

# Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

348-301

WEIGHT CONTROL FOLLOW-UP - SEPTEMBER

June, 1983

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Dear DEB Member:

Now that the summer months are over you will probably begin to assume a more structured eating and activity schedule. It is imperative that during this time you do not lose sight of your short- and long-term weight goals. This is a perfect time to reevaluate your diet plan and to decide what you want out of it and how you will obtain that goal.

D  
DIET

E  
EXERCISE

B  
BEHAVIOR MODIFICATION

## DIET:

With the holidays coming upon us in the next couple of months, we are bound to be doing more cooking for all those special events. Let's try to remember to use our low calorie recipes. There are many low calorie dishes that can be made much more exciting with the addition of spices. Spices let us add a little creativity to our cooking. Just a pinch here and there can bring "PIZZAZ" to everyday meals. One extra nice thing about spices is that they are calorie free!

Any spices or herbs should be used to aid and enhance the natural flavors of foods. They should flavor the food without imparting any dominant spice flavor.

When do you add spices? Ground spices are ready to give up their flavors quickly. When used in a medium- to long-cooking dish they should not be added until near the end of the cooking period. In other dishes they should be added about the same time as salt. Whole spices are useful in long-cooking dishes. They should be added at the beginning of cooking. It is a good idea to place them in a small cheesecloth bag or muslin bag so that they may be easily removed when the desired flavor level is obtained. Seeds such as poppy and sesame should be toasted before they are used and herbs should be crumbled finely just before they are used so as to release their best flavor.

How do you store spices? For best results spices should be stored in a cool and dry place. Heat will destroy their flavors and dampness will cake them. Be sure to close containers tightly after each use so that their volatile oils will not escape.

How long will they keep? Under ideal conditions, spices will retain their aroma and flavor for a relatively long time. Whole spices will keep longer than ground spices. The herbs tend to lose their flavor a little faster than such spices as pepper, ginger, cinnamon or cloves. For this reason many people prefer to buy their herbs whole or in a leaf form rather than ground.

How do you judge quality? The strength, flavor, and color are the most important factors in judging the quality of a spice. Examine the spice for a rich, fresh flavor. Bring it slowly up to your nose and its pungence should rise to meet you.

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Let's look at some of the more common spices and possible cooking uses for them.

One-fourth to one-half teaspoon dried herbs is sufficient to enhance the flavor of dishes made to serve four. Two or three times as much will be needed if fresh herbs are used.

- BAY: Tomato juice, aspic, meat broth, bouillon, stews, pot roast, shishkebab, fricassee, stews, boiled potatoes, carrots, stewed tomatoes, fish salads, custards.
- BASIL: Tomato juice, seafood cocktail, tomato soup, shrimp, broiled fish, filets of fish, scrambled eggs, mock rarebit, liver, lamb, duck, eggplant, squash, tomatoes, onions, mixed green salad, seafood salad, tomato salad, spaghetti sauce, orange or lemon sauce for fish.
- CARAWAY: Pork roast, goulashes, asparagus, apple pie, baked apple.
- MARJORAM: Clam bouillon, onion soup, broiled or baked fish, creamed fish, scrambled eggs, pot roast, beef, veal, creamed chicken, stuffings, carrots, zucchini, peas, spinach, chicken salad, mixed green salad, white sauce.
- OREGANO: Tomato juice, tomato soup, bean soup, boiled eggs, lamb, meat loaf, poultry stuffings, tomatoes, cabbage, broccoli, tomato aspic, fish salad, spaghetti, and tomato sauce.
- PEPPERMINT: Fruit cup, melon balls, cranberry juice, pea soup, lamb, veal, carrots, fruit salads, frostings, ices, tea.
- ROSEMARY: Fruit cup, pea soup, chicken soup, salmon, scrambled eggs, lamb, veal ragout, beef stew, turkey, chicken, duck, peas, French fried potatoes, fruit salad, white sauce, fruit compote.
- SAFFRON: Fish consommé, chicken soup, halibut, scrambled eggs, veal, chicken, Spanish rice, rice, fish sauce, cake, frostings.
- SAGE: Cottage cheese, cream soups, chowders, stews, turkey, stuffings, lima beans, eggplant, onions, tomatoes.
- SAVORY: Vegetable juice, fish consommé, bean soup, broiled or baked fish, scrambled eggs, deviled eggs, veal, chicken stuffings, beans, rice, lentils, sauerkraut, mixed green salads, string bean salad, horseradish sauce, fish sauce, stewed pears.
- TARRAGON: Fish cocktail, tomato juice, consommé, chicken or tomato soup, broiled fish, mock lobster Newburg, all egg dishes, veal, chicken, duck, salsify, celery root, mushrooms, baked potatoes, mixed green salad, chicken or fish salad.
- THYME: Tomato juice, fish cocktails, gumbo soup, pea soup, clam chowder, vegetable soup, broiled or baked fish, shirred eggs, cottage cheese, meat loaf, veal, stuffings, chicken fricassee, onions, carrots, beets, pickled beets, tomato salad, aspics, creole sauce.

