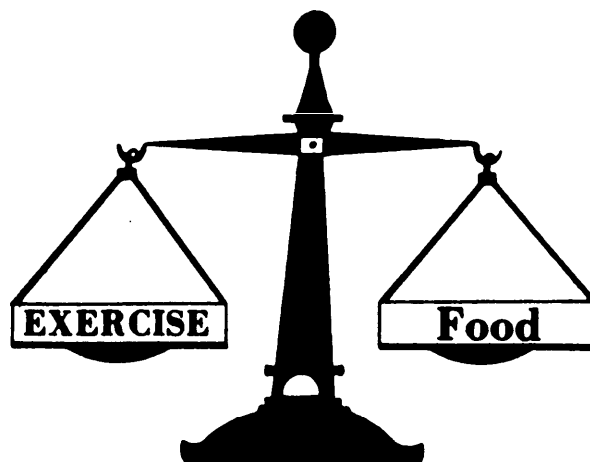


AFP 166-10
19 December 1986

Nutritional Medicine Service



Good Eating:

A Dieter's Guide

This diet instruction has been given to you
by _____
(Name of health care provider)

at _____
(Name of medical facility)

on _____
(Date)

If questions arise, direct them to the health care
provider at _____
(Telephone number)

Nutritional Medicine Service
GOOD EATING: A DIETER'S GUIDE

This pamphlet provides guidance needed to achieve and maintain desirable body weight. The use of names of any specific manufacturer, commercial product, commodity, or service in this publication does not imply endorsement by the Air Force.

	Page
Introduction	4
Advice for Calorie Counters	4
Brave New Words	5
A Tale of the Scales	5
Clarifying Calories	12
Dieting Isn't for Everyone	14
Behavior Modification	18
Changing Your Habits	18
The Joys of Exercising	20
The Naked Truth About Fad Diets	23
Popular Fad Diets	23
A Diet Checklist	25
Other Weight-Loss Methods	26
Weight Loss Basics	26
The Dieter's Best Friends	27
The Breads and Cereals Connection	27
Milk and Cheese Department	27
Calcium Equivalents	28
Curtain Up on Entrees—Meat, Poultry, Fish, and Beans	28
Fats, Sweets, Alcohol, and Other Extras	29
Sensible Servings	29
Low Calorie Meal Planning	30
Beverages—Quench Your Thirst	31
For Gourmets on a Calorie Shoestring	32
Controlling the Urge to Splurge	40

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	Page
Calorie Countdown	42
Countdown: Menu Ideas	46
1800 Calories	46
1500 Calories	47
1200 Calories	47
Recipes	48
Patient References	52

Introduction

Eating is one of life's necessities, and one of its pleasures. But eating too much, too often, can lead to obesity. The Surgeon General of the United States warns that obesity is clearly related to diabetes, gall bladder disease, and high blood pressure and may contribute significantly to serious heart ailments. Obesity has also been linked with arthritis, gout, and respiratory disorders.

Yet despite this grim news, it is estimated that about 40 million adult Americans have a weight problem, with more than half of them considered obese. Women, it seems, are especially prone to obesity, particularly those in the middle and upper age brackets.

No matter how heavy you are, however, losing weight and keeping it off are goals that you can achieve. All it takes is a little willpower and perseverance and, of course, some sound, commonsense guidelines. And remember; while there is no guarantee of good health if you lose excess pounds, your chances of staying healthy are a lot better.

Cartoonist Al Capp solved the dieting problem in Li'l Abner's town of Dogpatch by creating a fictional food called Mockeroni; the more of it you ate, the more weight you lost. Unfortunately, there is no such miracle food in real life. And because no two people are the same, no single approach to losing weight is right for everyone. However, the general rule is—you lose weight when you eat foods with fewer calories than you use up daily. There are tips we can all use to start a weight-reduction program and to maintain an ideal weight afterwards. Read on to:

- *Discover* if you're overweight and or overfat.
- *Find* out what happens to your body during weight loss.
- *See* how to readjust your eating and physical activity habits.
- *Learn* how to achieve a balanced diet.
- *Explore* some low-calorie ideas for meals.
- *Cope* with snacktime and special occasions.
- *Checkout* some menu ideas.

Advice for Calorie Counters

If you are trying to control your weight, follow these guidelines:

1. Cut down on high-fat foods such as margarine, butter, highly marbeled or fatty meats, and fried foods. Salad dressings, cream sauces, gravies, and many whipped dessert toppings are also high in calories.

2. Cut down on sugary foods such as candies; soft drinks and other sugar-sweetened beverages such as ades and punches; jelly, jam, syrups, honey; fruit canned in heavy syrup; pies, cakes, and pastries.
3. Cut down or eliminate alcoholic drinks.
4. Cut down on portion sizes. Portions of some foods, such as meats, are hard to estimate. For example, a 3-ounce serving of cooked lean meat without bone is equivalent to a 3- by 5/8-inch hamburger patty. What is your usual portion size?
5. Use whole milk or whole milk products (most cheeses and ice cream) sparingly. Lowfat and skim-milk products, such as ice milk and skim-milk cheeses, provide fewer calories than their whole milk counterparts.
6. Select cooking methods to help cut calories. Cook foods with little or no added fat and avoid deep-fat fried foods, which are high in calories because of the fat absorbed during cooking. For meat and poultry, trim off visible fat; either broil or roast on a rack. If braised or stewed, drain meat to remove fat. For fish, broil or bake. For vegetables, steam, bake or boil; for an occasional change, stirfry in a small amount of vegetable oil.
7. Be sure to count the nibbles and drinks enjoyed during social events and throughout the day as part of your day's calorie allotment.

Brave New Words

Many words are often used interchangeably and sometimes incorrectly to describe a weight problem. The following definitions should help clarify some of the more common terms:

Overweight. Excess body weight relative to standards for height.

Overfatness. Excess body fat. Tests for overfatness help determine if overweight is due to fat.

Obesity. Excess body fat, traditionally associated with being 20 percent or more overweight.

A Tale of the Scales

In the realm of professional football, a typical linebacker stands about 6 foot, 2 inches and weighs about 230 pounds. That means the athlete is roughly 33 pounds overweight, at least according to the Metropolitan height and weight chart on page 9. Such football players are mostly muscle and little fat. The point here is simple: While height and weight charts give you an idea of the ideal weight for your height, they are not the last word. First of all, they don't spell out which end of the weight range is right for you, and second, they don't distinguish between excess weight due to fat and that due to muscle.

There are some scientific ways to determine if your excess body weight is due to fat. For example, skinfold thickness can be measured with a caliper, and body density can be figured by weighing a person underwater. But you don't need to go to extremes to find out if you need to shed a few unwanted pounds. You can simply try the tests on page 8.

If you are overweight according to the height and weight chart and overfat according to the sample tests, chances are you need to lose weight. This pamphlet should help you get on the right track. However, if your weight problem is excessive or if you have other health difficulties, check with your doctor before beginning a weight-control program. Weight standards for active duty military members are provided on pages 10 and 11.

To make an approximation of frame size: Extend your arm and bend the forearm upward at a 90-degree angle. Keep fingers straight and turn the inside of your wrist toward your body. Use a caliper to measure the space between the two prominent bones on either side of your elbow. Without a caliper, place thumb and index finger of your other hand on these two bones. Measure the space between the fingers against a ruler or tape measure. Compare it with these tables that list elbow measurements for *medium-framed* men and women. Measurements lower than those listed indicate you have a small frame. Higher measurements indicate a large frame.

Heights in 1" Heels

Elbow Breadth

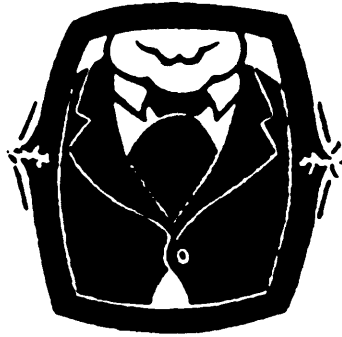
Men

5'2"-5'3"	2 1/2"-2 7/8"
5'4"-5'7"	2 5/8"-2 7/8"
5'8"-5'11"	2 3/4"-3"
6'0"-6'3"	2 3/4"-3 1/8"
6'4"	2 7/8"-3 1/4"

Women

4'10"-4'11"	2 1/4"-2 1/2"
5'0"-5'3"	2 1/4"-2 1/2"
5'4"-5'7"	2 3/8"-2 5/8"
5'8"-5'11"	2 3/8"-2 5/8"
6'0"	2 1/2"-2 3/4"

Courtesy of Metropolitan Life Insurance Company, 1983.

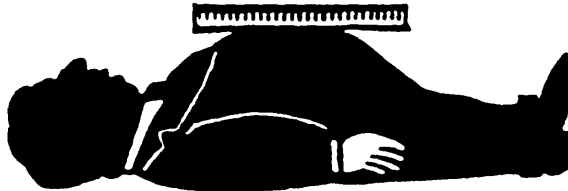


MIRROR TEST Be your own judge. If you see too much of you in the mirror, it may be time to shed a few pounds.

PINCH TEST Using your thumb and forefinger, pinch a fold of skin on the back of your upper arm. If the fold is more than an inch thick, you are probably overfat.



RULER TEST Lie on your back. Place a 12-inch ruler on your stomach pointing from head to toe. If both ends of the ruler fail to touch your body, unless you are pregnant, guess what?



GIRTH TEST (for men) Place a belt around your middle. Mark the spot where you fasten the ends. Now place the belt around your chest. If you're wider at the waist than at the chest, you're carrying more fat on your body than you need.



Metropolitan Height and Weight Tables

Male					Female				
Height Feet	In	Small Frame	Medium Frame	Large Frame	Height Feet	In	Small Frame	Medium Frame	Large Frame
5	2	128-134	131-141	138-150	4	10	102-111	109-121	118-131
5	3	130-136	133-143	140-153	4	11	103-113	111-123	120-134
5	4	132-138	135-145	142-156	5	0	104-115	113-126	122-137
5	5	134-140	137-148	144-160	5	1	106-118	115-129	125-140
5	6	136-142	139-151	146-164	5	2	108-121	118-132	128-143
5	7	138-145	142-154	149-168	5	3	111-124	121-135	131-147
5	8	140-148	145-157	152-172	5	4	114-127	124-138	134-151
5	9	142-151	148-160	155-176	5	5	117-130	127-141	137-155
5	10	144-154	151-163	158-180	5	6	120-133	130-144	140-159
5	11	146-157	154-166	161-184	5	7	123-136	133-147	143-163
6	0	149-160	157-170	164-188	5	8	126-139	136-150	146-167
6	1	152-164	160-174	168-192	5	9	129-142	139-153	149-170
6	2	155-168	164-178	172-197	5	10	132-145	142-156	152-173
6	3	158-172	167-182	176-202	5	11	135-148	145-159	155-176
6	4	162-176	171-187	181-207	6	0	138-151	148-162	158-179

Courtesy of Metropolitan Life Insurance Company, 1983.

