

# Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

348-307

WEIGHT CONTROL FOLLOW-UP - MARCH

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Dear DEB Member:

Hi everyone. Although March may come in like a lion, let's hope it leaves like a lamb. We hope to enter March with a good positive weight reduction/maintenance attitude and leave March either a few pounds lighter or maintaining our desired weight. We hope that you're progressing well and, most importantly, that you're enjoying doing it. This month we'd like to give you some more diet and exercising tips. We hope that you like them.

D  
DIET

E  
EXERCISE

B  
BEHAVIOR MODIFICATION

## DIET:

There are many foods which have negligible or no calories at all. It is very important to understand which foods fall into this category because there are times when all of us have an irresistible urge to munch. Use the following foods to munch on instead of fattening snacks and sweets. Why not keep a list of the foods within easy reach so that when a "snack attack" occurs, you'll have another low calorie food alternative, instead of choosing something "fattening."

Here are some foods with negligible or no calories.

## Vegetable

Asparagus	4 spears	10 calories
Snap beans, green	1 cup	30 calories
Wax beans	1 cup	30 calories
Beets	1	30 calories
Cabbage, raw	1 cup	15 calories
Carrots, raw	1	20 calories
Cauliflower	1 cup	25 calories
Celery	1 stalk	5 calories
Cucumbers	1	30 calories
Lettuce	1 head	30 calories
Spinach	1 cup	30 calories
Tomato	1	40 calories

## Fruits

Cantaloupe	1/2 melon	60 calories
Grapefruit	1/2	45 calories
Orange	1	65 calories
Peach	1	35 calories

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Miscellaneous (negligible calories)

VPI  
Spec  
Bouillon  
Coffee  
Tea  
Mustard  
Pickles, dill  
Diet sodas

There are many appetizing foods which, if eaten in moderation, do not supply a large amount of calories. Remember--food must be eaten in reasonable amounts. Too much of any one item is not good. A food calorie counter book might be a good purchase to help you familiarize yourself with the different caloric values of foods. The next time you put an item of food in your mouth, you will know approximately the number of calories you are consuming.

EXERCISE:

Do you find yourself with extra time on your hands? Extra time and boredom can lead to over-eating because of a lack of "nothing else to do." Why not fill in that void of extra time with new activities. Here are a few suggestions.

- 1) Read the local newspaper thoroughly. Hunt for announcements of upcoming events. Is there something you can get involved in?
- 2) Take a look around your community. See what your town has to offer. Take advantage of the interesting sites to visit and of the interesting things to do that are within easy access.
- 3) Are there any charitable causes that you might contribute a few hours a week to? Nursing homes, hospitals, and schools always appreciate help. Not only will you be helping others, but you will also receive greater personal satisfaction.
- 4) Engage yourself in a craft or hobby. Learn to knit or macrame. There are an endless number of crafts that you might find fun and interesting.
- 5) Go visit all those friends that you keep meaning to see but never seem to find the time to visit. Or write letters to all those long distance friends. We all need to keep up with our letter writing and there is usually someone we owe a letter to.
- 6) One last suggestion--look for a part time job. Don't tempt yourself by applying for a job in a grocery store, bake shop, or restaurant. You will be asking for trouble. A clothing store would be ideal. It would provide more incentive for you to stick to your diet program and also provide a little cash to purchase that new "skinny" wardrobe that you've worked so hard to deserve.

These are only a few suggestions to occupy your mind during those extra hours you may find yourself facing. There are numerous opportunities that you can take advantage of to occupy your spare time. Whatever you choose, make sure it is fun for you.

BEHAVIOR MODIFICATION:

Let's brush up on some shopping tips that you can put to use in the grocery store. Not only is preparing for food shopping important (i.e., knowing what to purchase, best buys, etc.), but what you do inside the grocery store is very important and

affects your food consumption patterns. Next time you shop for food, buy only what you need and try to purchase all items in one trip. You should make every effort to avoid unnecessary or extra trips to the grocery store. Extra trips make the temptation to buy fattening goodies much greater; in addition, in these times of rising costs, wise planning saves on energy and fuel.

Try to keep the following shopping tips in mind while you are in the store:

- 1) Shop on a full stomach. This will lessen the chance of impulsively buying unnecessary food items that you crave at the moment.
- 2) Compare prices of brands; most of the time the store brand will be cheaper.
- 3) Buy lean cuts of beef and pork. Remember that chicken (without the skin) and fish are the best bet for consuming fewer calories per meal. If, however, you are serving beef or pork, this is a handy little lean cut guide to keep in mind.

Beef: Round Steak - very lean  
Rump Roast - lean  
Flank Steak - very lean  
Sirloin Tip Roast - very lean  
Blade Pot Roast - medium lean  
Arm Pot Roast - very lean

Pork: Center Ham Slice - lean  
Sirloin Roast - medium lean  
Loin Chop - medium lean

- 4) Buy polyunsaturated vegetable oils. Safflower oil is highest in polyunsaturates, followed by soybean, sunflower, corn, and sesame oils, respectively. Coconut oil and palm oil are highest in saturated fats.
- 5) Read all labels before buying any item. Remember that the first ingredient in the list of ingredients is present in the largest amounts. Is it fat? Is it sugar? Think twice before buying. Do you really want fattening foods sitting in your cupboards?
- 6) Buy low fat milk products. Again, be sure to read the nutrition information on the package. Sometimes what is advertised as "low-cal" really isn't.

R  
RECORD

A  
ANALYZE

P  
PLAN

RECORD:

Have you increased your intake of negligible calorie foods? If so, what fattening food have you omitted and replaced with low calorie foods?

Negligible Calorie Foods

Food Item Substitute For

How Often

What activities have you engaged in this month to more fully utilize your free time?

<u>Activity</u>	<u>Where</u>	<u>How Often</u>	<u>How Does It Make Me Feel</u>		
			<u>Good</u>	<u>Bad</u>	<u>Indifferent</u>

What shopping tips have you used this month?

<u>Shopping Tip</u>	<u>How Often</u>	<u>Benefit I Received</u>
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ANALYZE: Take a minute to look back.

What activities have helped you the most this month?

How do you feel about the snack substitutions that you make with the negligible calorie foods?

Do you feel more conscientious about food shopping and your dietary program this month as compared to last month? Why or why not?

How do you feel about your weight today?

Is it easier to deal with your free time now?

PLAN:

Try to follow these guidelines. We hope that by next month you will have incorporated them into your lifestyle.

I will try to utilize my extra time more productively from now on. Accomplishment is the best sign of productivity.

I will faithfully maintain an adequate exercise routine and continuously strive to increase my exercise time.

I will be a conscientious shopper and also include more negligible calorie foods in my diet.

I will lose \_\_\_\_\_ pounds by the end of next month and reward myself by \_\_\_\_\_.

You will hear from us next month. Enjoy yourself!

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

March 19\_\_\_. Weight \_\_\_\_\_ lbs.