



6.

Trimming That Figure

IF WHENEVER WEIGHT IS MENTIONED your first reaction is "I wish I weighed less" or "I really should reduce," this chapter is for you. No one really wants to be overweight.

If you are a person who weighs too much, whether a little or a lot, you might recall all of the arguments you have heard against people being overweight. Excess weight is inconvenient; it can spoil your looks, threaten your vanity, and put you on the defensive about life in general. Also, it can be a health hazard. Compared

with people of normal weight, those who are overweight are more likely to have gall bladder trouble, diabetes, gout, and arthritis; they are poor surgical risks and less resistant to infections. They are more likely to have hardening of the arteries and high blood pressure than lean people. Overweight also places an extra burden on the heart. Those are but a few of the involvements.

But instead of these arguments, think of what you can *become* weight-wise and figure-wise and health-wise. Visualize yourself as you want to be and then work and eat with that goal in mind. Equip yourself with these essentials:

1. Your doctor's approval of your reducing.
2. A scientifically sound food plan with menus to keep you healthy though losing weight.
3. Enough information to give you the reasons for what you are doing.

Add to these a good supply of patience, will power, and determination for the first two or three weeks. After that the reward of losing weight will help to keep you happily on your diet. Now plan to enjoy the experience and to glory in your own achievement.

There are many false ideas about being overweight. You have heard them often — perhaps you have even used them as alibis for your own plumpness. Let's look at the facts.

Fallacy: "I come from a fat family; therefore I guess I was meant to be fat."

Fact: Overeating is often a family habit — and then the whole family is overweight. Our calorie supply depends on our eating habits, and the

habit of overeating brings overweight. When you eat with a family in which everyone is overweight, you usually have foods cooked in extra fat and cream to add flavor, have second and third helpings because things are so good, have rich and sweet desserts, and have bedtime snacks that by themselves would supply a good share of the day's calorie need.

Fallacy: Overweight people need less food energy than normal people do because their metabolism is low. "Everything I eat goes to fat because my metabolism is low."

Fact: Most overweight people have normal metabolic rates. Their overweight does not come from a subnormal calorie need. (When it is subnormal it can be treated by the doctor.) Actually they need more energy to do a piece of work than do people of normal weight. It takes more calories to support overweight people, and to move them around, to take them upstairs or to move any part of them. Just ask yourself which is less work, moving a straight chair or an overstuffed one.

Fallacy: Overweight people use their food more economically than normal people do. "I get more from my food than you do from yours."

Fact: Overweight people get more food energy because they eat more food. Just follow them around for a day or sit beside them at a meal. They don't think they eat anything much, but they are likely to eat the extra roll and butter that someone doesn't want, and they use the extra cream left by someone who drinks his black.

The reasons for overeating and being overweight often can be found in the answers to some searching questions. When you decide to reduce, have a private talk with yourself and get honest answers to these personal questions:

What and how much do I eat?

For three days keep a list of everything you eat and how much. It may enlighten you as much as it has enlarged you. You may find you are eating a little more or a lot more of everything than you realized. If you don't feel well when you try to eat less, it is probably because you choose too many lone-wolf calories and skimp on the calories that keep good company with vitamins, minerals, and protein.

When do I eat?

You may be eating between meals more often than you think you do, and then you may be skipping meals to try to counteract your constant snacking. Eating so often and eating irregularly may be a sign you are tired, worried, lonesome, dissatisfied, or just restless and disorganized. You may not be wearing your heart on your sleeve but you may be wearing your frustrations on your frame.

Why do I eat more than I need?

Every time you start to eat something ask yourself, "Why am I eating this?" You'll be surprised at some of your answers, especially if they are honest ones. They may be something like these: "I'm eating to put off doing something I don't want to do." "Something disagreeable has happened and eating will help me forget it." "Something wonderful has happened and I'm eating to celebrate." "I'm discouraged, and eating makes me feel better." "Everyone



but me is having fun at the dance so I'm trying to drown my sorrows in this extra thick malt."

What satisfactions do I get from being overweight?

Do you think you've been happier since you've been overweight? Maybe so, but what was happening at the same time that you were gaining weight?

Perhaps you started to gain soon after you were married because you were happy and not working as hard as you had been before. Then, as your family and responsibilities grew, you worked harder and thought you needed extra food, so you ate more.

