

# Virginia Cooperative Extension Service

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WEIGHT CONTROL FOLLOW-UP - JANUARY

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Dear DEB Member:

Hope everyone had a wonderful holiday. Now is the time to start the New Year off right. If we put on some extra pounds over Christmas we need to lose them NOW! Let's begin the year with a positive weight loss attitude.

This month we are offering some suggestions on diet and exercise. Try them. We hope you'll enjoy them and like yourself better for the changes you'll see in your figure. Good Luck and Happy New Year!

D  
DIET

E  
EXERCISE

B  
BEHAVIOR

## DIET:

First, let's review the DEB diet plan. We will focus on the six food groups included in the diet plan. The DEB diet plan places foods with similar calorie content together. The foods may differ significantly in their nutrient content but will have basically the same caloric value. You will recall that the six groups are fruits, vegetables, fats and oils, bread and cereal grains, milk and milk products, and meat and meat alternates.

## Fruit and Vegetable Groups

First, we will discuss the fruit and vegetable groups. These groups supply some of the lower calorie food items in our diets. They are excellent sources of vitamins C and A, the B vitamins, and certain minerals. One way to cut calories when eating fruit is to try to use only fresh or unsweetened canned or frozen fruits. Read the label to see if the fruit was packed in water, natural juices, or a sugar syrup. Stay away from the syrup packed fruits because the syrup adds unneeded extra calories.

Try to have at least one serving of a vitamin C source each day. Some good sources are strawberries, grapefruit, broccoli, and green peppers. Also try to have a good source of vitamin A at least every second day. Some good sources of vitamin A are apricots, cantaloupe, carrots, sweet potatoes, and tomatoes.

For fun, experiment with different combinations of cooked or raw vegetables and fruits as salads or snacks. Season with herbs and spices for a pleasant low calorie treat!

## Calypso Fruit Platter

1 medium banana, sliced  
1/2 cup fresh cranberries  
3 Tbsp. skim milk  
1/2 cup yogurt  
3 Tbsp. sugar

1/4 tsp. ground ginger  
1/2 medium cantaloupe, cubed  
2 medium pears, cored and cubed  
2 medium apples, cored and cubed

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Combine first 3 ingredients in blender; blend until finely chopped. Turn into bowl; stir in yogurt, sugar, and ginger. Chill well. Arrange fruits on platter; serve with fruit sauce for dipping.

#### Skinny Veggie Dip

|                               |                       |
|-------------------------------|-----------------------|
| 1/2 cup mayonnaise            | 1 tsp. chopped onion  |
| 1/4 cup cottage cheese        | 2 tsp. parsley flakes |
| 1/2 cup grated cheddar cheese | 1/2 tsp. lemon juice  |

Place all ingredients in blender. Blend at medium speed until ingredients are well mixed. Serve with fresh chilled vegetables.

#### Pickled Mushrooms

|   |                         |
|---|-------------------------|
| 1/3 cup red wine vinegar                                  | 2 tsp. parsley flakes   |
| 2 Tbsp. salad oil   | 1 tsp. prepared mustard |
| 2 small onions, thinly sliced<br>and separated into rings | 1 Tbsp. brown sugar     |
| 1 tsp. salt   | 2 cups fresh mushrooms  |

Combine all ingredients except mushrooms in saucepan; bring to a boil. Add mushrooms; simmer for 5 to 6 minutes. Cover and chill.

#### Florida Ambrosia

3 cups grapefruit sections, drained  
1 1/2 cup orange sections, drained  
1 cup purple grapes, halved

Arrange fruit in a serving dish. Chill until ready to eat.

#### Bread and Cereal Grains (includes STARCHY VEGETABLES)

We have included starchy vegetables in the bread group because they have a greater percentage of carbohydrate than other non-starchy vegetables. Some of these starchy vegetables are corn, lima beans, peas, potatoes, pumpkin, and winter squash. Bread and cereal grains supply a small, but important, amount of iron, protein, and B vitamins in the diet. Do not avoid this food group when you're dieting.

#### Milk and Milk Products

Foods in the milk group contribute calcium, phosphorus, and riboflavin to the diet. Drinking skim milk in place of whole milk will reduce the number of calories per serving. Using products such as yogurt made from skim milk will also reduce your calorie intake. One other suggestion to eliminate some of those extra calories from your diet is to cook with non-fat dry milk instead of whole milk. The taste is the same, and with fewer calories there is less chance of adding extra pounds!

