

Virginia Cooperative Extension Service

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WEIGHT CONTROL FOLLOW-UP - NOVEMBER

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Foods and Nutrition

Dear DEB Members:

This is a great month for entertaining and visiting with family and friends, especially those that you haven't seen in a long time. With all of this entertaining, overeating can be a real problem, so remember to review your Do's and Don'ts list. Everyone needs a reminder!

Happy Thanksgiving!

D
DIET

E
EXERCISE

B
BEHAVIOR MODIFICATION

DIET:

Choosing an adequate diet can become difficult if one doesn't know which foods to select for a nutritious, balanced meal. For people who have to watch their caloric intake (like us), the task becomes even more difficult. We need to be able to select foods which have a high nutrient to energy ratio. In other words, we need to select foods which will supply us with adequate nutrient intake but not very many calories. Foods such as milk, liver, dark green and yellow vegetables, fruits high in vitamin C, and cereal grains have high nutrient/calorie ratios. Snacks such as soft drinks, cookies, cakes, candy, and many heavily processed snacks have a low nutrient to calorie ratio. That is, they supply us with very few, if any, of the essential nutrients, but they do give us lots of calories.

How can you tell which foods have a high nutrient/calorie ratio? The quickest and easiest way is to read the labels on all food products. The label must state the percentage of the U.S. RDA that the serving meets for protein, iron, calcium, and certain vitamins. The label also states the number of grams and calories supplied by the protein, carbohydrate, and fat. It only takes a minute to set up the nutrient to calorie ratio, so DO IT! It will save you pounds in the long run.

In selecting food items, keep in mind the descriptive terms that indicate high and low calorie foods. For an easy rule of thumb it would be wise to remember these terms:

HIGH CALORIE

Thick, oily
Slick, smooth, or gooey
Sweet or sticky
Greasy-crisp
Compact or concentrated
Alcoholic

LOW CALORIE

Thin, watery
Bulky, coarse, or fibrous
Light or airy
Watery-crisp

Vegetables such as celery, cucumbers, green peppers, lettuce, and carrots are just a few examples of low calorie foods that fit the low calorie descriptive terms. Apples, pears, peaches, and oranges are a few of the fruits that also fit this category.

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High calorie food items would include french fries, cakes, banana splits, alcoholic beverages, and candy. Let's make a comparison of some food items. Which would you choose?

<u>FAT AND GOOEY</u>	<u>KCAL</u>	<u>THIN AND CRISPY</u>	<u>KCAL</u>
1 cupcake	160	1/4 cantalope	33
1 caramel	114	1 nectarine	32
1 apple tart	276	1 apple	80

Remember to look at food labels while shopping in order to judge the best foods for you calorically and nutritionally.

Holiday meals this month may pose a problem. By making a few adaptations you should be able to feast along with the rest of the family. Try the following suggestions and recipes.

An appetizer tray of carrot and celery sticks, cucumber pinwheels, radishes, and raw cauliflowerets will help you through the pre-dinner hungries. Slice the turkey very thin--that way it will look as if you're getting more. Fill your plate with green beans, squash, and tiny boiled onions. Take small amounts of stuffing, mashed potatoes, and gravy. Serve a molded salad made with fresh cranberry-orange relish and unflavored gelatin. If you still have room for dessert, serve a gorgeous arrangement of fresh fruit, such as apples, pears, grapes, bananas, and pineapple.

Low Calorie Pumpkin Chiffon Pie

1 9-inch pie shell, baked	1/4 teaspoon nutmeg
1 envelope unflavored gelatin	1 teaspoon cinnamon
1/4 cup cold water	1 cup canned pumpkin
1 cup sugar	1 cup evaporated skim milk
3 tablespoons cornstarch	2 tablespoons margarine
1/2 teaspoon salt	4 egg whites
1/4 teaspoon ginger	1/4 cup finely chopped pecans

Soften gelatin in cold water. Combine 1/2 cup sugar with cornstarch, salt, ginger, nutmeg, and cinnamon. Add pumpkin and milk. Mix well. Cook over medium heat until thickened, stirring constantly. Add the gelatin mixture and margarine, stirring until dissolved. Cool until partially set.

Beat egg whites until soft peaks form and gradually beat in the remaining 1/2 cup sugar. Continue beating until stiff and fold into pumpkin mixture. Place in pastry shell. Garnish with crushed pecans. Serve chilled. Serves 8.

