enjoy yourself, to keep active, and to watch your diet. Staying aware of your diet, especially during the holiday season, will prevent you from feeling sorry later. Have a very Merry Christmas!!

D
DIET

E
EXERCISE

B
BEHAVIOR MODIFICATION

DIET:

If you are entertaining this month for friends or relatives, get in the festive Christmas spirit by bringing out these delicious low calorie dips. No one will suspect that they're low calorie because they taste so good.

Fruit and Cheese Dip

2 cups dry cottage cheese	unsweetened mandarin orange segments
2/3 cup skim milk	strawberries
2 teaspoons snipped chives	pineapple cubes
2 teaspoons lemon juice	peach slices
1 teaspoon salt	seedless white grapes

Mix all ingredients except fruits in blender until smooth, about 1 minute. Cover, chill 3-4 hours. To serve, mound cheese dip in small bowl and place on tray with fruits for dipping. Yields 2 2/3 cups dip. 50 calories (1/3 cup).

Garden Vegetable Dip

1 cup creamed cottage cheese	1 tablespoon chopped onion
2 tablespoons skim milk	1 tablespoon chopped radish
1 tablespoon chopped green pepper	1/8 teaspoon celery salt

In small mixer bowl, beat cottage cheese and milk until creamy. Stir in remaining ingredients. Chill at least one hour. Serve with crisp, cold vegetable sticks, spears, and curls. Yields 1 cup dip. 85 calories (1/3 cup).

Fresh fruit, which is naturally low in calories, also serves as an excellent dessert or snack!

Look at the following "countdown" for holiday foods. We're not trying to take all the fun out of the holidays but if you're aware of the calorie content of some of the more common foods being served at this season, you can make choices which will keep your calorie intake lower than might be the case otherwise.

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Apple, baked	195	Gravy, creamed (2 Tbsp.)	45
Apple cider (6 oz.)	85	Green beans, French style (1/2 cup)	15
Applesauce (1/2 cup)	115	Ham, baked (2 slices, 4 inches by 2 inches)	315
Asparagus (6 stalks)	20	Ice cream (1/2 cup)	130
Beef, rib roast, fat trimmed (3 oz.)	210	Mayonnaise (1 Tbsp.)	100
Beets, sliced (1/2 cup)	30	NUTS	
BREAD		Cashews (18 medium)	160
Biscuit (2-inch)	105	Mixed, oil roasted (1 oz.)	175
Corn muffin (2 1/2 in.)	130	Walnuts (14 halves)	185
Roll, soft (small)	85	Peas (1/2 cup)	55
Roll, soft (large)	175	PIES, double crust (1/8 9-inch pie)	
Broccoli (1/2 cup)	25	Cherry	475
Brussels sprouts	45	Lemon meringue	340
CAKES		Mincemeat	675
Charlotte Russe, with ladyfingers & whipped cream (1 serving)	325	Pecan	570
Cheese cake (1/8 of 9 inch cake)	450	Pumpkin	355
Chocolate with fudge frosting (2 9-inch layers, 1/12 cake)	435	Pot Roast, fat trimmed (3 oz.)	215
Fruitcake (1/32 of 9-inch round cake)	310	POTATO	
Gingerbread (2 1/2 in. sq.)	175	Mashed, milk added (1/2 cup)	70
CANDY		Sweet, candied (small)	295
Candy cane (1 1/4 oz.)	140	PUDDING	
Chocolate mint (1 1/2 in.)	45	Bread, with raisins (1/2 cup)	250
Fudge (1 inch sq.)	75	Chocolate (1/2 cup)	190
Peanut brittle (1 oz.)	120	Plum (1/2 cup)	340
Popcorn ball (1/2 cup)	100	Rice, with raisins (1/2 cup)	195
CHEESE		SALAD DRESSING (1 Tbsp.)	
Blue (1 oz.)	105	Blue cheese	75
Cheddar (1 slice, 1 oz.)	115	French	65
Cream (2 Tbsp., 1 oz.)	105	Vinegar & Oil	80
CHICKEN		Sherbet (1/2 cup)	130
Fried with skin (breast & leg)	300	SOUP (1 cup serving)	
Roasted, no skin, dark or light meat (4 oz.)	185	Onion	130
Chicken à la King	470	Turkey noodle	160
Chicken pie (1/3 of 9-inch pie)	545	Squash, baked acorn (1/2 medium squash)	85
COOKIES		Stuffing, bread (1/2 cup)	210
Chocolate chip (1 1/2 in.)	70	Turkey, roasted	
Macaroon (2 1/2 in.)	85	Dark (3 oz.)	170
Sugar (3 inch)	80	Light (3 oz.)	150
CRACKERS		Turkey pie (1/3 of 9 inch pie)	550
Cheese (10 crackers)	150	Waldorf salad (1/2 cup)	185
Saltines (10 crackers)	125	WINES & LIQUORS	
Cranberry juice	125	Bourbon, 100 proof (1 1/2 oz. 1 jigger)	125
Cranberry sauce, sweetened (1/4 cup)	100	Champagne (3 1/2 oz.)	100
Eggnog, plain (4 oz.)	125	Gin, rum & whiskey (80 proof, 1 1/2 oz.)	100
Brandied (4 oz.)	225	Sherry (4 oz.)	160
Gelatin dessert (1/2 cup with 2 Tbsp. whipped cream)	125	Wine, dry (4 oz.) sweet (4 oz.)	90 150

