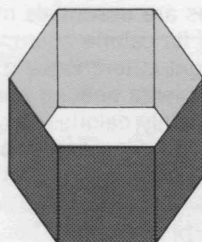


Texas Agricultural Extension Service

People Helping People



Dietary Guidelines for Americans Maintain Desirable Weight

It is important to consider all seven Dietary Guidelines in building a healthful diet:

- Eat a Variety of Foods
- Maintain Desirable Weight
- Avoid Too Much Fat, Saturated Fat and Cholesterol
- Eat Foods with Adequate Starch and Flour
- Avoid Too Much Sugar
- Avoid Too Much Sodium
- If you Drink Alcoholic Beverages, Do So in Moderation

Obesity and Your Health

Obesity is harmful to your health and may shorten your life. It increases risk of high blood pressure, diabetes, heart disease, and many other medical problems. Some overweight people may be at greater risk than others. For example, recent research shows that people who tend to have their fat concentrated in the waist and abdomen rather than the thighs and buttocks may be more prone to the illnesses that often go along with obesity.

Height without shoes	Desirable Body Weight Ranges	
	Men (pounds)	Women (pounds)
4'10"		92-121
4'11"		95-124
5'0"		98-127
5'1"	105-134	101-130
5'2"	108-137	104-134
5'3"	111-141	107-138
5'4"	114-145	110-142
5'5"	117-149	114-146
5'6"	121-154	118-150
5'7"	125-159	122-154
5'8"	129-163	126-159
5'9"	133-167	130-164
5'10"	137-172	134-169
5'11"	141-177	
6'0"	145-182	
6'1"	149-187	
6'2"	153-192	
6'3"	157-197	

NOTE: For women 18-25 years, subtract one pound for each year under 25.
SOURCE: Adapted from the 1959 Metropolitan Desirable Weight Table.

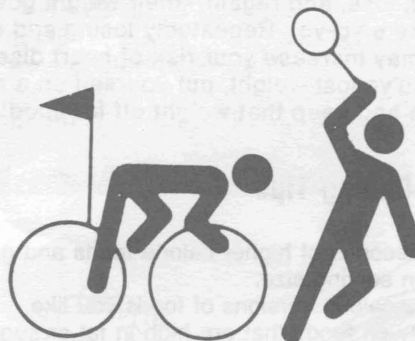
Are You "Fit"?

You can't change your basic body structure. Face it—you may never have the build of a fashion model. But here's some *GOOD NEWS*—whatever the body type you have, you can be FIT and not FAT!

- Weight range charts can help you decide whether you have a weight problem, but they don't relate weight to fitness. The best goal is to be FIT—to feel good and move well while maintaining desirable weight.
- Some people who weigh more than the chart shows are FIT because their excess weight is in muscle, not fat. Overweight is a problem only if those excess pounds are in fat.
- Some people who are within the weight range shown to be desirable for their height are not FIT. Exercise is the key.
- Many people are both overweight and FAT.

Answer these questions to see if you're "FAT."

- Are you wider at the waist than at your chest?
- Does your middle interfere with sight of your toes?
- Pinch a fold of skin from the back of your upper arm. Is it more than an inch thick?



The "Basics"

Have you decided to be "FIT" and not "FAT"? That's the first step. Now develop a strategy to shed those

unwanted pounds. In tailoring a weight loss plan that's right for you, keep the following "BASICS" in mind:

- Whether you have 5 pounds to lose or whether you have 20, there's only one way to lose weight and that's to use up more calories than you take in. This means that you must either select foods containing fewer calories than you normally eat or you must increase your activity—preferably both. Generally, to lose one pound a week, you must either decrease calorie intake by about 500 calories a day or burn up those 500 calories by increasing physical activity. A steady loss of 1 or 2 pounds a week is about right.
- All calories count—regardless of the food they come from. BUT, some foods have more calories than others. The fat in foods and alcohol in alcoholic beverages have about twice as many calories as carbohydrates and protein.
- Protein, vitamins, minerals, and some fat and carbohydrates are essentials of a good diet, regardless of its calorie count. The healthy approach in losing weight is to choose a variety of foods providing the nutrients needed and to go easy on foods that supply mainly calories. Examples are sugars, sweets, fats and oils, food that are high in sugars and fats and, of course, soft drinks and alcoholic beverages.
- Nutrition scientists recommend that everyone avoid too much fat, sugar, and alcohol. However, when trying to lose weight it's *especially* important to moderate intake of foods high in fat, sugar, and alcohol. They're often the source of "extra" calories.

These "BASICS" are the same for everyone. But putting them to good use is a personal matter. You need to develop a weight loss strategy that's right for

you. Check with your doctor if you plan to follow a low-calorie diet over a long period of time or a diet that is extremely low in calories even for a short time.