Air Force Weight Standards--Women

Height (In inches)	Maximum Allowable Weight (MAW)	Interpolated Weight			10 percent Criteria Weigh Annually
		1/4"	1/2"	3/4"	
58	126	126 1/2	127	127 1/2	113
59	128	128 1/2	129	129 1/2	115
60	130	130 1/2	131	131 1/2	117
61	132	132 1/2	133	133 1/2	119
62	134	134 1/2	135	135 1/2	121
63	136	136 1/2	137 1/2	138 1/4	122
64	139	140 1/2	141 1/2	142 3/4	125
65	144	145	146	147	130
66	148	149	150	151	133
67	152	153	154	155	137
68	156	157 1/4	158 1/2	159 3/4	140
69	161	162	163	164	145
70	165	166	167	168	149
71	169	170 1/4	171 1/2	172 3/4	152
72	174	175 1/4	176 1/2	177 3/4	157
73	179	180 1/2	182	183 1/2	161
74	185	186 1/4	187 1/2	188 3/4	167
75	190	191 1/2	193	194 1/2	171
76	196	197 1/4	198 1/2	199 3/4	176
77	201	202 1/4	203 1/2	204 3/4	181
78	206	207 1/2	209	210 1/2	185

NOTE: For every inch under 58 inches, subtract 2 pounds from the MAW. For every inch over 78 inches, add 6 pounds to the MAW.

Source: AFR 35-11, 10 April 1985.

Air Force Weight Standards—Men

Height (In inches)	Maximum Allowable Weight (MAW)	Interpolated Weight			10 percent Criteria Weigh Annually
		1/4"	1/2"	3/4"	
60	153	153 1/2	154	154 1/2	138
61	155	155 3/4	156 1/2	157 1/4	140
62	158	158 1/2	159	159 1/2	142
63	160	161	162	163	144
64	164	165 1/4	166 1/2	167 3/4	148
65	169	170 1/4	171 1/2	172 3/4	152
66	174	175 1/4	176 1/2	177 3/4	157
67	179	180 1/4	181 1/2	182 3/4	161
68	184	185 1/4	186 1/2	187 3/4	166
69	189	190 1/4	191 1/2	192 3/4	170
70	194	195 1/4	196 1/2	197 3/4	175
71	199	200 1/2	202	203 1/2	179
72	205	206 1/2	208	209 1/2	185
73	211	212 3/4	214 1/2	216 1/4	190
74	218	219 1/2	221	222 1/2	196
75	224	225 1/2	227	228 1/2	202
76	230	231 1/2	233	234 1/2	207
77	236	237 1/2	239	240 1/2	212
78	242	243 1/2	245	246 1/2	218
79	248	249 1/2	251	252 1/2	223
80	254	255 1/2	257	258 1/2	229

NOTE: For every inch under 60 inches, subtract 2 pounds from the MAW. For every inch over 80 inches, add 6 pounds to the MAW.

Source: AFR 35-11, 10 April 1985.

Clarifying Calories

Nearly everyone associates losing weight with calorie counting. Yet many people don't understand exactly what it is they're counting. Here's some information to set the record straight.

What Is a Calorie?

Quite simply, a calorie is a measure of energy, the capacity to do work. Science defines the calorie as the amount of energy required to raise the temperature of 1 gram of water by 1 degree Celsius. In the laboratory, the calorie content of food is determined by measuring the amount in 1,000-calorie units called kilocalories. But in everyday usage this term has been shortened to just "calorie" when the amount of energy in food is described. So the 80-calorie apple you munch on at snacktime is really 80 kilocalories.

How Many Calories Do You Need?

The number of calories you need depends on how much energy your body uses. People have different basal metabolic rates (level of energy required to support involuntary body processes, such as breathing, heartbeat, and so forth), levels of physical activity, body sizes and compositions (proportion of fat, muscle, water), health status, and growth stages. When the food you eat routinely provides more calories than your body needs, the excess calories are converted to fat—a storage form of energy—and you gain weight.

How Can You Lose Weight?

Regardless of whatever you may have heard, the only proven way to lose weight is to consistently eat fewer calories than your body needs and uses. You can do this by reducing energy intake (food), by increasing energy output (physical activity), or preferably by a combination of both. One pound of stored fat contains about 3500 calories. So to lose a pound of fat a week you must cut back by 500 calories a day or burn up those 500 calories by increasing physical activity (see chart, page 22).

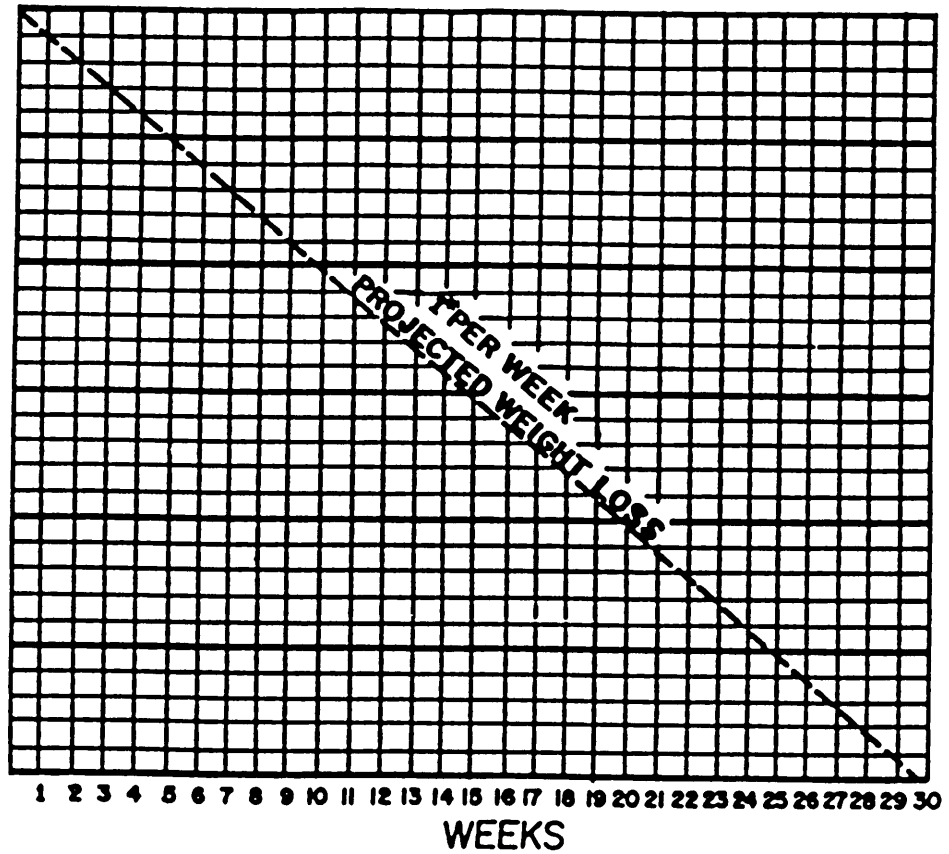
Will Your Diet Be Nutritionally Adequate?

The fewer calories you eat, the more difficult it is to get enough vitamins and minerals. A daily intake of fewer than 1800 calories may not supply all necessary nutrients in recommended amounts. This may not be a problem during short-term periods of dieting, but check with your doctor if you're planning a long-range weight-loss program of considerably fewer than 1800 calories a day.

A sensible weight-loss program is one that results in a slow, steady loss of weight. This way, you'll form new eating habits which will help you stay slim.

WEIGHT CONTROL RECORD

POUNDS



Weight yourself once a week at the same time of day, (preferably before breakfast) on the same scales, and in about the same weight of clothing (or without clothing). Do not weigh every day.

Do not expect results overnight. You may find that it takes 3 weeks of faithfully eating less than usual, before your weight drops a pound. Then it may suddenly drop 3 or more pounds, all at once. Lost fat is sometimes replaced temporarily with water in the tissues resulting in a higher scale weight without body fat weight gain. This condition gradually corrects itself as dieting continues.

Calories . . . Where Are They?

Most foods are mixtures of water, protein, carbohydrate, and or fat. The number of calories in a food depends on how much of these are present. Proteins and carbohydrates have about 4 calories per gram, while fats have about 9. (There are about 28 grams in an ounce.) Water contains no calories. Foods which contain a large amount of water such as lettuce and tomato, are low in calories. The graph on page 15 shows the proportion of calories coming from the fat, carbohydrate, and protein in each ingredient in a cheeseburger and how these components contribute to total calories.

Dieting Isn't For Everyone

Not everyone should diet. Women who are pregnant, for example, should postpone losing weight. Women who are breastfeeding need even more calories and nutrients than those who are pregnant. So, if you are pregnant or breastfeeding, see your physician or dietitian for advice on what and how much to eat.

It's important that children form good eating habits early. Your pudgy toddler may be cute now, but obese children are likely to grow up to be fat adults. If you think your children are overweight, check with a doctor. Your doctor or a dietitian can design and supervise a weight-reduction plan for them. Remember that children have special nutrient needs because they are growing. For this reason, some diet programs are designed to maintain children's weight while they grow, rather than to promote weight loss. In addition, overweight and overfat children need plenty of exercise and support from their families. The best way to be sure your children avoid weight problems is to be calorie-conscious and physically active yourself. Parents are role models, and children learn by example.

The Long and Winding Road . . . To a Slimmer You

How many times have you heard people wisecrack that they lost 100 pounds in the last year—the same 10 pounds over and over again? And it's no wonder. It's easy to get discouraged on a diet. Much of what you lose during the first few weeks of calorie reduction is due to water loss—more water than fat. A temporary readjustment of water balance in the body tissues is the natural result of taking in fewer calories than you're used to. When your body adjusts to the new level of calories, your weight loss may slow down. Losing fat is a slower process than losing water.

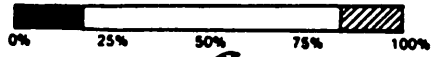
You may find yourself stuck on a weight plateau although you're still watching calories. But don't give up and go back to your old eating habits. Plateaus are to be expected, and they can be overcome.

Who would suspect that eating such foods as ham, cheese, or pickles could throw your diet off track? Yet, eating more of these salty foods than usual could cause mild fluid retention which may slow down your weight loss—or even result in a small weight gain. Mild fluid retention also occurs if you suddenly add more carbohydrates to a high-protein, low-carbohydrate diet. It is not clear exactly how carbohydrate affects sodium and water balance. On the one hand, this type of weight gain is only temporary as long as you don't increase your caloric intake. On the other hand, excessive fluid retention is a valid cause for concern. Check with your doctor if you think you're retaining too much fluid.

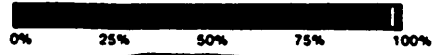
PERCENTAGE OF CALORIES FROM:
FAT ■ **CARBOHYDRATE** □ **PROTEIN** ▨



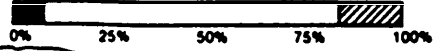
ROLL
119 calories



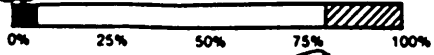
MAYONNAISE
1 tablespoon
67 calories



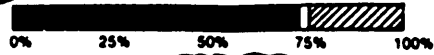
TOMATO
1 slice
14 calories



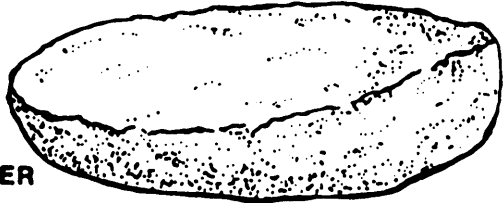
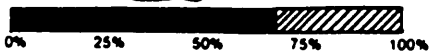
LETTUCE
1 leaf
3 calories



CHEESE
1 oz. slice
105 calories



HAMBURGER
3 oz. cooked
243 calories



TOTAL CHEESEBURGER
551 calories

Another reason your weight loss may slow down is that as you become thinner, your body requires fewer calories to function. So to continue losing weight at the same rate, you'll have to cut back further on calories, get more exercise, or both. But remember, don't skimp on essential nutrients.

