

Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

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348-300

WEIGHT CONTROL FOLLOW-UP - AUGUST

June, 1983

L. Janette Taper
Extension Specialist
Foods and Nutrition

Dear DEB Member:

Are you satisfied with your weight loss so far? With the weather so warm, you are probably eating less--most people do not feel as hungry in very warm weather. However, there are some pitfalls that you should be aware of: (1) Don't decrease your activity, (2) Don't drink too many high calorie, cold beverages, and (3) Don't eat too much ice cream. If you become "too warm," remember that the sprinkler and a tall glass of ice water or unsweetened tea can work wonders!

D
DIET

E
EXERCISE

B
BEHAVIOR MODIFICATION

DIET:

All of us enjoy eating out every once in a while, so this month let's see if we can and how we can stay on our diets at a fast food restaurant.

What are some good menu choices? A plain hamburger with mustard, catsup, and pickles has the lowest calorie content of the sandwiches. The nutrient content could be improved by choosing a cheeseburger. This would increase the calorie content but it will also increase the content of some of the important nutrients.

The sauces that you put on sandwiches add extra, unneeded calories. Use catsup and mustard instead of oil based sauces such as salad dressings or tartar sauce.

Avoid "empty" calorie foods. These are foods which supply many calories and essentially no nutrients. Do not order french fries, fried onion rings, fried fish fillets, or fried fruit pies.

When choosing your beverage, consider both the nutrient and calorie value. Black coffee and tea are no-calorie, no-nutrient foods. A soft drink contains approximately 145 calories per 12 oz. serving, but has no nutrients. Milk has about 160-170 calories per 8 oz. serving, but it also supplies protein, calcium, and riboflavin, all of which are important nutrients. Shakes are very high in calories (approximately 340), and may or may not supply nutrients, depending upon whether they are milk based or not. The choice is yours! Coffee and tea have ZERO calories, so if your other foods are supplying enough nutrients, order coffee or tea. If the rest of your diet is not supplying enough nutrients, order milk. Milk supplies extra calories, but it also gives you some nutritional return from those extra calories!

EXERCISE:

Exercise is imperative to any weight reduction program. If you're a beginner the best way to develop your own program is to start off moderately. Don't over do! First try walking. Walk a set distance each day. Start out slowly, going only a short distance, and then increase your distance as you become accustomed to walking each new distance. When you feel that you have built up your walking ability so that you are not straining or becoming excessively tired, try running. Again run only short dis-

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tances at first; then build up to longer distances. Let's begin by setting a goal for this month. Work up to walking 20-30 minutes each day by the end of the month. If you become bored with walking alone, ask a friend to join you, then take a closer look at nature while you walk. Notice the flowers, birds, clouds, people, buildings, --everything around you. It is a beautiful world.

Did you know that just walking an extra 1/2 mile every day, while maintaining the same food intake, could mean a weight loss of about 4 pounds in one year! With regular moderate exercise you'll be more inclined to exercise regularly, rather than just in spurts.

BEHAVIOR MODIFICATION:

This month we want you to be your own "behavior therapist." Problem-solving skills will enable you to deal with problems you might encounter in achieving or maintaining your weight goal.

Approach problem solving through these five steps:

- (1) Observation and long term goal definition--a food record is an observation; weight loss is a long term goal.
- (2) Definition of a specific problem and short term goal setting--break the problem down into steps which can be defined. This approach gives the problem a better chance of being solved. Look at your food record. What problems do you see in your food consumption and eating habits?
- (3) Create alternative plans to solve the specific problem you have defined; BRAINSTORM--think of as many solutions as you can.
- (4) Decision-making or choosing the most appropriate plan. Take into consideration your own particular lifestyle in choosing the best solution to your problem. Look at your food problem. What is the best way to solve it, considering your type of lifestyle?
- (5) Evaluation and Feedback. Keep evaluating your program. Evaluate and define your specific problems. Identify the problems and complete a Behavioral Prescription Sheet for each problem.

R
RECORD

A
ANALYZE

P
PLAN

RECORD:

Consider the food choices below. Make selections from the foods to provide a relatively low-calorie, balanced meal.

- | | |
|---------------------|-------------|
| Hamburger | Shake |
| Cheeseburger | Soft drink |
| Fish Filet Sandwich | Whole milk |
| Superburger | Coffee |
| French fries | Fruit juice |
| Fruit pie | Iced tea |

Did you start your own walking program? Let's keep a record of how you are doing.

Distance	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
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How did you feel after walking? Good, Bad, or Indifferent? Take notice of your feelings after exercising. You should be feeling good about yourself.

ANALYZE: Let's Think . . .

What two things could you do to lower calorie intake at a fast-food restaurant?

How do you feel about walking for exercise? Will you be able to expand your exercise program to include running?

Will the five steps for approaching problems help you in correcting your weight and food habit problems?

PLAN: Where do I go from here?

I will walk daily for _____ minutes.

When I feel low I will call a friend to see if he/she would like to walk with me.

I will identify my behavioral problems from my food records, analyze them, and become my own "behavioral therapist."

GOOD LUCK!

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

DEB FOLLOW-UP PROGRAM
 Monthly Progress Report
 of

(Name)

for

August 19___. Weight___lbs.

BEHAVIORAL PRESCRIPTION SHEET

Name

Problem

Possible Solutions

Plan

Evaluation