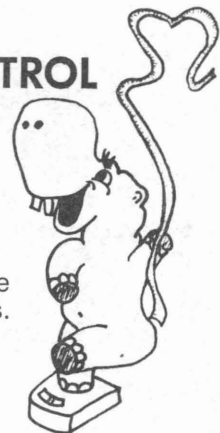


## ACTIVITIES FOR SUCCESSFUL WEIGHT CONTROL

Dear Homemaker:

There are certain activities which will help you control weight while you are following a low calorie diet selected from the Four Food Groups. They are:

—Limit *all* eating and drinking to *one* place in the house.



**BE A  
LOSER  
AND WIN**



- Eat *only while sitting* at the same spot and in the same chair. Do not eat while standing, cooking or clearing the table. While eating do not have:

- TV to see or hear—only soft dinner music if anything
- Reading of any kind, but you may talk to someone there
- Talking on the phone
- Anything to take your interest away from food

—Learn to enjoy the taste and quality of foods. Think about what you are eating while eating.

—Use a small-size plate. The small plate looks like it is holding more food.

—Eat slowly. Put your silverware down on your plate between bites and then put your hands in your lap. You may touch your water glass, but chew all food thoroughly and swallow it before drinking from the glass. Pick up the silverware only after swallowing. This helps to slow down eating. Most people who are overweight are in the habit of eating too fast. They do not realize just how much they are eating.

—Remember that it takes the stomach 20 minutes to tell the brain that it is full.

—Do grocery shopping after a meal when you do not feel hungry. Shop regularly and from a list to keep from looking at all the tempting foods on shelves. This also saves money.

—Avoid buying “fattening” and “junk” foods that will tempt you. Keep foods in containers that are not transparent to keep them out of sight and mind.



Sincerely,

\_\_\_\_\_  
Signature and Title

—Have your picture taken and place it on the refrigerator door.

- Underneath the picture write the words:
  - fat
  - high blood pressure
  - diabetes
  - ugly
  - heart disease



- Cut out and display pictures of other people who look as you would like to look.



—“Think Slim.” Keep in mind how nice you look slim. Think about the rewards of being slim before you are. Think of yourself as being slim now.

- Become active—do more walking. Do regular planned exercise at least 3 times weekly. Build up your endurance. Spend energy!
- Remember three basic rules for successful weight loss:
  - Control how much food is eaten
  - Sit down, eat slowly and chew each bite of food
  - Eat fewer fats and sugars (including alcohol)



## Sample Menus

### Breakfast

½ cup orange juice  
1 egg, scrambled without fat  
1 slice toast with 1 teaspoon margarine  
Coffee, black

### Mid-Morning

1 cup chilled non-fat milk

### Lunch

2 ozs. sliced chicken on 1 slice toast  
with 2 teaspoons mayonnaise-type  
salad dressing  
Carrot and celery sticks  
Unsweetened iced tea with lemon

### Mid-Afternoon

1 small apple

### Dinner

2 ozs. meat loaf  
½ cup green beans seasoned with bouillon  
1 cup tossed green salad with low calorie  
dressing  
1 hot roll  
1 teaspoon margarine  
½ cup low calorie fruited gelatin  
Unsweetened iced tea with lemon

### Bedtime

6 saltine crackers  
1 cup chilled non-fat milk

*Prepared by Carol B. Suter, Extension foods and nutrition specialist—ENP-A, The Texas A&M University System.*

*Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socio-economic level, race, color, sex, religion or national origin.*

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