#### Meat and Meat Alternates

One important note here is that cheese is included in the meat group rather than the milk group. This is done because cheese contains no carbohydrate but it does contain a similar amount of protein and fat to meat. Meat and meat alternates supply our largest portion of dietary protein. Some calorie cutter suggestions are to cook meat, poultry, and fish by roasting, broiling, charcoaling, or stewing. Do not fry! Choose the leaner cuts of meat and cut off all visible fat before cooking. Don't forget to remove the skin from poultry before eating. It tastes good, but a large amount of fat is attached to the skin.

## Fats and Oils

All fatty foods are high in calories, but fats do contain fatty acids which are essential to the body. So, we do not want to eliminate fat from our diet totally. Rather, our fat intake should be reduced. One way to consume fewer of these "fatty" calories is to use spray coatings or nonstick cookware when preparing foods. The less fat, the fewer calories!

## EXERCISE:

Are you tired of exercising alone? Why not try initiating some group activities. Things are more fun when they're done in two's or three's or even larger groups!

Invite a friend to play tennis or racketball, go for a walk, or if you are feeling very ambitious--a hike! Go jogging, swimming, take a bike ride, jump rope, throw a frisbee, or go dancing.

Plan a regular group indoor exercise session. You may want to plan your exercise program around a similar program offered on TV, or exercise to music. The possibilities are endless!

It is always helpful to involve someone else in your activities. The support, enthusiasm, and companionship give you that added motivation you might need during those times when you hesitate before getting into action! Get as many people involved as you can!!

## BEHAVIOR MODIFICATION:

This month let's concentrate on "snack control"! Since snacks are often eaten impulsively or in response to a non-physiological, non-hunger cue, learning to deal properly with snack cues can greatly reduce snacking tendencies. These cues are situation specific and time limited. If you remove yourself from the situation or wait for a few minutes before you give in to a snack cue, you probably will not end up eating unnecessary calories.

Impulse eating can be a problem under two very different conditions: (1) during holidays, vacations, and other special times and (2) at regular meals. Snacks include anything eaten after you cannot answer the question, "Am I hungry?" with a "yes." If you can control the impulse to eat when you are not hungry, you will dramatically decrease your daily caloric intake. Try these techniques to control your snacking desire:

- Increase the time intervals in between snacks until snacking is almost completely eliminated
- Slow down your rate of eating
- Eat only at a designated, appropriate eating places
- Substitute alternate behaviors for eating
- Preplan your food and drink intake
- Shop on a full stomach and from a list
- Leave a small portion of each food behind on your plate

Control your environment--don't let it control you!!

R  
RECORD

A  
ANALYZE

P  
PLAN

RECORD:

For one week during the month, record your food intake.

|        | Breakfast | Lunch | Dinner | Snacks |
|--------|-----------|-------|--------|--------|
| Mon.   |           |       |        |        |
| Tues.  |           |       |        |        |
| Wed.   |           |       |        |        |
| Thurs. |           |       |        |        |
| Fri.   |           |       |        |        |
| Sat.   |           |       |        |        |
| Sun.   |           |       |        |        |

Choose two days. On these days, did you have a good source of:

|           | <u>Yes</u> | <u>No</u> | <u>Name of Food Source</u> | <u>Amount Eaten</u> |
|-----------|------------|-----------|----------------------------|---------------------|
| Vitamin A |            |           |                            |                     |
| Vitamin C |            |           |                            |                     |
| Vitamin B |            |           |                            |                     |
| Protein   |            |           |                            |                     |
| Calcium   |            |           |                            |                     |

ANALYZE: Think about the following.

Do you understand the importance of including the recommended number of servings from the six food groups in your diet?

Does involving others in your weight control plan have any advantages for you? List ways in which exercising with others has helped (or not helped) you to continue your diet/exercise plan.

When does the temptation to snack occur most frequently for you? Choose two days this month and keep a record of times when you were tempted to snack.

Time of Day      Were you hungry?      Where were you?      How did you respond?

List methods you have used this month to control your snacking habits.

PLAN: What can you do in the future to make your personal weight control program more successful? Why not try the following:

- (1) I will try to involve others in my weight control plans by passing on the information on food nutrients reviewed in this lesson. I will also try to involve others through an increased effort on my part to initiate group exercise activities.
- (2) When I feel the urge to snack I will choose instead one of the following activities (list several activities that will help you resist snacking):
  
- (3) I will record my eating and activity patterns for the next month to determine how well I am following my diet and exercise plan. When I don't follow it I will make a note of what the problem was and try harder the next day.

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

January 19\_\_\_.      Weight \_\_\_\_\_lbs.