Cranberry Sherbet

Soften 1 envelope of unflavored gelatin in 1/4 cup of low calorie cranberry juice cocktail. Add a dash of salt, stir in 3/4 cup of low calorie cranberry juice cocktail, and 1/2 cup of sugar. Heat over medium heat until sugar and gelatin are dissolved. Remove from heat.

Stir in additional cup of cranberry juice cocktail and 1 tablespoon of lemon juice. Freeze in refrigerator tray until firm. Break or cut into chunks. In a chilled bowl, beat with electric mixer until smooth. Return to tray and freeze until firm. Serves 6 to 8 individuals.

EXERCISE:

Exercising in the cold, crisp air is exhilarating, but only if you are prepared for it. If you are a runner, a brisk walker, or a cold weather rope jumper--keep these tips in mind:

1. Warm up your muscles adequately during the cold months. It is dangerous to start vigorously exercising cold muscles. Start out gradually with warm-up exercises. Warm up exercises get your blood flowing through the peripheral blood vessels, which are more constricted in winter to conserve body heat. Begin your exercise at a very slow pace until your muscles are sufficiently warm. If you don't, you may tear or strain them.
2. Breathing may also be a problem in the winter. The cold, dry air can inflame the mucous membrane in the nose, causing nasal stuffiness and excessive mucous production which will interfere with respiration. Wearing a face mask or a scarf draped across your nose and mouth will help your breathing by warming and humidifying the air.
3. Dressing for winter running. Overdressing is a common mistake. After a short time of exercise, your body heats up a great deal. One solution to avoid overdressing is to wear several, loose layers of light clothing that you can unzip or take off. This will help you to regulate your body heat. Be sure to wear a hat that covers your ears because a lot of body heat escapes through the head. Also, don't forget to wear mittens, fingertips are one of the first areas to feel the cold.

There are also days when it is just unwise to run. Running on a very cold day creates an additional wind chill factor, so on an extremely cold and windy day it may be unwise to run. But remember to do another indoor exercise if these conditions are present!

BEHAVIOR MODIFICATION:

Do you need some morale boosters? If you ever start feeling down and out pick yourself back up and follow these suggestions! First, list all of the things you would like to change about yourself. For example, your hair-do, clothing, make-up, and weight. Next, try to find a picture or pictures of what you would like to work towards. Get several fashion magazines and take your time reading them. This will help keep your mind off eating and motivate you to follow your diet. Take the pictures you have picked out and place them anywhere that will serve as a reminder to you to diet and exercise. Some good places are on the refrigerator, on your mirror, and on your closet door. Next, start budgeting your money. Put a little, extra cash aside each week so that when you're ready for the new you, you'll have extra cash for that "new you" wardrobe. Then, get yourself a new haircut. This will make you feel better and perhaps put a different view on your diet. Now that you have a new hairstyle, you need a new body to go along with it. You'll find that as you visually start to lose weight (this means YOU AND OTHERS can see your body slimming down), you will become more goal conscious about weight loss. Seeing your accomplishment is the biggest morale booster of all!

R
RECORD

A
ANALYZE

P
PLAN

RECORD:

What steps did you take this month to increase your intake of thin, crisp foods and decrease your intake of thick, gooey foods?

What do you want to improve about yourself?

Improvement Needed

How Can I Improve

Deadline for Improvement

ANALYZE: After you consider it all . . .

What thick, gooey foods will be easiest for you to give up? Most difficult?

Which thin, crisp foods do you really enjoy and which ones will be the easiest to substitute for those thick, gooey foods?

Which "cold exercising" tips did you follow this month? Did you find them helpful?

After planning your "new self" were you more motivated to "stick to your dietary program"?

How do you feel about the changes you would like to see in yourself?

Which ones do you feel will be easiest to accomplish? The hardest?

PLAN: For the future I will try to . . .

Increase my intake of thin, crisp foods by trying a new one every day for a week?

The next time I think about exercising, I just won't think about it, I will DO it.

I will be more conscientious about label reading and seek out nutrient/high calorie ratio foods.

Keep up the good work and have a happy holiday season!

DEB FOLLOW-UP PROGRAM
Monthly Progress Report
of

(Name)

for

November 19___. Weight_____lbs.

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