EXERCISE:

Do you have short periods of inactivity when you feel the urge to stretch and exercise a little? If you don't have time for your entire exercise routine, don't consider this lost time--use it! Take one or a few of your regular exercises and do them in the time available! Don't wait for the activity bug to go away or direct your attention elsewhere.

Here are a few more quicky exercises that you can do.

Toe Touches. Add a new flare to toe touches. How many ways can you do them? Try sitting, standing with feet together, standing with feet wide apart, or try touching toes on opposite sides. See what other variations you can think of. Remember, variety defeats monotony.

Leg Lifts. For variety try attaching pillows to your feet with belts. Lift your legs 5 times each. This little extra weight will make you work harder and burn up more energy.

Jump Rope. Jump rope in style--jump to music! Put on your favorite jazz album and go to it. Take a break in between jumping; do a couple of toe touches or side bends, then continue jumping. Try to gradually increase your jumping time. You'll feel better for it.

BEHAVIOR MODIFICATION:

Have you reached your final weight goal? Do you plan on reaching it by the new year? If so (or even if it's some way off in the future) it could be helpful for you to review some of the weight maintenance tips.

Keep these suggestions posted so that you will notice them everyday!

1. Plan all eating episodes.
2. Have a scheduled time to plan menus, make a shopping list, and plan for upcoming special events.
3. Be physically active!
4. Enjoy the new you. Dress attractively, be active, and get involved in new projects.
5. Discard, or permanently alter, all clothes that are too large.
6. Remember all the effort it took to get to where you are today.
7. Don't let the old habits gradually reappear.
8. Don't deceive yourself about your weight.
9. Don't let all your work toward weight loss be wasted effort!

R
RECORD

A
ANALYZE

P
PLAN

RECORD:

What new low calorie dishes did you experiment with this month?

<u>Dish</u>	<u>For Whom</u>	<u>Liked It?</u>	<u>Did Not Like It?</u>
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What maintenance tips do you find especially hard to follow? Why?

ANALYZE: Let's Think . . .

What have you learned about maintaining your weight once it is where you would like to keep it?

If you are at the point of maintenance, how do you feel about yourself? How do you feel about your accomplishments?

What new goals can you set for yourself for future weight control?

PLAN:

I will build my diet will power by continuously reinforcing and encouraging myself.

I will review the DEB meal plans and the importance of each food group in those plans.

I will exercise an extra 5 minutes every day and try to think of a new exercise variation each week.

I will either continue to lose weight or, if I have reached my goal, I will maintain my present weight.

BEST OF LUCK!

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

December 19___. Weight_____lbs.