Once you finally reach your ideal weight, it takes determination to stay that way. If you go back to your old eating and exercise habits, you'll put those pounds back on. But maintaining your new weight won't be as difficult as getting there in the first place. Gradually, you'll be able to add a few extra calories—not too many though! If you find you're gaining weight again, cut back on calories or become more active. Ultimately, through trial and error, you'll find the food and activity pattern that keeps your weight steady.

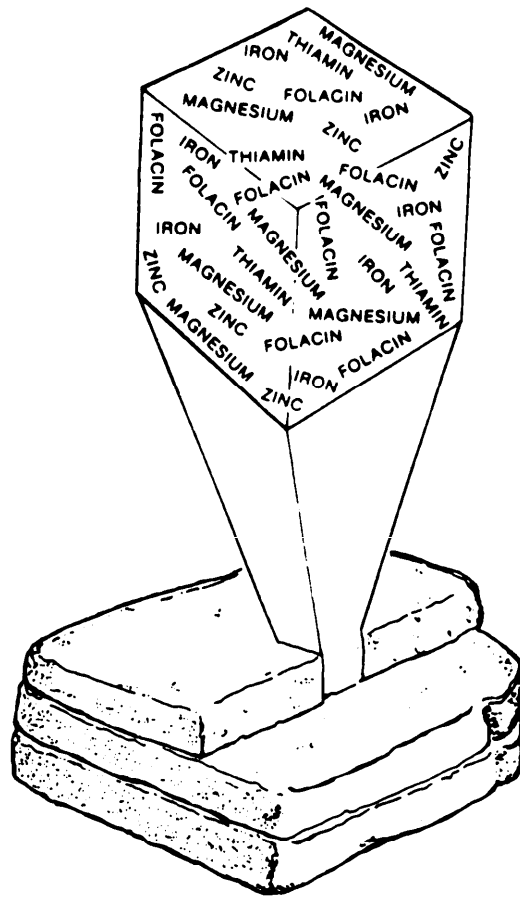
Taking That First Step

While some people might disagree, beginning a diet is not the same thing as starting a prison sentence. You don't have to deny yourself all the foods you like; just eat them less often and in smaller amounts. Focus on nutrient-dense foods—those that provide the most essential nutrients for the fewest calories. (See diagram on page 17.) Vegetables and unsweetened fruits; whole-grain and enriched breads and cereals; lean meat, poultry, and fish; dry beans and peas; and lowfat milk and milk products all fall into this category. Foods rich in sugar, fat, or alcohol are not nutrient dense, so go easy on these.

In addition to eating nutrient-dense foods, other approaches to weight loss can be helpful too, particularly changing your eating behavior and increasing your physical activity. But whatever your approach to weight loss, it helps to enlist the support of family and friends. If others understand your goals and your anxieties, they'll help reinforce your new eating habits and bolster your self-determination. Otherwise, they may unwittingly upset your plans by pushing food at you or by telling you to eat today and diet tomorrow.

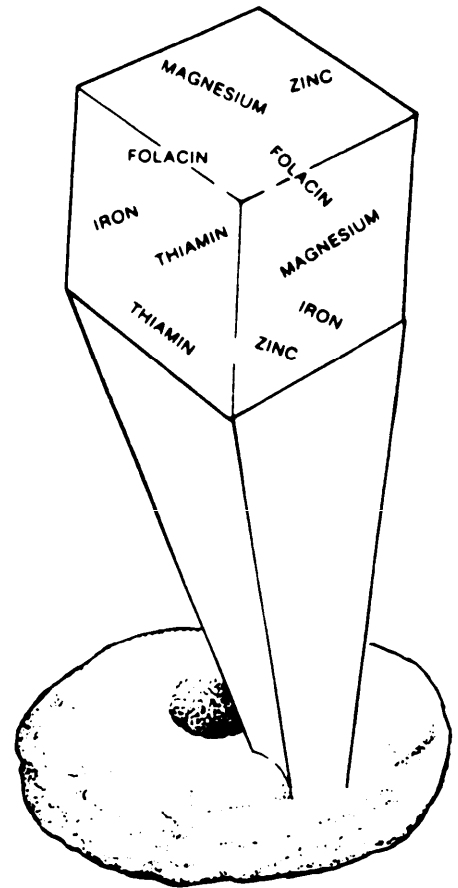
Calories . . . The Inside Story

There's more to food than calories. Some foods, those that are nutrient dense, provide substantial amounts of vitamins and minerals for their calories. Others are calorie dense, that is, they supply mainly calories and relatively few nutrients. Nutrient density is illustrated in the diagram by comparing the nutrients in whole-wheat bread (2 2/3 slices) and a raised doughnut (1 doughnut). The amount of calories in the bread and the doughnut are the same but the bread provides greater amounts of vitamins and minerals.



WHOLE-WHEAT BREAD (2 2/3 slices)

175 calories



RAISED DOUGHNUT

175 calories

Behavior Modification

Changing Your Habits

Some people have trouble telling the difference between true hunger (the physiological need for food) and appetite (the desire for food). Whereas hunger is an inborn instinct, appetite is a learned response to food. Research has found that some people tend to eat because their appetite is stimulated by environmental cues, such as the sight and smell of food or the arrival of the mealtime hour.

To change your eating behavior, you must break the habits which led to your weight problem in the first place. To start with, keep a detailed record of your eating habits for at least a week. See sample food diary below. Write down what, when, where, and how you eat. Then review the record, asking yourself these questions:

- How many meals and snacks do I eat each day?
- How much do I eat and how much time do I spend at each meal?
- Is my eating behavior different on weekends than during the week?
- Do I usually eat alone or with other people?
- Do I eat only when I'm hungry, or also when I'm bored, nervous, or fatigued?

TIME OF DAY	TOTAL TIME	FOOD	AMOUNT	CALORIES	LOCATION	MOOD	ACTIVITY	WITH WHOM
0750	15 Minutes	Eggs	2	150	Kitchen	Tired	Standing	Self
		Bacon	4 strips	190				
		Toast	3 slices	210				
		Butter	4 teaspoons	180				
		Whole Milk	1 cup	160				

In looking over your answers, you'll probably be amazed at some of the eating habits you've established without even realizing it. But make changes slowly, starting with the easiest. That way, you won't be discouraged. For example, you may have better luck changing the place you eat than trying to control a tendency to eat when you're bored. After you've made a successful change, reward yourself with a new purchase, a trip to the movies, or a walk in the park, but not with food. In the meantime, continue to keep records. Look them over for good days as well as the "not so good" ones.

The following problems may sound uncomfortably familiar to you. But don't despair; solutions are provided to help reshape your eating habits.

PROBLEM: You do most of your eating when you're home watching TV. Without even giving it a second thought, you automatically go to the kitchen, pour yourself a large drink, and grab a bowl of munchies to nibble on during the program.

SOLUTIONS:

- Establish the rule, "No eating while watching TV."
- Keep your hands busy—knit or sew, fold the laundry, iron, organize your tool kit, groom your pet, or balance your checkbook.
- If all else fails, resort to household chores in other rooms.

PROBLEM: You raid the refrigerator as soon as you get home from work. You're "starved" long before dinner is ready. So you snack until the table is set. By the time you're ready to sit down, you're already full, but eat anyway.

SOLUTIONS:

- Unless you're the cook, stay out of the kitchen.
- Post a sign reminding you to hang on just a little longer.
- Stick to raw vegetables for snacks.

PROBLEM: Cooking is a problem time for you. Whenever you stir the pot, you take a taste. And when you set out the cheese and crackers, it's one for the tray and one for the mouth. You've even been known to bake brownies and eat them all yourself.

SOLUTION:

- Allow yourself only one taste, then get someone else to stir the pot.
- Bake on a full stomach so you won't be tempted.
- Make a rule not to lick the beaters or the mixing spoons.

More Tips

Plan your meals and snacks ahead of time. Haphazard eating is often high-calorie eating. Write your shopping list when you're not hungry, and go grocery shopping on a full stomach. That way you won't be tempted to buy extra goodies.

Cut back on high-calorie snack foods. If you have to buy them for the rest of your family, store them out of sight.

Eat only when sitting at the kitchen or dining room table instead of nibbling while doing other things.

Allow yourself only one moderate serving. Try portioning out your food before bringing it to the table.

Use a smaller dinner plate than usual to make your portion look larger.

Eat slowly so you'll feel full. Savor and enjoy every bite of food. Try putting your fork down between bites if that helps you slow down. Sip rather than gulp your beverage.

Choose foods that you'll have to work at eating. For example, it takes longer to eat an orange than to drink a glass of orange juice.

When you get the urge to eat between meals, do something else instead. Jog, call a friend, or walk the dog.

Stop eating when you leave the table. Don't attack the leftovers while clearing the table.

The Joys of Exercising

If you eat too much at a meal or splurge on a high-calorie snack, you could suffer a diet setback. But not necessarily. You can burnup those calories and keep your weight down simply by increasing your activity. With added exercise you don't have to cut back on calories as much as when you are relying on dieting alone; thus, it's easier to get the nutrients you need.

Nutritionist Jean Mayer reports that obese people are often less active than people of normal weight, even though their food intake is about the same or even less. In other words, exercise can really pay off. It can also help keep pounds off after you've reached your desired weight goal.

If you have only a few pounds to shed, you can do it by being a little more active and eating less than usual. But if you're determined to lose a lot of weight, try combining an activity, such as dancing, walking, or bicycling, with a moderate decrease in caloric intake.

It's a myth that exercise increases the appetite so much that it prevents weight loss. In fact, the President's Council on Physical Fitness and Sports notes that moderate exercise does not increase the appetite of obese people.

Before you start an exercise program, however, check with your doctor to help determine what type is best for your age and general physical condition. The President's Council on Physical Fitness and Sports recommends activities that are enjoyable, convenient, and can be performed regularly. Gardening, jogging, swimming, bowling, ice skating, basketball, volleyball, tennis, and softball will all help you reach your weight-loss goal. And don't overlook walking. It's practical and requires no special skills, training, or equipment.

The chart on page 22 shows how various activities can take off pounds. The ranges of calories burned per hour and pounds of fat lost per year reflect how vigorously an activity is performed. When you play tennis, for instance, do you go after the balls at a snail's pace or really reach, stretch, and keep up the pace? When bicycling, do you choose an easy route or one which makes you struggle to peddle? When you walk, do you saunter along or put *oomph* into your stride?

REMEMBER: The more actively you participate, the more calories you'll burn.

Body size and sex also affect the number of calories burned during an activity. Individuals having a large frame and heavier weight burnup more calories than those with a small frame and low weight. As a rule, men usually burnup more calories than women, in part, because they have a more muscular body composition. Calorie ranges in the table represent the approximate energy expended by a 150-pound individual—man or woman.

If you can't afford fancy equipment or membership in a health spa, don't worry. And don't fall for claims that guarantee miraculous results with no effort on your part.

