TEXAS AGRICULTURAL EXTENSION SERVICE • The Texas A&M University System



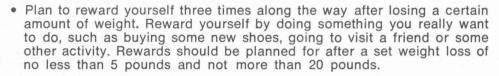
HOW
IS
YOUR
WEIGHT?



Dear Homemaker:

If you plan to lose weight-

- · Know your desired weight
- Decide if you really want to lose weight badly enough to pay the price of:
  - -cutting back on the amount of food eaten
  - -changing eating habits
  - -getting more exercise
- Set a goal of the number of pounds to lose by a certain date. Plan to lose one to two pounds a week.



- Set a date to begin losing weight.
- Write down all the food you eat in 1-3 days to see where and how you need to cut back. Do not include weekends or holidays.
- · Begin selecting low calorie foods from the Basic Four Food Groups.
- · Make a Weight Loss Contract with yourself.



Sincerely,

Signature and Title

## Select These Low Calorie Foods When Following THE BASIC FOUR FOOD GROUP PLAN:

Skim, buttermilk or nonfat 4 Whole Wheat or enriched dry milk or plain low-fat 2 breads or cereals with no BREAD vogurt sugar added MILK Dry curd cottage cheese or AND Plain cakes (no frosting) low-fat cheese GROUP CEREAL · Nutritious cookies (oatmeal, · Iced milk or low-fat frozen molasses, raisin) GROUP yogurt · Fresh or frozen fruits and 4 Lean meat (fat trimmed) vegetables Canned meats in water · Canned fruit (water pack) or FRUIT Baked or boiled meats unsweetened fruit MEAT AND Vegetables seasoned with Poached, boiled or baked GROUP bouillon or other spices **VEGETABLE** Dried beans without fat · Dressing for salads: vine-GROUP gar, lemon juice or herbs

## WEIGHT LOSS CONTRACT

My desired	weight is I am goin	g to lose	pounds by	
	s along the way I will reward 20 pounds.	d myself after	having lost not less th	nan 5 pounds and not
At	_pounds, I will reward my sel	f by		<u> </u>
At	_pounds, I will reward my sel	f by		
At	_pounds, I will reward my sel	f by		<u> </u>

I will read this contract each morning when I get up and each evening before I go to bed.

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.

Cooperative Extension Work in Agriculture and Home Economics, The Texas A&M University System and the United States Department of Agriculture cooperating. Distributed in furtherance of the Acts of Congress of May 8, 1914, as amended, and June 30, 1914.

30M—3-78, New F&N 5