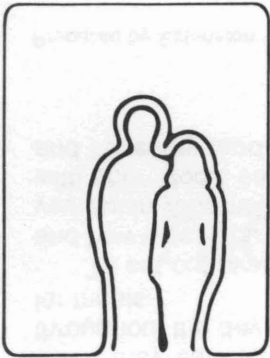


## FACTS ABOUT WEIGHT CONTROL

L-1613

9-18-78 20M



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

Waist Watcher:

Understanding the relationship between weight and energy, how to change eating habits, how to keep a record of food eaten and how to set a realistic goal for weight loss are important in controlling your weight.

This letter series and other educational programs are provided at no charge by the Texas Agricultural Extension Service. If you would like to receive other Extension publications, which are free upon request from my office, or want to know more about other Extension programs, please contact me.

Sincerely,

---

County Extension Agent

# FACTS ABOUT WEIGHT CONTROL

## Why People Gain Weight

Heredity, emotional state, lifestyle and many other factors affect how much a person weighs and how much food is eaten. For most people, excess weight is caused by the energy from food eaten that has not been burned up. The extra energy is stored as fat and shows up on the scales as extra pounds.

## Diets Hard to Follow

Researchers have found that people who gain weight easily usually are less active and eat more than people who do not gain weight. Inactivity and overeating are habits that are learned. People who gain weight easily have different eating schedules, eat fewer meals, eat more at each meal and eat faster than people who do not gain weight. They also respond differently to the sight, smell and taste of food and willingness to prepare food when they are hungry.

Overeaters often are more sensitive to situations around them. For instance, when the clock says that it is "noon," they want to eat whether or not they are hungry. They eat snack foods just because they are there.

A thin person is more likely to eat only when he is hungry. He also feels satisfied by food sooner and quits eating when he has eaten enough.

Research also shows that overeating usually happens at problem times or in certain situations. Many people cannot stick to a diet because familiar situations, such as eating while watching television, trigger old eating habits. By changing the situations and learning new habits, you can control overeating and your weight. Changing long-standing habits is difficult. You can succeed by making changes a small step at a time, and by practicing positive habits for weight control.

## What You Can Do

**Warning.** If you are one of the following people, do not try to lose weight yet:

- Pregnant women should never try to lose weight except as advised by their physicians. Dieting could seriously injure the unborn baby.
- People with serious illnesses such as diabetes; heart, kidney or blood diseases; or nervous illnesses should lose weight only under the care and advice of a physician.
- People with more than 15 to 20 pounds to lose should see their physician before trying to lose weight.

Many people do not realize what, when or how much they eat. Some people eat more by nibbling throughout the day than they would eat in three regular meals.

To cut out overeating, you need to find out what and how much you are eating. Write down everything you put in your mouth for a week. Keep the notebook with your "food eaten" record with you at all times and list every food eaten. This may be the most im-

portant part of the program. If you start to gain weight later, this record can help you get back on the program. You may want to continue keeping this record throughout your weight control program until your new eating habits are fully established. You may want to use the "Food Record" part of L-1619 *Weight Control Record* as a pattern for your record.

## Set Weight Goal

Find your height in inches in the left-hand column of the chart below. Read across the line to find your weight range. Considering your present weight, age, length of time you have been overweight and size of frame, set a desired weight goal for yourself.

People with large frames are in the heavier part of the weight range. As people get older, they usually become heavier. People who have been overweight for a long time may want to set a slightly heavier, but realistic, goal for themselves because they may have difficulty losing weight.

You probably can plan to lose 1 to 2 pounds a week. This may not sound like much, but if you lose 1 pound per week for 52 weeks, you will lose 52 pounds in 1 year.

Desirable Weights for Men and Women, According to Height and Frame, Ages 25 and Over\*

Height		Weight in indoor clothing		
(In shoes)		Small Frame	Medium Frame	Large Frame
MEN				
Feet	Inches	Pounds	Pounds	Pounds
5	2	112-120	118-129	126-141
5	3	115-123	121-133	129-144
5	4	118-126	124-136	132-148
5	5	121-129	127-139	135-152
5	6	124-133	130-143	138-156
5	7	128-137	134-147	142-161
5	8	132-141	138-152	147-166
5	9	136-145	142-156	151-170
5	10	140-150	146-160	155-174
5	11	144-154	150-165	159-179
6	0	148-158	154-170	164-184
6	1	152-162	158-175	168-189
6	2	156-167	162-180	173-194
6	3	160-171	167-185	178-199
6	4	164-175	172-190	182-204
WOMEN				
4	10	92-98	96-107	104-119
4	11	94-101	98-110	106-122
5	0	96-104	101-113	109-125
5	1	99-107	104-116	112-128
5	2	102-110	107-119	115-131
5	3	105-113	110-112	118-134
5	4	108-116	113-126	121-138
5	5	111-119	116-130	125-142
5	6	114-123	120-135	129-146
5	7	118-127	124-139	133-150
5	8	122-131	128-143	137-154
5	9	126-135	132-147	141-158
5	10	130-140	136-151	145-163
5	11	134-144	140-155	149-168
6	0	138-148	144-159	153-173

\*Metropolitan Life Insurance Company, 1969.

Prepared by Extension foods and nutrition specialists, 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.

TEXAS AGRICULTURAL EXTENSION SERVICE  
UNITED STATES DEPARTMENT OF AGRICULTURE  
THE TEXAS A&M UNIVERSITY SYSTEM  
COLLEGE STATION, TEXAS 77843

**AN EQUAL OPPORTUNITY EMPLOYER**

---

OFFICIAL BUSINESS  
PENALTY FOR PRIVATE USE, \$300

POSTAGE AND FEES PAID  
U.S. DEPARTMENT OF  
AGRICULTURE  
AGR 101