A long-term program of regular exercise is a key to effective weight control. But daily, vigorous exercise isn't always necessary, or even desirable, if your lifestyle has become quite sedentary. Instead, you can try to get more mileage out of your daily routine. Little ways of increasing your activity, such as the following 10, can add up:

1. Use the stairs instead of the elevator.

2. Walk or bicycle as much as possible instead of driving.
3. Get off the bus one stop early, and walk the rest of the way.
4. Park at the far end of the parking lot.
5. Avoid the drive-up window at the bank. Walk inside instead.
6. Stand rather than sit while talking on the telephone.
7. Take a short walk at lunchtime.
8. Take advantage of your household chores. Push the vacuum cleaner or the lawn mower a little harder, or mop the floors more vigorously.
9. Try some situps while you watch TV.
10. Do anything but sit still. Every extra move burns up calories.

For more joys of exercising, consider this: There's more to exercise than just losing weight. It will also improve your appearance by firming up muscles and smoothing out curves. But just as important, regular exercise can develop endurance, increase agility, improve posture, relieve tension, reduce high blood pressure, and may help prevent some degenerative diseases. With regular exercise, you may also find that you're more alert and productive during the day and you'll sleep more soundly at night.

Calorie Burners

Activity	Approx. calories burned per hour	Frequency of Activity	Approx. pounds of fat lost per year
Walking (2 to 2.5 mph)	150 to 180	1/2 hour per day	8 to 9
Bowling	150 to 300	2 hours per week	4 to 9
Volleyball	222 to 450	2 hours per week	7 to 13
Dancing (square or social)	222 to 510	2 hours per week	7 to 15
Horseback Riding	222 to 600	2 hours per week	7 to 18
Bicycling	222 to 600	1/2 hours per day	12 to 31
Calisthenics	222 to 600	1/2 hour per day	12 to 31
Golf	300 to 510	4 hours per week	18 to 30
Swimming	300 to 600	2 hours per week	9 to 18
Tennis or badminton	300 to 660	2 hours per week	9 to 20
Skating (ice or roller)	360 to 600	2 hours per week	11 to 18
Handball	600 to 900	2 hours per week	18 to 27
Jogging (5.5 to 6 mph)	606 to 720	1/2 hour per day	32 to 38

The Naked Truth About Fad Diets

Like miniskirts, disco, and toga parties, diet fads come and go. Just when some people are about to give up on the current craze, another one comes along that they think might work. Some are appealing, because they promise quick and easy weight loss. But unless the diet is balanced nutritionally—as many of these aren't—it could be harmful if followed over a long period of time.

Be leary of diets that promise quick results, especially those that encourage eating little or no food. Fasting breaks down muscle as well as fat. This puts a big strain on the body systems, especially the liver and kidneys. Weakness, faintness, headaches, and nausea can result. Don't try fasting unless your doctor recommends and supervises a program for you.

Some popular diets emphasize one type of food to the exclusion of others, or promise miraculous results with a particular food. Many popular fad diets avoid foods containing carbohydrates. But eliminating carbohydrates from your diet can lead to a condition in the body called ketosis. When carbohydrates are not available to the body, incompletely metabolized substances called ketones accumulate in the blood, causing rapid weight loss, but those pounds you shed are likely to be mostly water. People in a ketotic state can lose their appetite and become weak, fatigued, nauseated, and dehydrated. These symptoms usually disappear when a balanced diet containing carbohydrates is resumed. But you'll also gain back the water weight that you lost while on the diet.

Before you try a reducing diet you've read or heard about, be sure it's nutritionally sound. Some ways to evaluate a diet are listed on page 25. But if you're still not sure the diet you want to try is adequate, check with your doctor, dietitian, or extension or health department nutritionist.

Popular Fad Diets

Unlimited Protein and Little or No Carbohydrate

Diet as promoted. Concentrate on eating lean meat, poultry, fish, eggs, and lowfat cheeses. Drink at least eight, 10-ounce glasses of water a day in addition to coffee, tea, diet soda, or alcohol.

Problem with diet. Only protein-rich foods are emphasized; essential vitamins and minerals and variety are lacking. This diet quickly loses appeal. Blood cholesterol level may increase due to high intake of saturated fat and cholesterol. At first, water weight can be lost rapidly. But as water balance is regained, rapid weight loss stops. Lack of carbohydrates leads to a state of ketosis.

Unlimited Protein and Fat, Little Carbohydrate

Diet as promoted. Eat as much as you want of foods rich in protein and fat. (This is supposed to cause the body to burn fat.) Gradually increase consumption of carbohydrate foods to 40 grams to maintain your weight.

Problem with diet. This plan emphasizes protein-rich foods and the fats associated with them. These foods are high in saturated fat and cholesterol; thus, consumption of this diet

may cause an increase in blood cholesterol level. Essential vitamins and minerals are lacking. You may eat foods with more calories than you can use, so excess calories may cause weight gain rather than loss over time. Lack of carbohydrates leads to a state of ketosis.

Liquid Protein or Supplemented Fasting

Diet as promoted. This diet is promoted as a means of burning off body fat while sparing muscle. Without additional food, this diet provides only 300- to 500-calories per day.

Problems with diet. Most are nutritionally incomplete. Muscle breakdown may occur. Nausea, vomiting, diarrhea, constipation, faintness, muscle cramps, and fatigue may result. This diet may be dangerous, especially for those with kidney, liver, and heart diseases and for the elderly. Some deaths have been associated with this type of diet.

Low Calorie, High Fiber

Diet as promoted. Highly refined and processed foods are eliminated. Instead, whole grains, raw fruits and vegetables, nuts, and seeds are emphasized. Small to moderate amounts of lean meat, poultry, and fish are allowed, but very little fat.

Problems with diet. It can sometimes irritate the intestinal tract until the body adjusts to high fiber intake. Its acceptance may be a problem because of the high amount of roughage and the small amount of fat and lean meat, poultry, and fish. The maximum weight loss diet (600 calories per day) is nutritionally inadequate.

High Protein With Fructose as Major Carbohydrate

Diet as promoted. Sugar (sucrose) is replaced by a specific amount of fructose (crystals, flavored tablets, and liquids) on the premise that fructose will appease the appetite. Five servings (about 800 calories) of meat, poultry, fish, and eggs, plus two large salads, makeup daily meals. Beverages sweetened with fructose are encouraged.

Problems with diet. No foods from the milk-cheese or bread-cereal groups are included; thus, this diet is unbalanced nutritionally. Using fructose as a sweetener does not retrain you to enjoy less sweet foods. Fructose has as many calories per gram as sugar; however, fructose is supposed to taste sweeter so less may be used. There is no evidence that fructose affects your appetite for sweets. Fructose may cause undesirable increases in triglyceride (a fat component) level in the blood.

A Diet Checklist

The preceding diets have alerted you to the pitfalls of some of the popular weight-reducing diets. But you may still be wondering what type of plan will best suit your particular needs. Well, there are some commonsense guidelines to consider: First, carefully read the specific diet plan. Then, ask yourself the following questions. If you answer "yes" to all of them, you've probably found a program that's right for you.

Are there fewer calories in the weight-loss diet than in foods you normally eat?

(See Agriculture Information Bulletin Number 364, "Calories and Weight, the USDA Pocket Guide," for the calorie contents of commonly used foods.¹) Remember, you can only lose weight by reducing your caloric intake below your energy output.

Does the plan include a variety of foods from these groups: Fruit/vegetable, bread/cereal, milk/cheese, and meat/poultry/fish/dry beans? It's important to have foods from each of these groups in your diet every day.

Is it made up of appealing food that you will enjoy eating, not just for several weeks or months, but for the rest of your life? Remember that weight control is a life-long process.

Are the foods available at the grocery store where you usually shop? If products are not easily obtainable, you may end up losing interest in the diet. Unusual foods are sometimes available only at specialty stores and often cost more than regular foods.

Does it allow you to eat some of your favorite foods occasionally? On a sensible diet program, there's room for a rich dessert in small amounts once in awhile.

Does the diet recommend changes in your eating habits that also fit your lifestyle and pocketbook?

¹Write to Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

Other Weight-Loss Methods

Perhaps you have tried to find some "easier" alternative to dieting. Instead of limiting the amount and type of foods you eat or instead of getting more exercise, you hope for a magical pill that will melt off the extra pounds as you merrily go on devouring 7-layer chocolate cakes.

No doubt, you have seen advertisements or have read articles on other weight reduction methods, such as "miracle" diet aids, diet pills, bypass surgery, and jaw wiring. Here are brief descriptions of what each involves.

"Miracle" Diet Aids. A whole variety of candies, gums, potions, tonics, and gimmicks promoting quick-and-easy weight loss are available through mail-order firms or at drug stores. Most of these products are not harmful when used with a nutritionally balanced diet. However, you can achieve significant weight loss only by reducing your caloric intake below your energy output. If you have questions concerning over-the-counter diet preparations, write to the Consumer Communications Staff, Food and Drug Administration, Rockville MD 20852.

Prescription Diet Pills. You may hear about diet pills that can be prescribed by doctors. These drugs include appetite suppressants (which curb the appetite). These work for only a few weeks at best. Although loss of weight may occur, some drugs may have unpleasant side effects. As with any drug, there is a tendency to use such pills as a "crutch," and there is the potential for abuse.

Bypass Surgery. In these procedures, the stomach or the small intestine is surgically modified or bypassed. With the gastric bypass procedure, the stomach is greatly reduced in size, limiting the quantity of food which can be eaten at one time. In the intestinal bypass operation, the small intestine is reduced in length; thus, food is poorly digested and fewer nutrients are absorbed, because most of the small intestine is bypassed. Intestinal bypass may result in severe health complications and possibly even death. The body seems to adapt to gastric bypass more easily and with fewer side effects. Because of the dangers involved in both, however, these medical procedures are considered drastic measures and are not recommended unless your physician believes that your obesity is life-threatening and other more conservative weight-loss plans have failed.

Jaw Wiring. Obviously, if you can't open your mouth you will eat less! However, studies show that weight is often regained when jaws are working again.

Weight Loss Basics

The best diet plan—whether you're attempting to shed extra pounds or just trying to stay healthy, is a well-balanced one. Well-balanced means your daily diet should include foods from the fruit and vegetable, bread and cereal, milk and cheese, and meat, poultry, fish, and dry beans groups.

Variety in the foods you eat is the key to getting the nutrients you need. Each food has a unique combination of nutrients. Some are good sources of several nutrients, others don't

supply much at all, except calories. No food provides all the nutrients needed by the body; thus, variety on a daily basis is a good idea.

The Dieter's Best Friends

Vegetables and fruits are generally low in calories, have little or no fat, contain vitamins and minerals, and provide fiber. Fresh fruits can satisfy an urge for sweetness in your diet. In other words, vegetables and fruits are a dieter's best friends.

Choose at least four servings a day from this group, including one good vitamin C source. Deep-yellow or dark-green vegetables (for vitamin A) and unpeeled fruits and vegetables and those with edible seeds, such as berries (for fiber), should also be included frequently. Count as a serving 1/2 cup of foods like orange juice, applesauce, berries, or cooked vegetables; or a typical portion, such as one small banana, an apple, half of a medium grapefruit or cantaloupe, a bowl of salad, half of an acorn squash, or one medium potato.

