

# VIRGINIA COOPERATIVE EXTENSION SERVICE

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## Lesson 2 Diet, Exercise, and Behavior Modification (Weight Control by Mail)

Dear Weight Control Member:

Are you still with me? I have not received some of your Medical Approval Forms. If you are overweight or have a medical problem, getting your doctor's approval to lose weight is a requirement to receive these lessons by mail. Please see your doctor and return the form to me by next week. If I do not hear from you by then, I must drop your name from the mailing list.

In this lesson I want to discuss the diet plan for the DEB program. After you have completed this lesson you should be able to develop a diet plan individualized to your particular lifestyle. I don't want to write out a diet plan for you and tell you exactly what to eat and when. That would not take your individual differences into consideration. You could perhaps follow such a diet plan for two or three weeks. However, soon you'd realize that it didn't really consider you as an individual or your particular food preferences or lifestyle. You'd give up and go back to eating the way you're used to. After studying this lesson, each one of you will be able to develop your own special diet plan based on your caloric needs that will enable you to lose 1 to 2 pounds per week and still include all the nutrients essential for good health. Each of you will have a different diet plan depending on your background, food habits, food preferences, etc. All of you will have a diet plan that is nutritious and allows for a safe rate of weight loss. Let's take a look at Lesson 2.

Sincerely,

Extension Agent

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1. Six Food Group Diet Plan

We have chosen the diet plan using six food groups for DEB rather than the Four Food Groups system because it groups together foods containing similar amounts of carbohydrate, protein, and fat and, consequently, having similar caloric content. To establish and maintain the new eating patterns required to attain and permanently maintain an ideal body weight requires careful planning of all food consumed. With the six group food plan, the substitution of foods within a food group allows diet (and caloric) control without elaborate calorie counting.

The six food groups used for DEB are the same as those used for diabetic exchange diets.

Look at Student Information Handout--Six Food Groups (348-207) attached to this lesson. For each of the six food groups, study the amount of carbohydrate, protein, and/or fat in one exchange, and the size serving of one exchange. Note that the serving size for various foods within a group may differ.

This classification of foods is sometimes called an exchange system because foods within a food group can be exchanged or substituted for each other. For example, foods within the Meat Group are referred to as meat exchanges. One exchange of lean meat is 1 ounce of meat which has about 7 grams of protein and 3 grams of fat. If the diet plan calls for 3 meat exchanges for a meal, then the individual may choose 3 ounces of a single item on the Meat Group list or 2 ounces of one item and 1 ounce of another to equal the 3 exchanges. For instance, 3 ounces of beef may be chosen; or 3 ounces of fish; or 1/4 cup of tuna fish and 2 ounces of cheddar-type cheese, etc. Elimination of one or more food groups is not recommended because certain nutrients may be lacking in the diet.

It must be kept in mind that each of the foods in a group has ABOUT (but not exactly) the same amount of carbohydrate, protein, and/or fat. For example, red meats such as beef and pork have more inseparable fat than do chicken or most kinds of fish.

It is recommended that foods be measured (with measuring cups or spoons) or weighed (on scales). Gram or ounce scales can be a great asset (but are not required) for determination of meat exchanges. An ounce is equal to about 28 grams. Measuring should be continued until accurate serving sizes can be estimated.

Now look at the Diet Plans (348-208) accompanying this lesson. First, study the 1200-calorie diet plan. Note that each day's food intake is divided into five parts.

There are two reasons for including between meal foods: (1) most people eat more than three meals per day, and (2) smaller, more frequent feedings are more conducive to weight reduction. You may choose to add between meal foods to meals. However, you need to eat at least three meals a day, every day. Skipping of meals may lead to unplanned eating of unplanned foods.

Note that the 20 exchanges in the 1200-calorie diet plan include: 2 fat, 2 milk, 6 meat, 3 fruit, 3 vegetable, and 4 bread exchanges. I want to stress that the diet plan shown here is only one example of ways in which these exchanges can be distributed between the three meals and two snacks. Work by yourself, or with a friend, in developing other meal plans, distributing the food exchanges in various ways, and using other foods for each exchange as you desire. This applies to all other diet plans as well.

Look at the diet plans for 1400, 1600, 1800, and 2000 calories/day. Note foods added at each calorie level.

Identify the diet plan for the calorie intake you calculated last week in order for you to lose 1-2 pounds per week. If diets of 1300, 1500, 1700, or 1900 calories were calculated, add 100 extra calories to 1200, 1400, 1500, and 1800 calorie/day plans. Do not use a Diet Plan with less than 1200 calories per day. It is difficult to obtain adequate amounts of nutrients on diets having fewer than 1200 calories. For a diet of 2200 calories/day or more, additional foods may be planned to increase the calorie intake.

