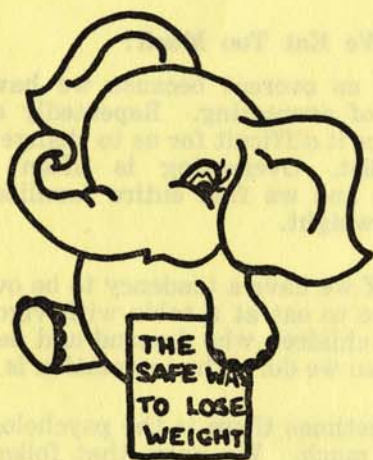




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Weigh Right - Feel Good



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IDAHO Agricultural
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Weigh Right - Feel Good

WEIGHT—more weight than we want and more than is good for us—is one of the increasing health problems of people all over the United States. Much of this problem comes from the fact that those of us who are past 40 do not realize that we no longer need as much food as we did during our earlier, more active years. Only those of us who continue hard, physical labor require these large amounts of food with their tremendous supplies of heat and energy.

Why Do We Eat Too Much?

Most of us overeat because we have formed the habit of overeating. Repeatedly eating too much makes it difficult for us to change to a more sensible diet. Overeating is often a family habit, too; and we find entire families who are badly overweight.

Surely, if we have a tendency to be overweight it is unwise to eat at a table with vigorous men and active children who demand and need higher calories than we do. The temptation is too great.

And sometimes there is the psychological urge to eat too much. We know that folks now and then eat to fulfill wants and hungers that cannot be satisfied by food.

We don't work as hard as we used to. Modern conveniences have taken away a lot of the old time work that took so much food and energy. Women of today need from 500 to 1000 calories less than their mothers needed for the work they had to do.

This publication, prepared by the Extension Nutritionist, is a revised reprint of Extension Circular 127 bearing the same title.

Glandular disturbances cause overweight, too. These are rare. See your physician if you suspect that this might be a problem with you.

What Can You Do About It?

IT'S NOT what you eat—IT'S how much you eat that makes you fat. IT'S NOT which food you eat—IT'S how many calories.

Losing weight can be a matter of mathematics. To lose 1 pound a week, you must cut each day's meals by 500 calories. To lose 2 pounds a week you will cut 1000 calories each day. Do not attempt to lose more than 2 pounds a week.

Let's suppose that you weight 155 pounds but your would like to weigh 140 pounds. You know you would feel better and you could wear last spring's suit again without that 15 pounds.

Subtract your ideal weight from your present weight; $155-140=15$ pounds to lose.

With 2 pounds a week loss it will take you 2 months of will (or is it "won't") power to reduce.

The average young homemaker today can eat only about 2200 calories a day to maintain her figure. Her mother of 50 may need only 1800. See your physician before reducing your calorie intake.

Cut Calories In All Meals

A well-planned reducing diet includes three well-balanced meals each day, beginning with a good breakfast. A complete breakfast is one of the important parts of the success of a plan. Research studies show that those who eat a "fruit juice and coffee" breakfast or no breakfast tend to eat more during the rest of the day than those who start off with an adequate breakfast.

No special diet is necessary. The family menu can be adapted to your needs. Omit the high-calorie foods; take smaller servings; avoid second helpings of the food you put on the table for the active normal-weight members of your family.

A practical guide for keeping down weight with safety and comfort is to eat daily some of each of the following foods:

Milk—At least 2 cups or glasses for adults; 4 cups for children. Skim milk or buttermilk has fewer calories. Non-fat dry milk can be used in cooking and for drinking.

Egg—One.

Vegetables—Be generous with leafy green and yellow vegetables. Have potatoes once a day.

Fruits—Use them liberally but spare the sugar. If you eat canned fruit omit the syrup. Eat a serving of citrus fruit, citrus fruit juice, or tomatoes every day.

Butter—Two or three small pats.

Bread—One slice of enriched or wholewheat.

Meat—Poultry, fish, cheese or cottage cheese may be used instead of meat. Eat two servings daily.

SAMPLE DIET PATTERN

Breakfast

$\frac{1}{2}$ grapefruit or $\frac{1}{2}$ cup juice or other fruit
1 boiled or poached egg on 1 slice buttered toast

or

$\frac{1}{2}$ cup dry cereal with $\frac{1}{2}$ cup milk
Black coffee or milk

Luncheon

Small serving of meat (2 small meat patties)

or

Two eggs or $\frac{1}{2}$ cup cottage cheese with
Large serving cooked vegetables—butter
Serving raw vegetable
Whipped gelatin or fresh fruit
Glass of milk

Dinner

$\frac{3}{4}$ cup hot bouillon or $\frac{3}{4}$ cup tomato or vegetable juice

Large serving meat, fish, or chicken

Two cooked vegetables—butter

Raw vegetable salad or aspic

Baked custard or lemon sherbet or fruit

Glass of milk

COUNTING CALORIES CAN BE FUN WITH THIS CHART

Approximate number of calories
in average servings

15-20 CALORIES

1 lump sugar
green vegetable
bouillon
1 cracker
1 tomato
2 t. cream

75 CALORIES

1 egg
bread
butter
plain cookie
buttermilk or
skim milk
jam
many fruits
fruit juice
carb. beverages
2 slices bacon

100 CALORIES

cereal
cheese
banana
apple
cottage cheese
1 piece fudge
2 small biscuits
1 hot cake
1 ear corn
1 gl. beer
1 T. mayonnaise

159-170 CALORIES

whole milk
stewed fruit
canned fruit
muffin
lean meat
potatoes
cream soup
custard

200 CALORIES

ice cream
pudding
cup cake
candy bar
most meats
doughnut
gingerbread

300-400 CALORIES

sandwich
pie
frosted cake
sundae
meat substitute dish
waffle
milkshake

Would it be difficult for you to:

1. Use skim milk instead of whole milk on your breakfast cereal?

Save 50 calories

2. Omit cream in beverage? 20
3. Omit sugar in beverage? 15
4. Skip the doughnut with morning coffee? 200
5. Leave mayonnaise off luncheon salad? 100
6. Leave topping off ice cream? 200
7. Resist the second ear of corn with butter? 100

That is 785 calories saved

8. Could you turn down a piece of pie? 300

1085 calories

See? That's more than a thousand calories saved by considering accessories and second helpings!

Some Do's and Don'ts

DO consult a physician

DO cut down food intake

DO eat three meals a day

DO reduce slowly—not over two pounds a week

DO choose calories for the company they keep

DO let a full length mirror and a bathroom scales tell your progress

DO persuade someone to reduce with you—a group finds it much easier and more fun

DON'T depend on exercise to reduce

DON'T use drugs

DON'T make a martyr of yourself

DON'T be a "diet bore" to your family and friends

DON'T be discouraged if there is little or no loss the first week or so

DON'T omit potatoes