Although vegetables and fruits can differ in their nutrient contributions, they are particularly important in low-calorie diets. Citrus fruits (oranges, grapefruits, tangerines, and lemons), melons, berries, and tomatoes are all reliable sources of Vitamin C. Apricots and cantaloupe also provide vitamin A. Bananas are a good source of vitamin B₆ and magnesium. Dark-green vegetables provide vitamins A, B₆, C, riboflavin, folacin, and the minerals, magnesium and iron. Vegetables, such as potatoes and winter squash, supply starch, fiber, and iron to your diet. Potatoes also contribute vitamins C and B₆, and sweet potatoes are an excellent source of vitamin A.

Most fresh vegetables contain only minimal amounts of sodium. However, processing may change the picture. Canned vegetables and vegetable juices generally have salt added. In some frozen foods, like green peas and lima beans, a brine solution is used during processing. So these frozen vegetables may have a higher sodium content than their fresh counterparts.

The Breads and Cereals Connection

Few scents are more heavenly than the fragrant aroma of just-baked bread. But many dieters suffer from the misconception that breads and other grain-based products, such as cereals and pastas, are taboo. Consequently, they may shun this important food group.

Whole-grain, enriched, and fortified breads, cereals, and pastas can provide the dieter with protein, iron, thiamin, riboflavin, niacin, and other nutrients, as well as food energy. Whole-grain products also contain important amounts of B vitamins, including folacin and B₆; the minerals, magnesium and zinc; plus fiber.

Dietitians and nutritionists recommend at least four servings from this food group each day. But since you're dieting, make your choices the lower calorie options—those that have little or no fat and sugar or other sweeteners added. What counts as a serving? How about a slice of bread, half an english muffin, 1 ounce of ready-to-eat cereal or 1/2 cup of cooked cereal, cornmeal, grits, macaroni, noodles, rice, or spaghetti?

Milk and Cheese Department

Milk and milk products are an important part of your daily diet plan, since these foods are the main sources of calcium in American diets. They also contribute riboflavin, protein,

vitamin B₁₂, and vitamins A and D (whole milk and fortified lowfat and skim milks). When compared with whole milk products, fortified lowfat and skim milks provide the same nutrients but less fat and cholesterol and fewer calories.

Suggested daily servings from this group are two to three for children under 9 years of age, three for those 9 to 12 years, four for teens, and two for adults. An 8-ounce cup of milk is counted as a serving.

A quick trip down the dairy aisle in your neighborhood grocery store will reveal a variety of milk products. What type should you choose? The dairy chart below shows how other milk products stack up for calcium to lowfat (1 and 2 percent fat) and skim milk with added nonfat milk solids. It's important to get calcium, but you'll want to keep watch of the calories, too, when you're making your selections. As you can see, the amounts of milk and milk products shown may be equivalent in calcium, but they vary widely in the number of calories they contain. Some of the foods listed on the chart, especially processed cheeses and cheese foods, are higher in sodium than is milk.

Calcium Equivalents

One 8-ounce glass of skim or lowfat milk¹ contains approximately the same amount of calcium as:

3/4 of an 8-ounce carton plain lowfat yogurt (110 calories)
7/8 of an 8-ounce carton lowfat fruit-flavored yogurt (200 calories)
1 1/2 ounces natural Cheddar cheese (170 calories)
1 1/8 ounces natural Swiss cheese (120 calories)
1 3/4 ounces pasteurized process American cheese (185 calories)
1 7/8 ounces pasteurized process cheese food (175 calories)
2 ounces pasteurized process lowfat cheese product (110 calories)
2 1/4 cups lowfat (1 percent fat) cottage cheese (370 calories)
1 3/4 cups vanilla ice milk (320 calories)

¹Skim milk (90 calories); lowfat milk, 1 percent fat (105 calories); lowfat milk, 2 percent fat (125 calories).

Curtain Up on Entrees—Meat, Poultry, Fish, and Beans

Certainly, Americans like their steaks, fried chicken, and Sunday roasts as fervently as Italians love their pasta. Favorite lunch and dinner dishes, based on meat, poultry, fish, and dry beans or peas, play a large part in our national cuisine. But did you know that these same foods supply iron, zinc, phosphorus, and several B vitamins, including vitamin B₆, as well as protein?

In addition, animal foods from this group also have vitamin B₁₂. Dry beans and peas are also worthwhile sources of magnesium and fiber. Red meats tend to be better sources of

iron and zinc than fish and poultry. But one rule applies for all calorie counters—trim all meats, poultry, and fish of excess fat before cooking. Remember that lean red meat, fish and poultry meat without skin are lower in calories than equal amounts of other more fatty meats.

In order to maintain a well-balanced diet, try to include the equivalent of two servings from this group each day. Two to three ounces of cooked lean meat, poultry, or fish without bone constitutes a serving. One-half to 3/4 cup of cooked dry beans, dry peas, or lentils, or one egg will equal 1 ounce of cooked lean meat. You can vary the way you get your servings from this group. Just plan your choices so they total 4- to 6-ounces each day. For instance, a day's choices might be a cup of chili and 3 ounces of broiled fish, or an egg and half a small chicken breast (3 ounces of cooked meat), or a tuna sandwich and 3 ounces of lean roast pork.

Fats, Sweets, Alcohol, and Other Extras

Many of you probably wonder what place fats, sweets, alcoholic beverages, and other foods, such as refined but unenriched breads, pastries, and flour products, play in your diet. Well, moderation should be the byword here. As a serious weight-watcher, you don't need to eliminate these foods totally, just go easy. Some fats in your diet are essential, but these are readily provided by a mixed diet such as you probably already consume.

REMEMBER: Alcohol and sweets are not essential foods.

Sensible Servings

If you would like to keep tabs on what you're eating, follow these guidelines:

Cut Serving Sizes. One way to reduce calories is to cutback on the size of the portions you eat. The smaller the serving, the fewer the calories. Obvious? Yes, but this is vital in low-calorie meals.

First, take a look at the size of portions you now eat. For instance, say you now eat a large bowl of soup, 5 ounces of meat, and 2 tablespoons of dressing on your salad. How much less could you get by with and still have a nutritionally adequate diet? Next time, try a cup of soup, 3 ounces of meat, and only 1 tablespoon of salad dressing.

Learn To Estimate Serving Sizes. Check cartons for serving portion information, and keep measuring utensils handy. Start out by measuring portions carefully to help you get a sense of size. Once you learn this serving "shorthand," you can dine out comfortably knowing that you can judge portions on sight. To help you get started, here are examples of typical portion sizes:

- A 1/4-inch thick slice of cooked lean meat or poultry measuring approximately 3 by 4 inches weighs about 2 ounces.
- A 3-ounce, cooked, lean hamburger patty starts out as 4 ounces (1/4 pound) of raw meat. The cooked patty will typically measure about 3 inches in diameter by 5/8 of an inch in thickness.

- A 1-inch cube of hard cheese (like cheddar or swiss) weighs about 1/2 ounce.
- Half a small, cooked chicken breast represents about 3 ounces of meat without skin.

Low Calorie Meal Planning

Now you're ready to put all this knowledge to work, but what about the rest of the family? Just because one person is dieting doesn't mean that special meals have to be prepared or that the whole family must diet. Basically, you can all start with the same menu, but those watching calories will need to watch what they add to the basics. Breakfast, lunch, dinner, or snacks—special occasions, too—can be relaxed and fun for the whole family if the dieter selects food with care both at home and when dining out.

Eye-Opening Breakfasts

There are no hard and fast rules on when to eat breakfast, how much to eat, or even what to eat. You can choose to have a piece of fruit or a muffin as a midmorning snack instead of sitting down to a meal first thing in the morning. Or you may prefer to have an early morning meal of nontraditional breakfast foods—a soup, sandwich, or a leftover entree. Of course, if you skip breakfast altogether, make sure that you get all the nutrients you need sometime later in the day.

Here are some traditional breakfast foods you can regear to your dieting needs:

Fruit and Fruit Juices. Choose those without added sweeteners, if possible. Select fresh fruits in season or canned fruits packed in juice or light syrup, or use frozen fruits packed without sugar.

Hot or Cold Cereals. Use bran or whole-grain types of cereals at least part of the time for fiber. To jazz up your bowlful, add fresh seasonal fruit along with skim or lowfat milk. Sugar, if used at all, should be sprinkled on sparingly.

Eggs. Keep calories in line when cooking eggs—soft-cook, hard-cook, poach, or scramble one without fat. A nonstick pan works well for the last cooking method.

Breakfast Meats. When choosing meat for breakfast, bear in mind that cooked lean pork and beef and cooked chicken and fish contribute fewer calories and less fat and sodium than sausage or bacon.

Bread and Muffins. Selections here are many. As with cereals, choose less sweet whole grain types. They're lower in calories and provide fiber. Lower calorie choices include a slice of bread or toast or half an english muffin or bagel. Biscuits and muffins are just a little higher in calories. But watch out for doughnuts and Danish. A raised doughnut has well over twice the calories, and a Danish over four times the calories of an english muffin half. Whatever your choice, use margarine or butter and jelly in very small amounts, if at all.

French Toast, Pancakes, and Waffles. Weekends usually mean more leisurely breakfasts and more time for special treats like these. Dieters needn't forego these foods,

but should use a little ingenuity. Try baking french toast in the oven instead of cooking in fat. For a topping, use an unsweetened or lightly sweetened fruit (like crushed berries) or yogurt with fresh fruit in place of margarine or butter and syrup. Or for pancakes and waffles, mix vanilla and cinnamon into the batter and omit the topping altogether.

Margarine or Butter. Use in moderation. One teaspoon has 35 calories. Calories can add up fast.

Sugar, Jams, Jellies, or Pancake Syrups. You may think you can't face an english muffin or a pancake without them, but go easy. One tablespoon of jam, jelly, or syrup contains 50 to 60 calories.

Milk. A cup of whole milk has 150 calories; a cup of lowfat (2 percent fat) has 125; a cup of lowfat (1 percent fat) has 105, a cup of skim has 90 calories. But you don't have to be limited to drinking milk—try other milk products.

Tips for Breakfasting Out. Just because you're dieting doesn't mean you can't join the rest of the family in a weekend outing to the local pancake house. Simply remember to make careful selections and to inform the waiter or waitress of special requests. Portion sizes may be larger than you need, and foods may contain more sugar and fat than the same meals prepared at home. Be sure to ask for butter or margarine on the side so that you can control how much fat you use. See if skim milk is available for use on your cereal, as your beverage, or in coffee.

Beverages—Quench Your Thirst

Beverages not only quench your thirst; they can also supply energy and nutrients. Suit your own taste and style when picking your beverages, and use your imagination—no need to limit yourself to the obvious.

- Starting at zero calories, there's always ice water. Serve with a twist of lemon or lime.

- Simple, yet nutritious, are vegetable and fruit juices. See how calories compare for a small glass (6 fluid ounces) of:

- 0 calories—Water
- 30 calories—Vegetable juice
- 35 calories—Tomato juice
- 75 calories—Unsweetened grapefruit juice
- 85 calories—Apple juice
- 90 calories—Unsweetened orange juice
- 105 calories—Unsweetened pineapple juice
- 125 calories—Cranberry juice cocktail
- 125 calories—Unsweetened grape juice

- To stretch calories, use water to dilute a higher calorie fruit juice, such as cranberry or grape, or try mixing orange or pineapple juice with unsweetened iced tea. Garnish with mint leaves or a slice of orange, lemon, or lime. Serve in a frosty glass.