Diet Cautions

Diet Fads

Be suspicious of diet gimmicks and fad diets that promise wonders. They can be dangerous. Some are appealing because they promise quick and easy weight loss. But unless a diet is balanced nutritionally—as many fad diets are not—it could be harmful if followed over a long period of time. Diets that encourage little or no eating, diets that promote heavy eating of one kind of food, and very low-calorie diets can all cause health problems.

Don't Be a "YO-YO"!

Many people who have a weight problem lose weight, regain it, lose, and regain—their weight goes up and down like a yo-yo. Repeatedly losing and regaining weight may increase your risk of heart disease. So once you've lost weight, put yourself on a maintenance program and keep that weight off for good!

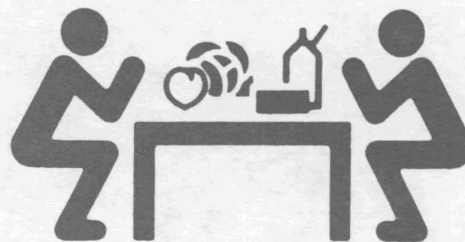
Calorie-Cutting Tips

- Avoid seconds of higher calorie foods and gradually cut back on serving size.
- Use low-calorie versions of foods you like.
- Go easy on foods that are high in fat or sugar.
- Limit alcoholic beverages.
- Roast, broil, boil, steam, or poach foods rather than fry them.
- Select lean cuts of meat and trim visible fat.
- Eat poultry and fish without skin.
- Use spices and herbs instead of sauces, butter, or margarine.
- Use lowfat dairy products.
- Drink coffee or tea without cream or sugar or use lowfat milk instead of cream.

You Can't Be Too Thin...Or Can You?

Being overweight is not advisable—but neither is being much *below* the "desirable" weight listed for your height. Going *overboard* in trying to lose weight can cause health problems.

Anorexia nervosa and bulimia are serious eating disorders. Persons with these disorders usually think they look fat (even though they may be thin) and have an abnormal fear of being fat. Common traits of persons suffering from anorexia and/or bulimia are bizarre food habits, refusal to eat, bingeing or gorging followed by vomiting, abuse of laxatives and diuretics, and an extreme urge to exercise. Such practices can result in starvation and other chronic health problems.



What Can I Eat?

Food Group

Some Suggestions

Breads, cereals, and other grain products	<ul style="list-style-type: none"> • Breads, yes; but avoid spreads high in fat and sugar. • Cereals with little or no sugar. • Rice and pasta—but watch out for the sauces!
Fruits	<ul style="list-style-type: none"> • All except avocados and olives. But don't add sugar or whipped cream.
Vegetables	<ul style="list-style-type: none"> • All kinds, but go easy on butter, margarine, and other sauces or toppings high in fat. • Avoid vegetables that are fried.
Meat, poultry, fish, and alternates	<ul style="list-style-type: none"> • Lean parts of meat; poultry without skin; fish. • Broil, roast, simmer. Avoid items that are breaded and fried. • Eggs, dry beans and peas, and tofu are suitable alternates.
Milk, cheese, and yogurt	<ul style="list-style-type: none"> • Skim or lowfat milk and cheeses. • Lowfat plain yogurt.
Fats, sweets, and alcoholic beverages	<ul style="list-style-type: none"> • Watch out for these. They provide calories and little else—not what dieters want. • For dessert, try fresh fruit or choose baked products made with less fat and sugar—angelfood cake, for example.

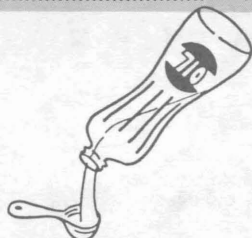
Saving Calories...Some Ideas to Get You Started

Check out the following calorie-saving ideas. Then think of other changes to help you cut calories.

Instead of:	Try:	Calories saved:
3 ounces well-marbled meat (prime rib)	3 ounces lean meat (eye of round)	140
1/2 chicken breast, batter-fried	1/2 chicken breast, baked	175
1/2 cup beef stroganoff	3 ounces lean roast beef	210
1/2 cup home-fried potatoes	1 medium baked potato	65
1/2 cup green bean-mushroom casserole	1/2 cup cooked green beans	50
1/2 cup potato salad	1 cup raw vegetable salad	140
1/2 cup pineapple chunks in heavy syrup	1/2 cup pineapple chunks canned in juice	25
2 tablespoons bottled french dressing	2 tablespoons Low-Calorie French Dressing	150
1/7 9-inch apple pie	1 baked apple	185
3 oatmeal-raisin cookies	1 oatmeal-raisin cookie	125
1/2 cup ice cream	1/2 cup ice milk	45
a danish pastry	half an english muffin	150
1 cup sugar-coated corn flakes	1 cup plain corn flakes	60
1 cup whole milk	1 cup 1% lowfat milk	45
7-fluid-ounce Tom Collins	6-fluid-ounce wine cooler made with sparkling water	150
1-ounce bag potato chips	1 cup plain popcorn	120
1/12 8-inch white layer cake with chocolate frosting	1/12 angelfood cake, 10-inch tube	185

"Calorie Culprits"

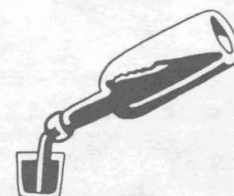
To save calories, go easy on fats, sweets, and alcoholic beverages. They are often the source of extra calories.