Maybe you started to gain weight after your children grew up or after you moved to a streamlined apartment. You had more time for bridge and snacks, or golf and lunch. All these are the sources of your happiness; overweight just followed along.

Perhaps you began to gain weight after you landed the job you had always dreamed of. Then came more prestige and security, more money, and more of the right contacts in your business and social life.

All these are the things that made you happier rather than the excess weight you added to your frame as you went along.

Losing weight can seem like a very slow process. You can't see a change in your weight each time you say "no" to a piece of cake or feel a little hungry and righteous because you ate less than usual for lunch. Sometimes you have to keep on saying *no* and being a little hungry for two or three weeks before the scales will register any less.

When you begin to eat fewer calories than you need, the body exchanges fat for water. When body fat is



called into service to supply energy, water temporarily fills the space in the tissues vacated by the fat. The water weighs as much as the fat did, so there is no immediate change in body weight. But the water is not there to stay, and it will leave eventually. You may have to be on a low calorie diet for two or three weeks before the body begins to discard this excess water through the kidneys. As soon as this happens, you begin to weigh less. Your weight may go down quite fast for a few days; then you'll feel gloriously happy and proud that you had the will power to stay with your diet. Then there may be another stretch with no weight change and this will be followed by another drop. This stair-step pattern will be repeated over and over as you get down to the weight you want to be. You must understand what is happening and know what to expect during the time between steps.

Here is what happened to one Mrs. Homemaker when she started to reduce. She followed a low calorie diet faithfully for a month. The diet supplied all of her nutritional needs except that it fell 500 Calories a day short of meeting her energy needs. Because she had to make up this calorie deficit every day by using body fat, she could expect to lose about a pound a week, or between 4 and 5 pounds in a month.

The first week she gained a pound. She was discouraged! The second week she lost a pound. At least she was back where she had started from — but half the month was gone! The third week she neither gained nor lost. She was nearly desperate! In the fourth week she lost $4\frac{1}{2}$ pounds, or the calculated loss for the entire month. Now she thought reducing was wonderful!

These $4\frac{1}{2}$ pounds would never have disappeared if she had given up her diet after two or three weeks because she was discouraged.

It takes a lot of patience and will power to stay on a diet during the discouraging time when the scales don't budge, even though you know you have overdrawn your calorie account and have withdrawn body fat to use for energy.



Are you deciding, "I think I can reduce now that I understand better about calories and food and weight, and about what and why I eat?" Then take these predicting steps.

First, talk to your doctor about your weight problem.

Besides needing his approval from a medical standpoint, you will find his interest and moral support most encouraging.

Second, set a reasonable weight as your goal to reach within a certain time. Be realistic about how much you can lose safely and sensibly but still set a goal that will be worthy of your best efforts. Most overweight people can plan to lose $1\frac{1}{2}$ pounds a week safely.

How fast you lose weight will depend on the calorie deficit you create between your supply and your demand for energy. You *must* overdraw your calorie account — spend more for your daily activities than you supply in the food you eat. To meet the deficit the body will use its stored fat. A deficit of 3,500 Calories between supply and demand means the use of one pound of stored fat.

Find your total daily calorie demand for your usual level of activity by multiplying your desirable weight

by 16 Calories per pound if you are sedentary or by 20 Calories if you are active (see pages 36 and 37). Then decide how many calories *less* than your need you will supply in the food you eat. How much of a deficit will you choose to live with in order to take some of your unwanted fat out of storage, use it up for energy, and lose weight?

Here is a general guide and timetable for losing 5 pounds of stored fat:

<i>Daily calorie deficit between your supply and demand</i>	<i>Approximate time required to lose 5 pounds</i>
300 Calories	60 days
400 Calories	45 days
500 Calories	35 days
600 Calories	30 days
700 Calories	25 days
800 Calories	22 days
900 Calories	20 days
1,000 Calories	18 days

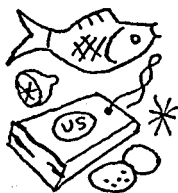
Under ordinary circumstances you can safely plan for a deficit of 500 to 800 Calories a day. If you are a small person, this may be too much, or if you are a large person, you may want to plan for a slightly larger deficit. It is not wise to cut your daily supply of food energy more than 1,000 Calories below your daily need.

Suppose the desirable weight for your height and build is 135 pounds and that your level of activity puts you in the sedentary group. At 16 Calories per pound your total daily energy need would be 2,160 Calories. If you decide on a 500 Calorie deficit for reducing,

you would plan to supply 2,160 minus 500, or 1,660 Calories from the food you eat.