- Fruit or vegetable juice combos can be appealing. Try cranberry juice cocktail with orange juice, grape with apple juice, or even pineapple with tomato juice. For a hot beverage, heat a combination of pineapple and grapefruit juices with stick cinnamon and cloves.
- Milk—highly nutritious—is always a good choice. Skim and lowfat offer the fewest calories.
- Coffee and tea are popular with meals. Spice up your steamy cup with cinnamon and cloves instead of sugar and cream.

For Gourmets on a Calorie Shoestring

Low-calorie meals don't have to consist of plain cottage cheese, carrot sticks, and steamed zucchini. Many people have discovered that foods do not have to be coated with a sauce or baked in a rich, flaky pastry in order to be outstanding. In fact, there is a new appreciation of well-prepared, low-calorie cooking. Noon and evening meals can be low in calories and exciting.

Many people opt for a light lunch of soup and salad, or a sandwich and a drink, and have their main meal in the evening. Others prefer to have their main meal in the middle of the day and eat less at night. Whatever your preference, the important thing is to plan your day's eating for good nutrition, as well as fewer calories.

Where you eat at lunchtime varies—at home, at work from a brown bag, in a car from a fast-food pickup, in a cafeteria, or at a fancy restaurant. You have better control over what you prepare at home. For example, many low-calorie foods can be turned into great brown-bag lunches. Be careful to keep hot foods hot and cold foods cold by using vacuum bottles and insulated bags.

Even in fast-food restaurants you can make some lower calorie choices in line with good nutrition. For example, opt for milk rather than a milkshake, and select a small burger or lean beef sandwich rather than a jumbo size one with all the trimmings. Batter-coated deep-fried chicken and fish are relatively high in calories, so go easy on these.

Restaurants and cafeterias usually offer a variety of foods you can mix and match as you please. There's no rule that says you have to select an appetizer, entree, salad, and a vegetable. If it suits you, order only appetizers, a vegetable plate, or a salad as your meal. Many restaurateurs are sensitive to dieting patrons and are more than willing to accommodate reasonable requests. In a cafeteria, you have the advantage of seeing what's available before you choose. Greasy, creamy, or obviously oily foods are likely to be high in calories and less nutrient dense. So, be on the alert!

Wherever you eat your noontime and evening meals, the general guidelines for making low-calorie selections are about the same. Consider what you had for breakfast, what you've had or plan to have for coffeebreaks, snacks, and cocktail hour. Also consider what role your noon and evening meals will play in providing the nutrients you need. From appetizer to dessert, the tips that follow will help you choose low-calorie foods whether you are dining out or at home.

Appealing Appetizers

Get your meal off to a bright and appetizing start by trying some of these ideas:

- Create minifruit cheese kabobs by alternating pieces of fruit (green grapes, pineapple chunks, tangerine sections, fresh strawberries) and small cheese cubes.
- Have an assortment of raw vegetables, such as green pepper rings, carrot and celery sticks, snow peas, cucumber and zucchini slices, and broccoli and cauliflower florets, with a lowfat cottage cheese or bean dip.
- Stuff celery with vegetable-cottage cheese salad.
- Arrange clusters of green and red grapes, fresh and canned fruits like apricots, pineapple slices, peach halves, and melon balls on a lettuce-lined platter.

Salad Sensations

Few dishes have as much eye-appeal as an attractively arranged bowlful of crisp, colorful salad ingredients. What's more, salads containing raw vegetables and fruits help you fill up without adding too many calories. A large salad can serve as the main course of your meal. Creative fruit platters and raw vegetable salads with a little cheese, eggs, or cold roasted lean meat, poultry, or fish may be just the thing for a hot summer night or for supper if you've had a heavy lunch. But go light on the dressing. Take a look at the chart on page 34 before you pour.

Here are three more salad-wise tips:

- Use a variety of ingredients in your salads to avoid monotony. For a change from the old standbys of lettuce, cucumber, and tomato, why not fill a bowl full of chicory, spinach leaves, and broccoli florets? Or add crisp apple slices to turn a coleslaw into something special.
- Mix vegetables and fruits for different flavor combinations—endive, spinach, and escarole with orange and grapefruit sections or shredded carrots brightened with chunks of unsweetened pineapple.
- Lend variety to fruit salads, too. For example, substitute pears for apples in Waldorf salad.

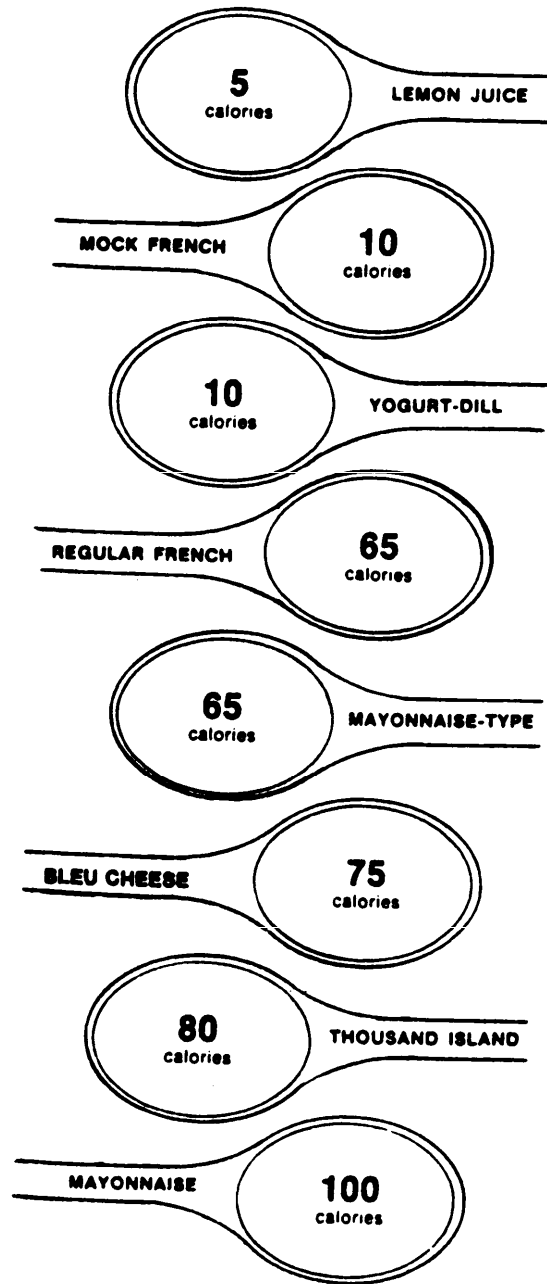
Salads a la Carte

Thanks to the advent of the salad bar, dieters can feast when dining out. Here are three tips to keep in mind:

- Selections from a salad bar can provide just a salad to accompany dinner or one that's a meal in itself. If you don't intend to make salad your main course, then don't load up your plate. For a low-calorie salad, stick to salad greens and other raw vegetables, such as radishes, cucumbers, celery, cabbage, cauliflower, tomatoes, onions, and peppers. Coleslaw, potato salad, macaroni salad, and creamed cottage cheese tend to be higher in calories.
- Salads are often located first on a cafeteria line. You can't go wrong here if you choose raw vegetables and fruit items that aren't already coated with dressing. You can either leave your salad plain, ask for a wedge of lemon, or use a small amount of oil and

DRESSING UP THE GREENS

CALORIES IN EACH TABLESPOON



vinegar (go light on the oil). Gelatin salads have lots of sugar and often contain fruits canned in heavy syrup, so moderation is the word here.

- Even fast-food coleslaw makes an important contribution nutritionally. So, go ahead. If there's too much dressing, just leave some in the bottom of the cup.

Savory Soups and Stews

When accompanied by a green salad, soups and stews can make a hearty, satisfying meal anytime of the year. Most often they contain a combination of meat, poultry, fish, or dried beans and vegetables. Depending on ingredients, soups and stews can be low or high in calories. Fat, hidden in meat broth, gravy, or milk, boosts calories. Be aware that canned and dehydrated soups and bouillon cubes add sodium. Here are some guidelines for cooking up soups and stews:

- Use different types of vegetables to make flavorful vegetable soups. For instance, try a soup adventure with a combination of zucchini, leeks, potatoes, tomatoes, red beans, turnips, escarole, and green beans.

- If you don't care for milk as a beverage, then a milk-based soup can provide some milk in your diet. You can get part of a milk serving by preparing soups, such as chowders, with milk rather than water.

- A hearty soup containing meat, poultry, fish and or beans combined with vegetables, rice, barley or pasta can be a meal-in-a-bowl.

- For variety, experiment with different kinds of dry beans or peas—black beans, lima beans, chick peas, split peas, navy beans, and red kidney beans.

Super Sandwiches

Thanks to the Earl of Sandwich, who was too busy to leave his game table (or so the legend goes), we can now enjoy this easy, portable meal. If you're tired of the same old sandwich, then read on to discover some delicious new fillings. You can also see how your favorite sandwich stacks up calorie-wise.

- For a change from sliced, lean meat or poultry, try seasoned bean spread, cottage cheese with vegetables, or vegetable-meat salad on your favorite bread.

- Mayonnaise, butter, or margarine—at 100 to 105 calories per tablespoon—ups the calories. To moisten your sandwich, use a crisp leaf of lettuce. Or to bind ingredients, use cottage cheese.

- How about a vegetable sandwich? Fill whole-wheat pocket bread with sliced cucumbers, tomatoes, green pepper rings, bean sprouts, mushrooms, and watercress moistened with plain lowfat yogurt seasoned with curry or garlic for a light, crunchy meal.

- Try cutting down on the amount of sandwich or filling. For instance, make a 2-ounce hamburger patty instead of a 3-ounce one, or share a large sandwich with a friend.

- Did you realize that catsup, sweet pickles, and most other condiments add on calories (and sodium, too)? So, go easy. One tablespoon of catsup plus a tablespoon of sweet pickle relish contain 40 calories.

• If you can't refrigerate your brown-bag lunch, here are some safety suggestions. Freeze thin slices of roasted lean meat, poultry, or meat loaf, and place them between slices of frozen whole-wheat bread. Or freeze the sandwich after it is made. Either way, the sandwich will be thawed by the time you eat. Dress up your selection with lettuce, tomato, and cucumber slices packed in a separate container.

• If you're partial to sliced cheese on whole-grain bread, try cheese made from skim or part skimmed milk, such as mozzarella, other cheese labeled lowfat, or cottage cheese. The following chart lists calories, protein, fat, cholesterol, and sodium for several sandwiches and other foods used in place of sandwiches.

How Your Sandwich* Stacks Up

	Calories (Approx.)	Protein Grams	Total Fat Grams	Cholesterol Milligrams	Sodium Milligrams
American cheese sandwich 1-ounce slice cheese	240	12.1	10.4	28	696
Bologna sandwich 1 slice (about 3/4 ounce) bologna	210	8.6	8.2	15	529
Peanut butter sandwich 2 tablespoons peanut butter	315	14.5	17.0	2	457
Roast beef sandwich 2 ounces cooked lean beef	255	22.5	7.0	54	332
Tuna salad sandwich 1/4 cup salad	225	13.3	7.0	35	622
Chicken salad sandwich 1/4 cup salad	265	16.9	9.8	40	584
Cottage cheese with raw vegetable sandwich 1/4 cup cottage cheese-vegetable mixture	170	10.8	2.1	3	454
Chickpea spread on whole-wheat crackers, 1/4 cup spread, 4 crackers	150	5.1	6.1	0	221
Cheese pizza 1/6 of 10-inch pizza	160	6.3	4.7	12	328

*Each sandwich includes two slices of whole-wheat bread and no spread (margarine or salad dressings).

