

Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

348-304

WEIGHT CONTROL FOLLOW-UP - DECEMBER

June, 1983

L. Janette Taper
Extension Specialist
Foods and Nutrition

Dear DEB Member:

Have you been faithful to your diet and exercise routine? It's that time of year when being faithful is important. Make an extra effort to enjoy yourself and to eat well.

May your Christmas be the merriest and find you closer to your final weight goal. We hope that Santa treats you extra nice too!!

D
DIET

E
EXERCISE

B
BEHAVIOR MODIFICATION

DIET:

Christmas in America is a joyous mixture of old world traditions and contemporary habits of regional and ethnic customs, enriched by favorite recipes passed on from one generation to the next. Golden brown roasted turkeys, raisin-filled sweet potatoes, cranberry sauce, and pumpkin pie--they all mean that the holidays are here. How can you enjoy your family holiday dinner for fewer than 500 calories? Follow the suggestions below.

MENU

446 calories
Holiday Cocktail Deluxe
Roast Turkey Rice Dressing
Herbed Peas and Onions
Cran-Orange Salad
Pineapple Fluff
Coffee or Tea

Holiday Cocktail Deluxe 67 calories/serving
Begin festivities with this chilled appetizer.

4 white grapefruit, sectioned

1/3 cup pomegranate seeds

1 tbsp. grenadine syrup

1 cup low-calorie, lemon-lime carbonated beverage, chilled

In bowl, combine grapefruit sections, pomegranate seeds, and grenadine syrup. Chill at least 30 minutes, stirring once or twice.

To serve, spoon fruit and syrup into sherbet dishes. Slowly pour lemon-lime carbonated beverage over fruit mixture. Makes 8 servings.

Herbed Peas and Onions 32 calories/serving

2 cups frozen peas

1 8-ounce can peeled, small, whole stewed onions, drained

1 tbsp. lemon juice

1/2 tsp. dried basil leaves, crushed

Cook peas according to package directions; do not drain. Add canned onions; heat through. Drain thoroughly. Combine lemon juice and crushed basil; pour over peas and onions. Toss lightly to coat vegetables. Makes 8 servings.

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Roast Turkey 176 calories/serving

Each dieter gets 3 1/2 ounces of light meat.

Rinse and pat dry one 6- or 8-pound turkey. Sprinkle inside with salt; truss. Place, breast side up, on rack in shallow roasting pan. Lightly rub skin with salad oil. Insert meat thermometer, without touching bone, in center of inside thigh muscle. Top loosely with foil. Press down lightly at end of drumsticks and neck, leaving air space between bird and foil.

Bake at 325° until done, about 3 1/2 to 4 hours. During last 45 minutes of roasting, remove turkey from oven and cut band of skin or string between legs and tail; continue roasting, uncovered, until turkey is tender. (When done, the drumstick moves up and down and twists easily in socket. Meat thermometer should register 185°.) Remove bird from oven; let stand 15 minutes before carving. Makes 8 servings.

Rice Dressing 34 calories/serving

Flavorful rice dish complements holiday turkey.

- 1/2 cup uncooked long-grain rice
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 3 chicken bouillon cubes
- 1 16-ounce can bean sprouts, drained and rinsed
- 1 4-ounce can sliced mushrooms, drained
- 1/2 tsp. poultry seasoning
- 1/2 tsp. rubbed sage
- Dash pepper

In saucepan, combine rice, celery, onion, bouillon cubes, 1/4 tsp. salt, and 1 1/2 cups water. Bring to boiling; reduce heat. Simmer, covered, until rice is tender, about 20 minutes.

Remove from heat; stir in remaining ingredients and 1/3 cup water. Turn into 1-quart casserole. Bake, covered, at 350° until heated thorough, about 30 minutes. Makes 8 servings.

Cran-Orange Salad 64 calories/serving

Sparkling clear red ring with crisp celery and orange pieces inside the gelatin.

In small saucepan, soften 2 envelopes unflavored gelatin (2 Tbsp.) in 1/2 cup low-calorie cranberry juice cocktail. Stir over low heat till gelatin is dissolved. Stir in additional 3 1/2 cups low-calorie cranberry juice cocktail and 1/2 tsp. grated orange peel; chill in the refrigerator until cranberry mixture is partially set.

Peel, seed, and dice 4 small oranges (about 2 cups). Fold in diced orange and 1/2 cup diced celery. Turn mixture into 5 1/2- or 6 1/2-cup mold. Chill until firm. Makes 8 servings.

Pineapple Fluff 73 calories/serving

A light and satisfying dessert with small pieces of refreshing pineapple scattered throughout.

- 1 20-ounce can crushed pineapple (juice pack)
- 1 envelope unflavored gelatin (1 tbsp.)
- 1/4 cup sugar
- 2 unbeaten egg whites
- 3 to 4 drops yellow food coloring

Drain pineapple, reserving juice; add water to reserved pineapple juice to make 1 1/2 cups. In medium saucepan, combine gelatin, sugar, and 1/4 teaspoon salt; add the reserved pineapple juice mixture. Stir over low heat until gelatin and sugar dissolve. Remove from heat; chill in the refrigerator until mixture is partially set.

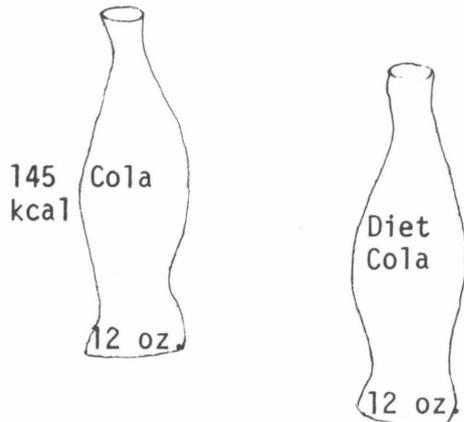
Turn into large mixer bowl; add egg whites and yellow food coloring. Beat at high speed with electric mixer until light and fluffy, about 5 minutes. Fold in pineapple and chill again until partially set. Turn into 5 1/2-cup molds; chill until firm. Unmold to serve. Makes 8 servings.

