



# 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.
- Plan to reward yourself three times along the way after losing a certain amount of weight. Reward yourself by doing something you really want to do, such as buying some new shoes, going to visit a friend or some other activity. Rewards should be planned for after a set weight loss of no less than 5 pounds and not more than 20 pounds.
- 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:**

**4  
BREAD  
AND  
CEREAL  
GROUP**

- Whole Wheat or enriched breads or cereals with no sugar added
- Plain cakes (no frosting)
- Nutritious cookies (oatmeal, molasses, raisin)

**2  
MILK  
GROUP**

- Skim, buttermilk or nonfat dry milk or plain low-fat yogurt
- Dry curd cottage cheese or low-fat cheese
- Iced milk or low-fat frozen yogurt

**2  
MEAT  
GROUP**

- Lean meat (fat trimmed)
- Canned meats in water
- Baked or boiled meats
- Poached, boiled or baked eggs
- Dried beans without fat

**4  
FRUIT  
AND  
VEGETABLE  
GROUP**

- Fresh or frozen fruits and vegetables
- Canned fruit (water pack) or unsweetened fruit
- Vegetables seasoned with bouillon or other spices
- Dressing for salads: vinegar, lemon juice or herbs

**WEIGHT LOSS CONTRACT**

My desired weight is \_\_\_\_\_. I am going to lose \_\_\_\_\_ pounds by \_\_\_\_\_.

Three times along the way I will reward myself after having lost not less than 5 pounds and not more than 20 pounds.

At \_\_\_\_\_ pounds, I will reward my self by \_\_\_\_\_.

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At \_\_\_\_\_ pounds, I will reward my self by \_\_\_\_\_.

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.*