You may want to plan to have part of your calorie deficit come from increasing your activity. Walking a mile in addition to your usual activity would increase your need about 85 Calories if you weigh 145 pounds. Then you could count your deficit as 600 Calories.

Whatever the size of your calorie deficit, your success in staying on a reducing diet will depend in a large measure on the nutritional quality of the food you eat. How you feel influences your enthusiasm, your determination and self-control, and your disposition.



LOW CALORIE DIETS

There are many ways to plan a diet that is low enough in calories to make your body burn some of its own fat for energy and high enough in nutritive value to keep you in good health. Some scientifically planned and tested low calorie diets emphasize foods rich in protein, others emphasize a generous amount of fat, but never to the exclusion of other important foods. The diet given in this chapter places more emphasis on protein and carbohydrate and less on fat. Personal preference or convenience, or even finances, often affect the kind of low calorie diet chosen for reducing weight.

A reducing diet is given here in two sizes — 1,200 Calories and 1,600 Calories. It was developed and tested under controlled experimental conditions in the nutrition research laboratories of the University of Nebraska. First it was tested on a group of college students. Then it was tested on a variety of overweight people. The menus were adapted for people living and eating

in many different kinds of situations: eating at home alone, eating a packed lunch, cooking for and eating with a big family, and eating in restaurants all the time. The diet has proved thoroughly usable, easy to stay on, and therefore successful in taking off weight.

It is called the "Common-Sense Reducing Diet" because this is the secret of its success—common sense in using the best scientific information about food, weight, and energy in our lives, and common sense in following it carefully. The name of the diet may not be glamorous, but the results will be.

This 7-day diet supplies everything the adult body needs in generous amounts to safeguard health. It is low enough in calories to force the body to use stored fat for some of its energy needs. At the same time it is high enough in calories for the body to function normally. It includes a good variety of foods distributed in three meals a day.

The meals are ordinary enough to be the foundation menu for the entire family, making additions of other foods or larger servings for the members who need more food. The lunches are planned for people who are away from home at noon and need to carry a lunch or eat at a restaurant. The same foods that are used in a sandwich could be eaten at home as salad and toast or bread and spread. All the meals could be ordered in even a modest restaurant.

The meals are extremely simple and unadorned. Seasonings, herbs, spices, lemon and lime juice, vinegar, parsley or other green vegetables can be used to add variety in flavor. Adding variety by using dressings, sauces, gravies, toppings, sugar, or nuts is not recommended because these cannot help but add calories.

YOUR COMMON SENSE REDUCING DIET

SUNDAY

Breakfast

	<i>1,200 Calorie Diet</i>	<i>1,600 Calorie Diet</i>
Orange juice	½ cup	same
Egg, boiled or poached	1 medium	same
Bread	1 slice	same
Butter or margarine	½ teaspoon	1 teaspoon
Milk, skim	1 cup	same

Lunch or supper

Vegetable soup		
Broth, without fat	1 cup	same
Assorted vegetables	¾ cup	same
Crackers	3	6
Cheese or luncheon meat	none	1 ounce
Baked apple	1 small	same
Brown sugar	1 teaspoon	same
Milk, skim	1 cup	same

Dinner

Baked chicken	3 ounces	same
Riced potatoes	½ cup	¾ cup
Cooked carrots	½ cup	same
Relishes		
Celery	2 stalks	same
Green pepper	3 strips	same
Radishes	3 small	same
Parkerhouse roll	1 small	2 small
Butter or margarine	½ teaspoon	2 teaspoons
Ice cream, plain	¼ pint	same



MONDAY

	1,200 Calorie Diet	1,600 Calorie Diet
Breakfast		
Grapefruit	$\frac{1}{2}$	same
Oatmeal	$\frac{1}{2}$ cup	same
Sugar	1 teaspoon	same
Light cream	none	2 tablespoons
Bread	1 slice	same
Butter or margarine	$\frac{1}{2}$ teaspoon	1 teaspoon
Milk, skim	1 cup	same
Lunch or supper		
Cheese sandwich		
Bread	2 slices	3 slices
Butter or margarine	$\frac{1}{2}$ teaspoon	2 teaspoons
Processed cheese	1 ounce	1 $\frac{1}{2}$ ounces
Celery	3 pieces	same
Apple	none	1 medium
Milk, skim	1 cup	same
Dinner		
Baked pork chop, lean	1 chop ($\frac{1}{3}$ pound raw weight with small bone)	same
Baked potato	$\frac{1}{2}$ medium	1 medium
Tossed salad—oil and lemon juice or vinegar dressing	2 teaspoons	same
Lettuce	2 leaves	same
Radishes	3 small	same
Tomato	1 small	same
Bread	1 slice	same
Butter or margarine	1 teaspoon	same
Apricots, fresh or water-pack	3 medium	4 medium