Even though beverages are composed of water, the other ingredients in them can make a big difference in their calorie content and your calorie intake!

The fat content of milk makes a considerable difference in the calorie content. Look at some different kinds of milk we use:

- 1 glass of skim milk (fat free) has 90 kcal.
- 1 glass of 2% fat milk has 145 kcal.
- 1 glass of whole (4% fat) milk has 160 kcal.

Plain coffee or tea contain NO calories, but if we add sugar and/or cream to them the calorie content will increase. Each teaspoon of sugar adds 15 kcals to the calorie content of your meal. Each teaspoon of non-dairy creamer adds 12 kcal. and each tablespoon of cream (1/2 and 1/2) adds 20 kcal. to the calorie content of your meal.



Carbonated beverages, because of their high sugar content, contain 145 calories per 12 fluid ounces, whereas diet soft drinks made with artificial sweeteners contain very few calories.

Calories from alcoholic beverages add up quickly, and these calories are not accompanied by many nutrients. Here are a few drinks and their caloric value:

- 12 fl. oz. beer = 150 kcal.
- 1 1/2 fl. oz. whiskey = 100 kcal.
- 3 1/2 fl. oz. table wine = 85 kcal.

A low-calorie milk shake?! It's true! Try this one:
Blender Malt Shake

Combine one can of your favorite diet soda, 1/3 cup of dry milk powder, 1 teaspoon vanilla, and 4 ice cubes in a blender and blend until thick and foamy. ENJOY!

EXERCISE:

Are you one of those people who spend all day at an office desk without much chance of exercising until quitting time? Why not take two minutes each day away from your job to exercise at your desk--and without anyone noticing!

The following exercises are based on resistance. When one muscle is pitted against another, both get exercise. Put forth a maximal effort for each exercise and hold that position steady for 6 seconds. Don't forget to breathe!!

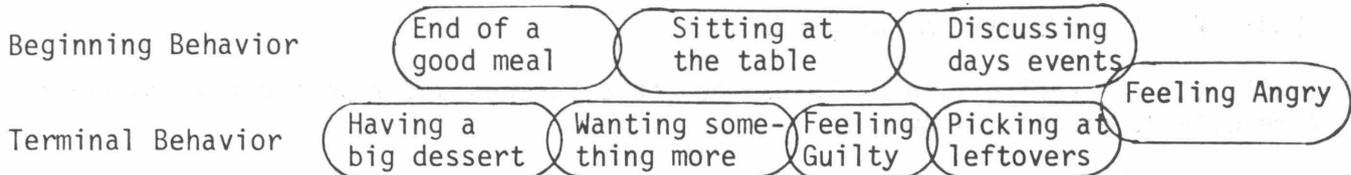
- (1) Clasp hands behind head and push head against the resistance of your hands and arms. This exercise is good for your neck, head, shoulders, and arms.
- (2) With the palm of your hand placed near your temple, push your head against the hand. This is great for the upper arm muscles. Repeat with the other hand.
- (3) Clasp hands over forehead and press head forward. This soothes throbbing temples and loosens up your neck.
- (4) Sitting or standing, clasp your right wrist with your left hand. You should feel this all the way up your arm. Repeat on the other side.
- (5) Grab hold of your desk, tense your arm muscles, keeping elbows bent, and try lifting from underneath. (If you can lift the desk, find an immovable counter.) You should feel this all the way up your arms and chest.
- (6) Grab anything handy: a flowerpot or your telephone receiver and squeeze. Feel your biceps?

- (7) Planting feet firmly on the floor, try to lift your chair while sitting on it. This helps the tops of the thighs, your arms, and shoulders.
- (8) Push your right instep up against your left heel. You should feel this all the way up your left leg. Repeat on the other side.

BEHAVIOR MODIFICATION:

Another new technique--Behavior Chains! Eating often results at the end of a chain of behavioral responses. If the chain is broken at any point, the terminal behavior (EATING) will probably not occur.

Construct a behavior chain starting with events that occur, in sequence, from the end of a meal until the following meal time or bed time. For example:



Once the chain has been identified, alternate activities can be substituted for any one of the links, leading to a terminal behavior other than eating. Select alternatives that will help discourage eating.

R	A	P
RECORD	ANALYZE	PLAN

RECORD:

This month, how many times did you try the following?

	<u>New lo-cal beverage recipe</u>	<u>Substitute lo-cal for alcoholic or high cal beverage</u>
<u>Day</u>	<u>Low Calorie Beverage</u>	

Which office exercise did you try this month?

<u>Exercise</u>	<u>Number of times/day</u>	<u>Any new exercises?</u>
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ANALYZE: Let's Think It Over . . .

What high calorie beverages would be easiest for you to cut out of your diet?
The hardest?

What low calorie beverages do you enjoy? Which ones satisfy you? Which ones would
be easiest for you to substitute for high calorie beverages?

PLAN: To continue with my progress . . .

I will start a recipe file of lo-cal beverage recipes and experiment in my spare
time with developing my own.

I will start drinking my coffee and tea without sugar and cream.

I will work on substituting alternate activities in my behavior chains so that my
chain does not lead to eating.

Since I have been dieting on the DEB program, I have lost _____ lbs.

Have a Merry Christmas and a Happy New Year!

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.