1 teaspoon FAT/OIL = 40 Calories



1 teaspoon SUGAR = 15 Calories



1 fluid ounce ALCOHOL (80 proof) = 65 Calories

Watch Those Pounds Slide Off

Still not convinced of the weight loss merits of regular activity? As you can see from the table below, a leisurely walk burns more than twice as many calories as standing quietly. A brisk walk burns over *three* times as many. Increasing your regular activity by walking briskly for just half an hour each day can result in 17 POUNDS of body fat lost per year! (This assumes, of course, that you have not increased your level of calories from food!)

One Last Word

You've probably thought of some good ways to put your eating and exercise plans into action. Start with the ones that are easiest for you or appeal to you most. Master one, then move on to those that are a little harder. Continue to make small, steady changes and make them permanent. They'll all add up.

Don't Forget Exercise!

Cutting calorie intake is one way to shed pounds. Calorie output counts too! The best approach is to decrease calories AND increase physical activity.

Exercise burns calories and helps make you FIT as you become less FAT. It has other pluses too. For example, it can help relieve tensions that often lead to overeating. Exercise for a slimmer, trimmer you.

Activities like handball and jogging are fantastic calorie burners. They're great for people who enjoy them and who are fit enough to undertake a vigorous exercise program. But don't feel you have to be an athlete to make physical activity count for you. Moreover, don't try to become an athlete overnight! It's best to make slow, steady changes in your activity level. There are lots of little ways to burn calories during your daily routine. Walk or bicycle instead of driving, use the stairs instead of the elevator, stand rather than sit. think ACTION—bend, stoop, stretch, squat, reach, move, lift, carry—all extra actions add up to burned calories!

The number of calories burned depends on the degree of the activity (running burns more than walking), length of the activity (the longer the activity continues, the more calories burned), and your weight (a heavier person uses more energy than a lighter person for the same activity).

The suggestions here are ways you might increase your level of physical activity. Check those that are best for you and note those you can add. Think of others that are suited to your interests. Before you start an exercise or sports program, check with your

doctor to help decide what activity is best for your age and general physical condition.

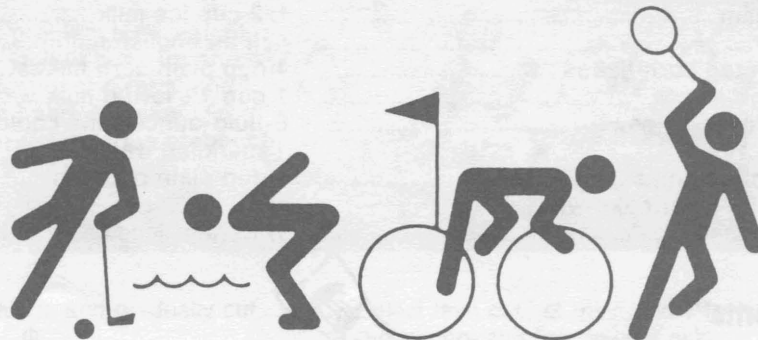
- Use the stairs rather than the elevator.
- Put more vigor into everyday activities.
- Take several 1-minute stretch breaks during the day.
- Take a walk each day at lunchtime after work.
- Attend an aerobics or slimnastics class.
- Develop a "do-it-yourself" home exercise program.
- Establish a regular weekly schedule for activities such as swimming or tennis.
- Set up a daily routine of walking, bicycling, or jogging.
- Play basketball in the community gym or your own backyard.
- Join an office, intramural, or community sports league.
- Go dancing or join a square dance club.

Look at your list to see how to best fit "fitness" into your schedule. Then TAKE ACTION. But remember, keeping FIT is an ongoing process. Once you've worked up to a new level of activity—stick with it! When you're ready, increase your activity level even more.

Approximate Energy Expenditure by a Healthy Adult Weighing About 150 Pounds

Activity	Calories per hour
Lying quietly	80-100
Sitting quietly	85-105
Standing quietly	100-120
Walking slowly, 2-1/2 mph	210-230
Walking quickly, 4 mph	315-345
Light work, such as ballroom dancing; cleaning house; office work; shopping	125-310
Moderate work, such as cycling, 9 mph; jogging, 6 mph; tennis; scrubbing floors; weeding garden	315-480
Hard work, such as aerobic dancing; basketball; chopping wood; cross-country skiing; running, 7 mph; shoveling snow; spading garden; swimming, "crawl"	480-625

Source: Based on material compiled by Robert E. Johnson, M.D., Ph.D., Professor Emeritus, University of Illinois.



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

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