Vibrant Vegetables

Vegetables—low in calories for the nutrients they supply—add color and flavor to any meal. Some cooked vegetables, such as green beans, broccoli, spinach and other greens, summer squash, carrots, and beets, are naturally low in calories. Others—potatoes, peas, winter squash, corn, lima beans, and sweet potatoes—are somewhat higher in calories but are valuable sources of fiber and several vitamins and trace minerals. For a change from the ordinary, why not experiment with one of the following suggestions:

- Try some new vegetable combinations. For a start, fix vegetables Italian style—tomatoes, zucchini, peas, corn, carrots, potatoes, and onions seasoned with oregano. Or cook cauliflower florets, peas, carrots, and asparagus pieces together. Accent the color of broccoli, onion, and mushroom combo with just a little sweet red pepper.
- Mix vegetables with rice or an interestingly shaped pasta. Or hollow out a zucchini, cucumber, or acorn squash, and fill it with a brown rice pilaf.
- Dress up your favorite greens—mustard, kale, collards, or spinach—with scallions, mushroom slices, bits of lemon rind, or herbs like marjoram or tarragon.
- Be innovative. Mix vegetables and fruits, such as carrots and pineapple, beets and orange sections, or red cabbage and apples, for a different taste sensation.
- French fries prepared by deep-frying at home or at a fast-food restaurant contribute some vitamins and minerals; but calories run about 215 for a small bag or a 2/3-cup serving. The amount of fat is about equal to a tablespoon of butter or margarine.
- You don't have to give up mashed potatoes if you remember to prepare them with lowfat or skim milk and little or no butter or margarine. Add a dash of thyme or onion powder for additional flavor.
- Occasionally make a meal of vegetables. Unless vegetables are heavily buttered or sauced, calories won't get out of hand, and you will have enjoyed a nutritious, low-cal feast.
- Brighten up vegetables with lemon, herbs, or spices instead of salt or calorie-laden sauces, butter, or margarine. Don't be afraid to experiment, just throw open your spice cabinet and see what appeals to you. Remember, a little spice or dried herb goes a long way.

Gala Grains

There's room for lots of variety here. Try some of these suggestions.

- Whole-grain rolls and bread, such as whole-wheat pita or pocket bread, rye, and oatmeal can add interest to your meal.
- Instead of traditional rolls or bread, try wheat crackers or a bran muffin. Some crackers are higher in fat and calories than others. Check the ingredient information. If fat or oil is among the first ingredients, the cracker is probably high in fat. Whole-wheat matzo is an example of a cracker low in fat and sodium.
- Be moderate in your use of spreads such as butter or margarine. Concentrate instead on the pleasant aroma of the bread.
- Add interest to rice and pasta with herbs and spices. Rice can also be cooked in a flavored broth—chicken or beef, for instance—to impart an interesting taste without a lot of calories.
- For more fiber in your diet and for a change of pace, experiment with brown rice, whole-wheat pastas, buckwheat groats, barley, or bulgur as a side dish instead of potatoes.

SPICING IT UP

	ALLSPICE	BASIL	CARAWAY SEEDS	CHIVES	CLOVES	CURRY POWDER	DILL	GARLIC	GINGER	MARJORAM	ONION POWDER	OREGANO	POPPY SEEDS	ROSEMARY	SAVORY	TARRAGON	THYME	TUMERIC
Pot roast or meat loaf	●							●		●								●
Fish				●			●										●	
Poultry										●				●		●		
Soups						●		●										
Pastas													●		●			
Tomatoes		●										●						
Rice or bulgur		●				●					●							●
Cooked cabbage, broccoll, brussels sprouts, or caullflower			●			●				●								
Cooked carrots or beets			●		●													
Cooked green beans, lima beans, or peas							●							●				

20414

Easy Entrees

Now for the entree. For a change from the American dinner syndrome of meat-potato-vegetable, adventuresome dieters can turn to more novel combinations, such as Chinese stirfry vegetables with meat or a vegetable-pasta creation.

Here are some interesting main dishes for you to try:

- Beef strips in a lemon marinade or wine sauce served over a mixture of vegetables cooked tender crisp. Use a well-trimmed lean beef cut, such as round or rump, to keep calories down. Choose Good grade beef cuts, when available, as they are leaner than Choice grade. Marinating the meat helps make it tender.

- Broccoli spears rolled up in thin slices of cooked chicken or turkey meat. For fewest calories, use meat from a young chicken (broiler-fryer or roaster) or a young turkey. Also, take note that poultry skin is high in fat (and calories).
- Stir-fried vegetables with bits of cooked lean pork—a great way to use pieces of lean meat left from a fresh or cured ham.
- Cooked fish and vegetables served “en casserole.” Use a low-calorie fish, such as haddock, cod, pollock, turbot, flounder, or halibut. Shellfish—shrimp, crab, scallops—are modest in calories, too. Salmon or tuna canned in water or natural juice are low in calories, but they may have salt added in processing.
- Lamb or veal shish kabobs cooked outdoors on a grill. Alternate well-trimmed meat cubes on a skewer with fresh vegetables—cherry tomatoes, green pepper pieces, small onions, and mushrooms. Baste with a mixture of lemon juice and herbs, such as marjoram and oregano or ginger and coriander.
- Baked beans in an unsweetened tomato or curry sauce for a meatless meal. Starchy vegetables, such as cooked dry lima beans and peas, aren’t high in calories until you add such extras as molasses, brown sugar, or fat back.
- Sunflower and pumpkin seeds, like nuts, are popular and contribute nutrients. But easy does it, as the calories can really add up fast. Use just a few to garnish a meat or cottage cheese salad. The amount of fat in a tablespoon of roasted seeds or nuts is about the same as the fat in a teaspoon of margarine.
- For a light lunch or supper, add your own unsweetened fruit to plain lowfat yogurt. Try a variety of fresh fruits, such as grapes, berries, or peach or banana slices. Fresh fruit plus plain lowfat yogurt is lower in calories than fruit-flavored yogurt. Artificial sweetener may be added, if you prefer.

Delectable Desserts

- Try a variety of quick-to-fix fresh fruits—grapes, nectarines, plums, apples, pears, bananas, melon, tangerines, and berries of all kinds.
- When fresh fruits aren’t available, turn to fruits canned in natural juices or light syrup or to frozen fruits that are unsweetened.
- For a treat, try cooking fruits, such as apples, pears, peaches, and berries, in a bit of water and cinnamon. Serve as a hot or cold compote.
- For gelatin dessert, use unflavored gelatin, and flavor it yourself with fruit juices. Add unsweetened fruits—fresh, frozen, or canned.
- For an ice cream-like taste without so much fat and so many calories, try ice milk. Sherbet and frozen yogurt are about as low in fat as ice milk, but they are higher in calories because they contain more sugar. However, frozen yogurt provides more calcium than sherbet.
- How about a small, refreshing fresh fruit sundae made with ice milk and fruit topping? Fully ripe fresh fruits, such as peaches or berries used as a topping, require little or no sugar.

- A simple dessert, such as pudding, can be satisfying. When making milk pudding from scratch, use lowfat milk, less sugar, and omit butter and margarine. Such puddings are modest in calories and furnish more nutrients per serving than most pies and cakes.

- If you are a pie-lover, find a pie recipe that doesn't require a lot of sugar. Or, simply serve the filling as a pudding without the crust.

Snacking Without Cheating

There's no need to skip your coffeekick simply because you're on a diet. Snacking doesn't have to mean cheating. In fact, it may be easier to stick to your diet when you divide your daily calories into several meals and snacks. The key is to plan your meals and snacks, choosing foods that are modest in calories but which add up to good nutrition.

Low-calorie snack ideas:

- Crunchy, raw zucchini squash, broccoli, green peppers, celery, and carrots.
- Fresh fruits and unsweetened canned or frozen fruits.
- Tangy popsicles made by freezing 6 fluid ounces of fruit juice concentrate with 8 ounces of plain, lowfat yogurt.
- A couple of whole-grain crackers topped with a thin slice of cheese.
- Plain popcorn or bite-size shredded wheat tossed lightly with garlic powder and Parmesan cheese.
- Fruit and vegetable juice combinations.
- Old-fashioned sparkling water mixed with fruit juice.
- Milkshakes made by blending skim or lowfat milk with ripe fruit and crushed ice.

Controlling the Urge to Splurge

If you plan ahead, parties, special dinners, and holiday meals won't set your diet back. Get a head start by cutting down on calories before a big occasion, then, adapt your diet to the situation.

Be wary of snacks, such as peanuts, pretzels, and chips that are often served at parties. Either stay away from the snack tables or go easy and keep a check on how much you eat. At a party in your own home, try having unbuttered popcorn or vegetable sticks with bean or cottage cheese dip. If drinks are included in your party plans, a good bet for fewer calories is a wine cooler made with sparkling water. Steer clear of dessert wines and mixed drinks, especially those made with sweetened mixers.

For special dinners, many low-calorie foods are elegant as well as fashionable. For example, start your dinner by serving fresh vegetables in a light vinegar-oil marinade. Feature an entree delicately seasoned with herbs or spices. Serve on a bed of whole-grain pilaf. Accompany with a fresh cooked vegetable, mixed salad greens drizzled with fresh lemon juice, whole-grain bread, and a fresh fruit cup for dessert.

With a little determination, you can even endure Thanksgiving dinner without gaining weight. Just remember to eat everything in moderation and avoid second helpings. If you are the cook, you have extra control over the calories you'll be eating. So, use this power

wisely. Remember to consider temptations before and after the meal as well as during it. For example, don't shop too early, don't spend days preparing the food, and don't devour the leftovers before getting them to the refrigerator.

Here are some ways to be festive with fewer calories:

- Have a plain rather than a prebasted turkey so you can control the amount of fat used for basting.
- Try flavoring mashed sweet potatoes with orange juice instead of serving the typical rich sweet potato casserole topped with marshmallows.
- Moisten bread stuffing with turkey broth rather than butter or margarine. For extra flavor, try adding tart apples in addition to celery and onions.
- In place of mincemeat or pumpkin pie, try a steamed pudding, such as cranberry or carrot.

Calorie Countdown¹

Calorie Countdown illustrates how foods vary in calories. Use it to help you select foods. If you need another serving from the Milk-Cheese group, for example, but want to take it easy on calories, choose ice milk rather than a milkshake. Other examples show how added fats, sugars, sauces, and other ingredients increase calories. Three calorie levels are shown for each type of food.