TUESDAY

Breakfast

	1,200 Calorie Diet	1,600 Calorie Diet
Orange	1 medium	same
Egg, boiled or poached	1 medium	same
Bread	1 slice	same
Butter or margarine	½ teaspoon	1 teaspoon
Milk, skim	1 cup	same

Lunch or supper

Chicken sandwich		
Bread	2 slices	3 slices
Mayonnaise	1 teaspoon	3 teaspoons
Chicken	1 ounce	1½ ounces
Celery	3 pieces	same
Plums, fresh or water-pack	1 medium	2 medium
Milk, skim	1 cup	same

Dinner

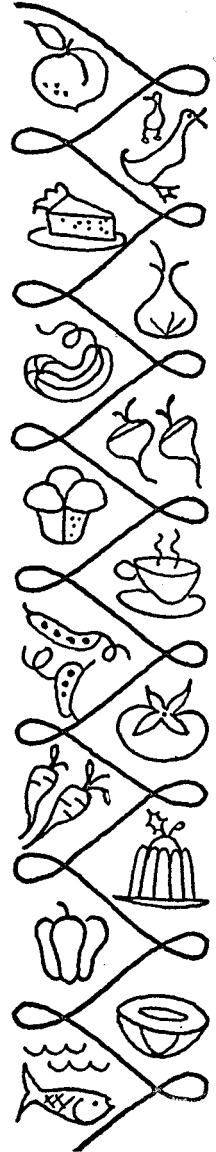
Broiled ground beef, lean	1 serving or ½ pound raw weight	same
Mashed potatoes	½ cup	same
Baked squash	⅓ cup	same
Salad in lettuce leaf		
Cabbage	½ cup	same
Apple	½ small	same
Oil dressing	1 teaspoon	same
Parkerhouse roll	1 small	same
Butter or margarine	½ teaspoon	2 teaspoons
Cupcake, plain, unfrosted	none	1 medium



WEDNESDAY

	1,200 Calorie Diet	1,600 Calorie Diet
Breakfast		
Grapefruit	½	same
Egg, boiled or poached	1 medium	same
Bread	1 slice	same
Butter or margarine	½ teaspoon	1 teaspoon
Milk, skim	1 cup	same
Lunch or supper		
Tuna fish sandwich		
Bread	2 slices	3 slices
Butter or margarine	½ teaspoon	1 teaspoon
Tuna fish, drained	1 ounce	1½ ounces
Mayonnaise	1 teaspoon	2 teaspoons
Tomato	1 small	same
Apple	none	1 small
Milk, skim	1 cup	same
Dinner		
Creamed dried beef		
Dried beef	2 ounces	same
White sauce*	½ cup	same
Peas	½ cup	same
Relish		
Celery	2 stalks	same
Radishes	4	same
Toast	½ slice	1 slice
Apple pie	⅓ medium pie	same
Ice cream, plain	none	¼ pint

* White sauce: 1 tsp. fat, 1 tsp. flour, ½ cup skim milk.



THURSDAY

Breakfast

Tomato juice
 Egg, boiled or poached
 Bacon
 Bread
 Butter or margarine
 Milk, skim

*1,200 Calorie
 Diet*

½ cup
 1 medium
 none
 1 slice
 ½ teaspoon
 1 cup

*1,600 Calorie
 Diet*

same
 same
 1 strip
 same
 1 teaspoon
 same

Lunch or supper

Peanut butter sandwich
 Bread
 Peanut butter
 Green pepper
 Orange
 Milk, skim

2 slices
 1 tablespoon
 4 strips
 1 small
 1 cup

3 slices
 2 tablespoons
 same
 same
 same

Dinner

Baked ham, lean
 Mashed sweet potatoes
 Salad in lettuce leaf
 Apple
 Grapes
 Marshmallow
 Oil dressing
 Hard roll
 Butter or margarine
 Oatmeal cookies