EXERCISE:

To use up some of your extra energy this month, why not keep up with your yard work. September is a great month to see the leaves turn to beautiful colors and to feel the nip of autumn. When the leaves start to fall and the shrubs need to be covered over--Don't Procrastinate--Do It Today!! What about the garage or basement that needs a final cleaning before the cold weather sets in? Getting it done now means more time later to accomplish other things.

If you don't own your own home or don't have yard work, ask an elderly neighbor if you may offer your services. You would be doing some elderly person a great favor; providing companionship for a few hours a week, and more importantly, you will be burning up all those extra calories!

BEHAVIOR MODIFICATION:

It is very important to review from time to time the things you should do to keep your weight falling at a steady moderate rate if you are still trying to lose. Slacking up on your techniques and losing sight of your goals is one sure way to ruin your diet plan and maybe even cause you to gain back some of that lost weight.

This month, let's take some time to read and remember the DEB DIET PLAN WEIGHT LOSS DO'S! Read them aloud to yourself slowly and clearly once a week. By reading aloud you will be re-enforcing what you should be doing and will be able to spot and correct problem areas before it's too late!

- (1) Do remember your weight loss goal.
- (2) Do remember your reasons for wanting to lose weight.
- (3) Do work toward losing 1-2 pounds each week.
- (4) Do be honest with yourself about how important weight loss is to you and whether or not you are really trying to lose weight.
- (5) Do set weekly and monthly weight loss goals.
- (6) Do weigh yourself at least once a week.
- (7) Do keep your weight graph up to date.
- (8) Do be realistic about how long it will take to lose those excess pounds.
- (9) Do eat at a caloric level that satisfies you and yet leads to weight loss. This will be different for each person.
- (10) Do continue to use the techniques that are most helpful to you on a regular basis.
- (11) Do use partial reinforcement to help you continue using these helpful techniques.
- (12) Do eat in moderation every day. This includes holidays, vacations, parties, and eating out.
- (13) Do plan for upcoming special events that involve eating.
- (14) Do be physically active.
- (15) Do discard or permanently alter old clothes that are too big.
- (16) Do reward yourself for following the procedures listed in this handout.

R  
RECORD

A  
ANALYZE

P  
PLAN

RECORD:

What new spices and dishes did you experiment with this month?

Spice	New	Used Before	Amount	Dish	Liked	Disliked

What home or yard activities did you engage in this month?

Activity	How much time?	Whom did it benefit and how?

Which weight loss Do's did you work especially hard at this month?

ANALYZE: Let me think . . .

Did you find experimenting with different spices enjoyable?  
 What spice did you find most enjoyable? Did you ever use it before?  
 Do you have a fairly good understanding about which spice to use when?  
 What outdoor work activities can you think of that would be both calorie expending and enjoyable to you at this time of year?  
 Are you sticking to your eating Do's? Do they need improvement?  
 Which ones? How might you go about it?

PLAN: I can accomplish . . .

A goal of \_\_\_\_\_ lbs. for next month or maintain my present weight \_\_\_\_\_.  
 I will prepare one new low calorie dish with one new spice every other week.  
 I will expend more calories through yard work at least 2 hours a week.  
 I will not put off fixing, mending, and cleaning anything that needs to be done and that I can expend calories doing.  
 I will read my eating Do's aloud to myself each week.  
 I will enjoy life every day!

DEB FOLLOW-UP PROGRAM  
 Monthly Progress Report  
 of

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

September 19\_\_\_. Weight \_\_\_\_\_ lbs.

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