Lower	In-Between	Higher
1 cup raw vegetable salad without dressing (40)	3/4 cup raw vegetable salad with 1 tablespoon french dressing (95)	1/2 cup potato salad (125)
1/2 cup cooked cabbage (15)	1/2 cup coleslaw (60)	2 rolls stuffed cabbage (260)
1 medium baked potato (95)	2/3 cup mashed potatoes prepared with milk and butter (125)	1/2 cup hashed brown potatoes (170)
1 medium raw apple (80)	1 sweetened baked apple (160)	1/8 of 9-inch apple pie (300)
1/2 cup fresh citrus sections (40)	1/2 cup jellied citrus salad (120)	1/2 cup lemon pudding (145)
1/2 cup cooked green beans (15)	1/2 cup stir-fried green beans (35)	1/2 cup green bean-mushroom casserole (70)
1/2 cup diced fresh pineapple (40)	1/2 cup canned pineapple chunks in natural juice (70)	1/2 cup canned pineapple chunks in heavy syrup (95)

¹Calorie values are shown in parentheses.

BREAD CEREAL Group

Lower	In-Between	Higher
1 cup plain corn flakes (95)	1 cup sugar-coated corn flakes (155)	1/2 cup crunchy cereal (280 to 290)
1/2 cup steamed or boiled rice (85)	1/2 cup fried rice without meat (185)	1/2 cup rice pudding (235)
1 slice of bread (55 to 70)	1 corn muffin (125)	1 Danish pastry (175)
1/2 cup cooked noodles (100)	6 cheese ravioli with sauce (175)	1 cup lasagna (345)

MILK CHEESE Group

Lower	In-Between	Higher
1/2 cup (single dip) ice milk (95)	1/2 cup (single dip) ice cream (135)	1 cup vanilla milkshake (225)
1 oz. Cheddar cheese (115)	1 cup cheese souffle (260)	1 cup macaroni and cheese (430)
8 fl. oz. carton plain lowfat yogurt (145)	8 fl. oz. carton vanilla flavored yogurt (195)	8 fl. oz. carton yogurt with fruit or 2 dips frozen yogurt (225 to 240)

¹Calorie values are shown in parentheses.

Calorie Countdown¹. Continued.



Lower	In-Between	Higher
2 oz. broiled chicken (95)	1/2 fried chicken breast (2 3/4 oz.) or 2 drumsticks (2 1/2 oz.) (160 to 180)	8 oz. individual chicken pot pie (505)
3 oz. lean hamburger (without bun) (185)	3 oz. regular hamburger (without bun) (235)	3 1/2 oz. cheeseburger (without bun) (320)
3 oz. lean roast beef (205)	3 oz. Swiss steak (315)	2/3 cup beef stroganoff over noodles (525)
2 1/2 oz. broiled cod with butter or margarine (120)	2 1/2 oz. fried breaded ocean perch (160)	2 1/2 oz. baked stuffed fish (1/2 cup bread stuffing) (325)
1/2 cup boiled navy beans (95)	1 cup navy bean soup (170)	1 cup baked navy bean (310)
3 oz. boiled shrimp (100)	3 oz. fried breaded shrimp (190)	1/2 cup shrimp Newburg (285)

Calorie values are shown in parentheses.

Calorie Countdown¹. Continued.



Lower	In-Between	Higher
1 teaspoon sugar (15)	2 tablespoons pancake syrup (120)	12 fl. oz. cola (145)
12 fl. oz. light beer or 3 1/2 fl. oz. dry wine (85 to 95)	12 fl. oz. regular beer or 3 1/2 fl. oz. sweet wine (140 to 150)	Tom Collins—1 fl. oz. gin & 6 fl. oz. Tom- Collins mix (195)
3 oz. popsicle (70)	1/2 cup (single dip) sherbet (135)	1.2 oz. milk chocolate candy bar (175)

¹Calorie values are shown in parentheses.

Countdown: Menu Ideas

Ideas for 1800, 1500, and 1200 calorie daily menu plans are provided on the following pages. They show how you might combine foods that are pleasing and nutritionally adequate as well as low in calories.

As you decrease your calories, it's harder to get the recommended amounts of some vitamins and minerals. Thus, it becomes increasingly important to emphasize nutrient-dense foods—vegetables and unsweetened fruits; whole-grain or enriched breads and cereals; lowfat milk and milk products; and lean meats, poultry, fish, and dry beans and peas. This means cutting down on fats, sugars, sweets, and alcoholic drinks which provide few nutrients per calorie.

These menus have been planned to meet or exceed the Recommended Dietary Allowances (RDA) for most nutrients. They may fall somewhat short of the RDAs for a few nutrients. Except for calories, the RDAs exceed the requirements of most people so that the needs of nearly all in the population are met. Thus, occasional intakes below the RDAs do not necessarily mean that a diet is inadequate.

The calorie levels in the menus are not necessarily right for you, since people vary in their calorie needs. You must judge the right level for your weight-loss program. Remember, by increasing your activity you don't have to cut calories as much as when you rely on dieting alone.

1200 Calories

Breakfast

3/4 c. Branflakes with
3/4 c. fresh strawberries
and 3/4 c. plain Lowfat
Yogurt

Lunch

2 c. Chef's Salad
2 tbsp. regular Italian
Dressing
4 Rye Wafers
1 med. Tangerine
Water, Tea, or Coffee

Dinner

1 c. Mock Beef Stroganoff*
1/3 c. Noodles
1/2 c. cooked Spinach
1 Whole-wheat Roll
1 tsp. Margarine
1/4 Cantaloupe (5-in.
diameter)
1 c. Skim Milk

Snacks

1 med. Banana

*Recipes for starred items are found in the recipe section.

1500 Calories

Breakfast

1/2 c. Unsweetened
Grapefruit
1 Shredded Wheat Biscuit
1 sl. Whole-Wheat Toast
1 tsp. Margarine
1/2 c. Skim Milk

Lunch

Roast Beef Sandwich
3 oz. Roast Beef, lean
1 Lettuce Leaf
2 tsp. Mayonnaise-type
Salad Dressing
2 sl. Whole-wheat Bread
6 to 8 Carrot Strips
(2 1/2 in. to 3 in. long)
1 medium Orange
Water, Tea, or Coffee

Dinner

3 oz. Baked Fish Fillet
1 Baked Potato
2 tsp. Margarine
1/2 c. Green Peas
Salad:
1/2 c. sliced Tomato
1/2 c. Cucumber
2 tbsp. Yogurt-dill Dressing
1 sl. French Bread
1 tsp. Margarine
1/2 c. fresh Peach Slices
Water, Tea, or Coffee

Snacks

3/4 c. Lowfat Yogurt with
1/4 c. Blueberries
(fresh or frozen)

1800 Calories

Breakfast

3/4 c. Orange Juice
1 Poached Egg
2 Bran Muffins*
2 tsp. Margarine
1 c. Skim Milk

Lunch

1 c. Split Pea Soup
Chicken Salad Sandwich
Chicken Salad, 1/2 c.
made with low-calorie
Mayonnaise-type Salad
Dressing
2 sl. Rye Bread
2 Peach Halves, Canned
in Light Syrup
Water, Tea, or Coffee

Dinner

1, 3-oz. Sweet and Sour Pork
Chop*
1 small Baked Potato
1/2 c. Steamed Broccoli
2/3 c. Fruit Compote (apples,
oranges, bananas)
1 Whole-wheat Roll
1 tsp. Margarine
Water, Tea, or Coffee

Snacks

1 c. Skim Milk
4 Whole-wheat Crackers

*Recipes for starred items are found in the recipe section.

Recipes

Bran Muffins

8 muffins (120 calories per muffin)

Unprocessed whole bran	2/3 cup
Whole wheat flour	1 cup
Brown sugar, packed	2 tablespoon
Baking powder	1/2 tablespoon
Salt	1/8 teaspoon
Skim milk	2/3 cup
Egg, slightly beaten	1
Oil	2 tablespoons

1. Preheat oven to 400°F (hot).
 2. Grease eight muffin tins.
 3. Mix dry ingredients thoroughly.
 4. Mix milk, egg, and oil. Add to dry ingredients. Stir until dry ingredients are barely moistened. Batter will be lumpy.
 5. Fill muffin tins two-thirds full.
 6. Bake until lightly browned, about 25 minutes.
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Variations

Bran Cereal Muffins (120 calories per muffin)

Use 2/3 cup whole bran cereal in place of unprocessed bran. Stir bran cereal and milk together; let stand 5 minutes. Add egg, oil, and sugar. Mix well. Thoroughly mix flour, baking powder, and salt. Stir milk mixture into dry ingredients. Continue as in basic recipe.

Chef's Salad

4 servings, 2 cups each

Per serving without salad dressing:

Calories: 125 with turkey; 115 with chicken

Turkey or chicken, cooked, diced	1 cup
Lettuce, bite-size pieces, slightly packed	1 quart
Celery, sliced	1/3 cup
Green pepper, diced	3 tablespoons
Green onion, thinly sliced	1
Tomato, cut in wedges	1 large
Natural Cheddar cheese, diced	1/4 cup
Low-calorie salad dressing	As desired

1. Toss all ingredients except cheese and salad dressing together lightly.
2. Sprinkle cheese over each serving.
3. Serve with favorite low-calorie salad dressing.

Menu Suggestion: Serve with rye bread sticks.

Sweet and Sour Pork Chops

4 servings, 1 chop with 1/3 cup sauce each (185 calories per serving)

Loin pork chops, thin cut	4 (about 1 pound)
Cornstarch	1 tablespoon
Vinegar	1/4 cup
Pineapple juice (and water if needed)	1/2 cup
Soy sauce	1 tablespoon
Brown sugar, packed	1 tablespoon
Green pepper, cut in squares	1 small
Canned pineapple chunks in natural juice, drained	1 cup

1. Trim fat from pork chops.
2. Brown pork chops on both sides in nonstick frypan.
3. Mix cornstarch with vinegar until smooth. Add juice and water mixture, soy sauce, and sugar. Cook over low heat, stirring constantly, until thickened.
4. Pour sauce over pork chops.
5. Simmer, covered, until pork chops are almost tender, about 30 minutes.
6. Add green pepper and pineapple.
7. Simmer, covered, until pork chops are tender and green pepper is tender crisp, about 10 minutes longer.

Menu Suggestion: Serve with seasoned spinach.

Mock Beef Stroganoff

4 servings, 1/2 cup stronganoff and 1/3 cup noodles each (220 calories per serving)

Beef round steak, boneless	3/4 pound
Fresh mushrooms	1/4 pound
Onion, sliced	1/2 cup
Beef broth, condensed	1/2 cup
Water	1/2 cup
Catsup	1 tablespoon
Pepper	1/8 teaspoon
Flour	2 tablespoons
Buttermilk	1 cup
Noodles, cooked, unsalted	1 1/3 cups (about 1 3/4 cups uncooked)

1. Trim all fat from steak. Slice steak across the grain into thin strips, about 1/8-inch wide and 3-inches long. (It is easier to slice meat thinly if it is partially frozen.)
2. Wash and slice mushrooms.
3. Cook beef strips, mushrooms, and onion in nonstick frypan until beef is lightly browned.
4. Add broth, water, catsup, and pepper. Cover and simmer until beef is tender, about 45 minutes.
5. Mix flour with about 1/4 cup of the buttermilk until smooth; add remaining buttermilk. Stir into beef mixture. Cook, stirring constantly, until thickened.
6. Serve over noodles.

Menu Suggestion: Serve with a tossed green salad.

Patient References

The following books are available in most book stores and can provide you with additional information on behavior modification and weight control:

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