2 ounces
 ½ cup

same
 ¾ cup

½ small
 10 medium
 1
 1 teaspoon
 1
 ½ teaspoon
 2 small

same
 same
 same
 same
 same
 1 teaspoon
 3 small



FRIDAY**Breakfast**

	<i>1,200 Calorie Diet</i>	<i>1,600 Calorie Diet</i>
Orange juice	½ cup	same
Ready-to-eat flakes or puffs	½ cup	1 cup
Sugar	1 teaspoon	same
Light cream	none	2 tablespoons
Bread	1 slice	same
Butter or margarine	½ teaspoon	1 teaspoon
Milk, skim	1 cup	same

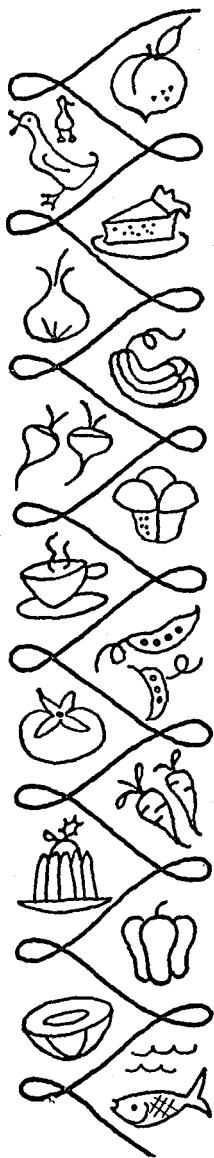
Lunch or supper

Egg salad sandwich		
Bread	2 slices	3 slices
Egg, hard cooked	1	2
Mayonnaise	2 teaspoons	3 teaspoons
Dill pickle	¼ pickle	½ pickle
Carrots	3 strips	same
Banana	none	1 small
Milk, skim	1 cup	same

Dinner

Broiled liver or fish	1 serving, or ½ pound raw weight	same
Tartar sauce	1 teaspoon	same
Baked potato	1 medium	same
Green beans	½ cup	same
Tomato	1	same
Hot biscuit	1 small	same
Butter or margarine	1 teaspoon	3 teaspoons
Ice cream, plain	¼ pint	same
Topping	none	1 tablespoon



**SATURDAY****Breakfast**

Grapefruit
Egg, boiled or poached
Bread
Butter or margarine
Jelly
Milk, skim

*1,200 Calorie
Diet*

$\frac{1}{2}$
1 medium
1 slice
 $\frac{1}{2}$ teaspoon
none
1 cup

*1,600 Calorie
Diet*

same
same
same
1 teaspoon
1 teaspoon
same

Lunch or supper

Boiled ham sandwich
Bread
Butter or margarine
Boiled ham, lean
Gelatin salad
Cabbage, shredded
Carrots, grated
Green pepper
Oil dressing
Milk, skim

2 slices
 $\frac{1}{2}$ teaspoon
1 ounce
 $\frac{1}{2}$ cup
 $\frac{1}{4}$ cup
2 strips
1 teaspoon
1 cup

3 slices
2 teaspoons
 $1\frac{1}{2}$ ounces
same
same
same
same
same

Dinner

Broiled cube steak

French fried potatoes
Head lettuce salad
Oil dressing
Bread
Butter or margarine
Angel food cake, unfrosted

1 serving, or
 $\frac{1}{2}$ pound
raw weight
6 pieces
 $\frac{1}{8}$ head
1 teaspoon
 $\frac{1}{2}$ slice
 $\frac{1}{2}$ teaspoon
1 piece
($\frac{1}{12}$ of
large cake)

same

12 pieces
same
2 teaspoons
1 slice
1 teaspoon
same

1. For best results, follow the diet carefully — not in a hit-or-miss fashion. Do not omit any of the foods listed. They are all needed for your good nutrition.
2. Use enriched or whole-wheat breads and cereals.
3. Trim the fat from the meat. Use only the portion that is very lean or streaked with very small lines of fat.
4. Bake or broil the meat to avoid adding fat. If this isn't practical in your case, pan-fry the meat using the least possible amount of fat or oil.
5. Serve vegetables without sauces or added fats.
6. Serve salads with a dressing made of a teaspoon of corn oil or cottonseed oil, plus a little lemon juice or vinegar, and some seasonings.
7. It is permissible to:
 - Use lettuce in the sandwiches.
 - Use tea and coffee without sugar and cream whenever you wish.
 - Use buttermilk in place of skim milk.
 - Change the desserts occasionally as long as you don't add calories.
 - Change a food from one meal to another as long as you eat some breakfast and have some milk, or meat, or egg in every meal.
 - Save a serving of food from one meal to use as a between-meal or a bedtime snack.
8. If you are a teen-ager, a few additions to the reducing diet are necessary to provide enough of the



important foods to meet the nutritional needs of your age group.

