

# Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

348-306

WEIGHT CONTROL FOLLOW-UP - FEBRUARY

June, 1983

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Foods and Nutrition

Dear DEB Member:

This is the perfect time to be thinking about how you would like to look in the new spring fashions. Try extra hard to keep up an active exercise and diet routine because the good results will show up during the warmer months ahead.

Put out the extra effort!

D  
DIET

E  
EXERCISE

B  
BEHAVIOR MODIFICATION

## DIET:

This month let's talk about food nutrients. This month we will focus on the six groups of nutrients and their contribution to body growth and maintenance. These nutrient groups are:

- |                 |             |
|-----------------|-------------|
| 1) Protein      | 4) Vitamins |
| 2) Fat          | 5) Minerals |
| 3) Carbohydrate | 6) Water    |

## Protein

Protein is needed to build, maintain, and repair body cells. Protein serves as an energy source for immediate use and for reserve use. Protein is used as an energy source when more protein is provided in the diet than is needed or when too little fat and carbohydrate are consumed to meet energy needs. Protein comes from animal and non-animal sources. Meat, milk, and eggs are a few of the foods that supply protein from animal sources. The non-animal sources are fruits, vegetables, and grains which also supply important amounts of protein. Combining a cereal or vegetable protein with a small amount of animal protein helps to improve the quality of the protein.

## Fat

Fat provides calories and energy. It provides essential fatty acids which cannot be made by the body and fat also acts as a carrier for the fat soluble vitamins A, D, E, and K.

## Carbohydrate

Carbohydrates also provide the body with energy. Carbohydrates come from enriched or whole-grain products and from the fruit and vegetable groups.

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Vitamins

There are two kinds of vitamins, fat-soluble and water-soluble. Fat-soluble vitamins (A, D, E, K) are stored in the body. Water-soluble vitamins include vitamin C and the B vitamins: thiamin (B<sub>1</sub>), riboflavin (B<sub>2</sub>), niacin, B<sub>6</sub>, folacin, and B<sub>12</sub>. The water-soluble vitamins are not stored in the body but are excreted as waste. How do vitamins function?

Vitamin A -keeps skin healthy  
-helps eyes to adjust to light changes  
-helps to keep the mucous lining of the mouth, nose, throat, and digestive tract healthy

Food Sources: liver, butter/margarine, dark green and deep orange-yellow fruits and vegetables

Vitamin C -heals wounds  
-holds body cells together  
-strengthens blood vessel walls  
-prevents scurvy

Food Sources: citrus fruits, leafy greens, tomatoes, potatoes, broccoli, cabbage, cantaloupe, and green peppers

B-Vitamins -help body cells obtain energy  
-help keep the nervous system healthy  
-help keep the skin, mouth, tongue, and digestive tract functioning normally

Food Sources: eggs, meat, milk, liver and other organ meats, whole grain and enriched breads and cereals, mature beans, peas, nuts, and peanut butter

Minerals

Iron - We will just look at one very important mineral--iron. Iron combines with protein to form hemoglobin molecules in red blood cells. Hemoglobin carries oxygen to the cells.

Food Sources: liver, leafy greens, beef, pork, chicken, enriched or whole grain breads and cereals

Water

Water is very important! If one loses only one-fifth of the body's water, it is usually fatal. Water serves as a structural material and has a regulatory function in excretion of wastes by the kidneys and control of body temperature.

EXERCISE:

Since the cold weather is here and snow is probably on the ground or just around the corner, here are a couple of calorie burning activities to do in the snow!

Let's try something new. Cross country skiing. It is a great sport that lets you enjoy the beautiful country around you and lets you have fun at the same time. The basic equipment needed is much lower in cost compared to the downhill skiing equipment. If you are a beginner, rent the skis first. When you're all set, invite some friends to go, and start burning up those calories!

One other idea! When all that fluffy white stuff begins to fall, burn up calories by shoveling your walk or drive. It will make you feel good when your muscles become tense and tight. At least you know you are working and helping your body.

BEHAVIOR MODIFICATION:

To help you stay on the right track of your diet plan, let's review some food storage DO'S and DON'TS.

Food Storage Do's

1. Do put all food away and out of sight.
2. Do store problem foods (candies, potato chips, etc.) in inaccessible and out of sight places.
3. Do encourage the rest of your family to keep their favorite foods in out of sight places.
4. Do store foods in difficult to open containers.
5. Do store all baked goods in opaque containers.

Food Storage Don'ts

1. Don't hoard food or try to store food when it is difficult or inconvenient.
2. Don't remove natural wrapping or cover on food before you are ready to cook or eat it.
3. Don't leave food out; have a designated place for everything.

R  
RECORD

A  
ANALYZE

P  
PLAN

RECORD:

What did you do this month to increase your awareness of the six groups of nutrients?

What I Did

What I Learned From It

What new foods did you try this month from each group of nutrients?

Nutrient

What I Tried

Liked

Disliked

Protein

Fat

Vitamins

Minerals

Water

ANALYZE: Let's Think Back . . .

Do you fully understand what the 6 food nutrients are?

Do you think that even in cold weather you can find some worthwhile and fun activities to expend calories?

What food storage problems do you see existing in your own home right now?

What are some ways that you can correct them?

Do you find the food storage suggestions easy or hard to follow? Why?

PLAN: For next time . . .

I will try to follow all the food storage suggestions I received this month.  
I will try to find various winter activities that will expend energy and be enjoyable.

HAVE FUN!

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

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DEB FOLLOW-UP PROGRAM  
Monthly Progress Report  
of

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

for

February 19\_\_\_. Weight\_\_\_lbs.