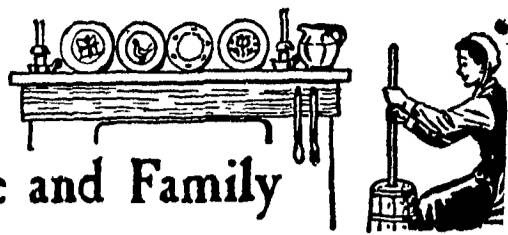


# For the Farm Wife and Family



## Oh! Those Extra Pounds

by Mrs. Richard C. Spence

One of the most gruesome things to think about right now is the extra weight all those holiday goodies have added to your body. We have a few suggestions here to help you do something about it.

A lot of convincing words have been written about how to lose weight, and their aim is to make it appear easy. There is no easy way to lose weight. You just have to eat less. There is no other answer, according to leading nutrition experts

Since it requires considerable discipline to stop eating when we enjoy our food so much we become an easy mark for the salesman of weight-reducing preparations. Every year some new product floods the market designed to help you lose pounds easily. These products are stacked high in stores and their pound-melting qualities are hailed by every form of communication. This works on the chubby person's ego and sales mount into the millions.

At the present time several products are enjoying successful sales in the form of complete food formulas. These are supposed to take

the place of eating regular meals. Yes, you can lose weight on them, but watch out! It isn't exactly normal to give up food in the way you have been used to eating it. What about bulk in your diet? What about your diet when you get through with this liquid formula?

If you've been unsuccessful at keeping weight off before, you know the answer to this. Upon returning to your usual way of eating, the pounds come back quickly and usually a few more for good measure.

There is no substitute for sensible eating. To lose weight successfully one must reevaluate present eating patterns and establish new ones that will maintain good health and not pile on unwanted pounds. It isn't easy.

Single copies of the recent publication, "Food and Your Weight" (HG-74) are free on request to the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

### EXERCISE & WEIGHT

Regular exercise can be a big help in controlling your weight. More activity in the daily routine can further the cause of a reducing diet, or with no change in diet at all it can bring about a gradual loss of excess fat. Long hours of strenuous exercise aren't necessary to keep weight in check and, for many people, are not even recommended. But regular, less strenuous exercise can be surprisingly effective for people who need to take it easier and at the same time need to either lose or maintain weight while eating the same amount of food as before.

Nutritionists of the Agricultural Research Service gave this example: If an overweight woman, who gets just enough calories to maintain her weight, spends one extra hour a day at housework that keeps her moderately active and moving around instead of sitting, she uses 90 more calories a day. In a year, if her diet remains about the same, she can lose 9 pounds. Then if she can change a second "sitting hour" to some type of daily active recreation, without changing diet, she can use an additional 170 calories a day, and in a year shed another 15 pounds, or a total of 24 pounds.

Many people, of course, are not as free to get more activity into their daily routines, particularly those with fulltime jobs. Thus, leisure time offers the best opportunity for more exercise. Even though the time given to added activity may be short, if established as a regular

routine it can have gradual and lasting effects on weight and can also help muscle tone and circulation. For example, if a man who has been eating enough to keep his weight the same, can manage a 20-minute walk everyday instead of sitting for that time, he can lose 5 pounds in a year, provided he doesn't eat more food than before.

### ONE MENU PLAN CAN SUIT WEIGHT WATCHERS, OTHERS

You don't need to plan two sets of meals when one family member is trying to keep his weight down.

Seasonings that won't add calories can be your answer to serving one meal for all. Spices, herbs, vinegar, lemon and other tart fruit juices can take the place of gravies, salad dressing, table fats and rich sauces.

A tomato and lettuce salad gives needed vitamins with only 35 calories. But when you add French dressing you add mostly calories—60 more. Or with mayonnaise, the salad totals 145 calories.

If you plan to serve your family a roast beef, potato and gravy, peas and fruit cup dinner you can cut calories by more than half by leaving out some of the extras.

Both the weight-watchers and the normal eater can be served the beef roast and the potatoes. To cut down on calories you will need to serve only half the amount of potato and leave off the

gravy. A small amount of butter, chopped parsley and seasoning can substitute for the calorie-rich gravy.

Serve peas to both but use less butter for the one on diet. Rolls and butter should be turned down by the weight-watcher. Instead of one slice of whole wheat bread and a half-teaspoon of butter will substitute

For dessert, both will have a fruit cup but the dieter will leave off a cookie. These few changes to the basic menu will cut a 1290 calorie meal down to 450 calories.

### SUGGESTIONS FOR REDUCERS

If you intend to start a reducing program, it is wise to check first with your doctor.

Take it slowly. A pound or two off a week is plenty. Eat three regular meals a day.

Plan meals around familiar foods. The only effective diet is the one that is faithfully followed. For this reason it is wise to plan meals around foods that give you satisfaction and are a part of the family's way of eating.

Choose lower calorie foods. Avoid such items as added fats, gravies, sauces, fried foods, fatty meats, sweets, pastries, cookies, cakes, alcoholic and soft drinks, cream.

Season foods with spices, herbs, vinegars, or tart fruit juices to give variety and add interest.

Learn to like cereal. (Turn to page 7)

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