

CHOOSING WHAT YOU EAT

Ninety-nine percent of all weight problems result from one or a combination of:

- A. Choosing inappropriate foods to eat.
- B. Eating too much.
- C. Exercising too little.

What about calories?

Vegetables are low in calories and if you are really hungry they will fill you up and not cause you to gain weight.

Name some vegetables THAT YOU LIKE that are low calories.

What foods are really fattening? Name some that are a particular problem for you.

How familiar are you with the calorie or fat count of foods?

It is important that you know which foods have the most calories and the most fat. It is not necessary or a good idea to vow to never eat them again, but you must be able to control how much and how often you eat them. Remember, it doesn't matter whether the calories are fat calories or just calories. If you limit the amount of fat you eat, but continue to eat large portions with many calories, you will not reduce your weight. Try not to bring foods into the house that you can't resist.

EATING TOO MUCH

How much is too much? There are people who have grown up eating 5 pork chops at their dinner plus the rest of the meal, and they thought that was not too much!!

Think about your portions. What size are they? How large a person are you? You should not need as much food as your husband if he is a much larger person than you are.

Do you, as I used to do, divide the food up in equal portions between your husband and yourself? Adding to the weight problem for women is the fact that men burn calories faster and therefore they can eat larger portions and not gain weight.

When you eat your meals, try to take larger portions of vegetables, fruits and salads and smaller portions of meats to help keep your calorie count down. Avoid or limit salad dressings, gravies, butter, sauces, fried foods, and deserts.

EXERCISING TOO LITTLE

Why be more active? Research suggests that people who have weight problems tend to be much less active than those who do not have weight problems. Videotapes have revealed that while those with too much weight are very efficient in performing ordinary household chores, people of normal weight go through a lot of wasted and excess motion, thereby increasing energy and calorie expenditure.

Try these suggestions to increase your Activity Naturally.

1. Walk whenever you get a chance; look for opportunities to walk.
2. Park at the farthest point at the shopping center or grocery store. (not at night)
3. Park your car a few blocks from work and walk the rest of the way.
4. Use stairs instead of escalators or elevators.
5. Get things for yourself instead of sending the children for them.
6. Get someone to walk with you; your spouse, your neighbor, your children, even the dog. It will help you continue walking if someone else depends on you.
7. Walk on your coffee break or at lunchtime at work.

TAKE YOUR CAMBRIDGE 3 OR 4 TIMES A DAY WHETHER YOU ADD FOOD OR NOT