For each of the diet plans, there is the opportunity for you to plan 100 to 200 calories per day from the foods on the Extra Calories List. This enables you to eat some of the higher calorie foods and still maintain your diet plan.

Again, we want to stress that the menu given is a "sample" and should not be used every day. We want to encourage you to eat a wide variety of foods for good nutrition and to prevent monotony. Don't get locked into a diet plan that allows only limited foods.

Suggestions about low calorie food selection and preparation will be covered in the lesson on low calorie cooking.

## 2. RECALL Computer Program

The RECALL Computer Program can serve as a tool for evaluation of your diets. Your nutrient intake for one to seven days will be compared to the Recommended Dietary Allowances for several nutrients.

Write down your food intake for one day. Write down all food and drinks and the amount. Don't forget to include between meal nibbles and snacks. You will need the FOODPRN listing which is enclosed with this lesson to code foods properly. Publication 348-641, also enclosed, can be used to organize information into the correct format to put into the computer.

Take the worksheet and write down your name, age, sex, and a listing of foods eaten during the past 24 hours with amounts eaten. Now code each food using the number found in the FOODPRN listing. Beside each code number, enter the number of servings eaten of each food. If you had 1 cup of milk, you had 1 serving. If you had 2 cups, you had 2 servings. Write down the number of servings you had of each food item.

Send the RECALL worksheet back to me when you have completed it. I will run it through the computer. The computer will tell us what nutrients and how much of each you are eating. I will return this information to you in the mail so that you can see where you can make improvements in your diet if needed.

## 3. Serving Sizes

If you are not familiar with serving sizes, try the following exercise. Place out bowls of food such as cereal, soup, salad, rice, vegetables, fruit, etc. Serve yourself what you consider to be an "average portion." Now, serve the recommended portion. For example, 3/4 of a cup is one serving of ready-to-eat cereal. Did you

serve yourself more than that? One-half cup of vegetables is one serving. Do you generally take more and call it one serving? You may be able to cut back on calories by cutting back on your serving sizes. Don't stop eating potatoes, or bread, or rice, or corn. Just eat less. You'll be pleasantly surprised. For a while (until you have learned to estimate serving sizes more accurately) measure your food to learn to control portion size. Soon, measuring accurate serving sizes will become automatic. In the food exchange system all foods can be measured except meats. These need to be weighed. You can use a small food scale for this. If you do not have one, use the diagrams in the worksheet, Portion Sizes (348-209), attached to this lesson to estimate size of meat servings.

#### 4. Menu Planning Exercise

Menu planning takes time and effort, especially if you are trying to choose foods with calorie control and good nutrition in mind! A Sample Menu Planning Sheet (348-335) has been prepared to assist you in using the Six Food Groups exchange system. It corresponds with the diet plan of the same calorie level in pamphlet 348-208. If you total up the various food exchanges, they should equal the "total daily exchanges" listed on the top of the Sample Menu Planning Sheet. The plan devised is another variation of how you can arrange your food intake. On one of the enclosed blank menu planning sheets (348-336) make up your own personal meal plans that will fit into your lifestyle. Be creative! Your "actual totals" at the bottom should equal the "total daily exchanges" listed on the top line. Please mail in one completed plan. I will check it and return it to you. An extra form is enclosed for your use. You may want to make additional copies of this worksheet to do your daily menu planning.

It would be very helpful for you to prepare daily menu plans in advance - to insure that you have needed ingredients on hand, and to plan ahead for your "rough spots" in the day so you won't be tempted to eat whatever is available! You can feed your family the same basic nutritious menu you are planning for yourself. However, depending on their ages and weights, you may give them larger portion sizes or additional food items.

As you become more familiar with the menu planning process, you may want to keep a pocket size notebook in which to plan meals and grocery lists.

#### 5. Summary

Objectives Checklist - You should now be able to:

- \_\_\_\_\_ 1. Develop an individualized low calorie diet plan
- \_\_\_\_\_ 2. Use the Six Food Groups exchange system
- \_\_\_\_\_ 3. Evaluate your diet in terms of the Six Food Groups

Activities Checklist

- |  |        |
|--|--------|
| _____ 1. Menu Planning Exercise                            | RETURN |
| _____ 2. Serving Size Exercise                             | KEEP   |
| _____ 3. RECALL Input - Worksheet                          | RETURN |
| _____ 4. Continue weight graph<br>(348-203) from last week | KEEP   |