To each day's menu *add*

2 cups of skim milk *and*

1 serving of citrus fruit, or some other good source of vitamin C, *or*

1 serving of a vegetable that is a good source of vitamin A, unless the day's menu already includes one.

Consult the Daily Food Guide on pages 96 and 97 to help you make your choices of the fruits and vegetables.

The skim milk will add 160 Calories, and the serving of fruit or vegetable will add from 25 to 100 Calories, depending on what you choose. Look in the Table of Food Values beginning on page 171 to find the calorie value of your different choices.

The 1,600 Calorie diet with these additions is better for most teen-agers than the 1,200 Calorie diet. Only a small, inactive teen-ager would need to use the 1,200 Calorie diet plus, of course, the extra milk and fruit or vegetable.

A few substitutions are permissible but too many are not advisable. Peaches can be used in place of pears, or lettuce can be used in place of cabbage without decreasing the nutritive value of the diet or adding calories. But substituting white potatoes for sweet potatoes on a day when no other deep yellow or green vegetable is served would mean a shortage of vitamin A value. Making substitutions to meet your individual preferences is likely to increase the calories.

If you plan to use a reducing diet with more than 1,200 or 1,600 Calories, consult the Table of Food Values (beginning on page 171) and choose some foods that will add the number of extra calories you want.

If the climb down to your ideal weight is a long one, give yourself a reward at certain "scale" points. Each time you have lost five pounds, you may allow yourself a 500 Calorie bonus and spend it for any foods you want. Perhaps you will want to spend it all for candy, for lone-wolf calories, for larger servings of some of the foods on your diet, or for desserts.



YOU CAN'T DO WITHOUT IT

An indispensable ingredient of any diet is will power and "won't power." It is up to you to decide who is the boss of your reducing plan — you or everybody else. You will get bushels of advice — some of it good and some of it bad, but all of it free. If you can listen with a smile of gracious acceptance and refrain from arguing or giving your views, you are on your way to success. Your confidence will be weakened and your progress hindered if you are susceptible to all of the advice that will be tossed at you, and if you feel you must defend or justify your own plan for reducing. (You will notice that often the advice comes from overweight people who have not used it themselves!)

Do you wonder why some friends so often tease, tempt, and almost force you into breaking your dietary restrictions "just this once" instead of giving you praise or moral support for staying on your diet? They may be urging you to eat, not because they are concerned about you, but because they unconsciously hope that



you will not succeed. When you succeed in losing weight, your overweight friends have a guilty feeling that they should reduce too. They are most comfortable if you fail, because then they can say, "It can't be done so there is no need for me to try it." Someone who is not overweight may think he will lose his feeling of superiority over you if you are no longer overweight.

ADDING CALORIES

When you have arrived at your goal of desirable weight, you can start *slowly* to increase your calorie supply. The first and second week add about 200 Calories a day to the diet you have been using. To supply these additional calories consult the Table of Food Values and choose servings of fruits or vegetables, or meats, or breads and cereals. You can choose different foods each day to give variety to your diet.

The third and fourth week add another 200 Calories a day. Follow the general pattern of the Common-Sense Reducing Diet but begin to make all of your own food choices. Now is the time to test your improved food habits to be sure they are going to keep you fit but trim.

After a week or two of choosing your food and not gaining weight, try adding a few more calories — 100 Calories at a time — until you are eating all of the food you can *without* gaining weight. If at any time your weight begins to creep up, then quickly cut down 100 or 200 Calories or increase your activity to use more calories. It is important to get rid of any added and unwanted weight just as soon as it arrives and not to let it stay around you.

Remember also, if this applies to you, alcohol can be a calorie problem. For some people it may be the chief cause of overweight. The best way to handle the problem is to develop the social art of making one cocktail take the place and the time of three or four. It's also a good idea to beware of the tag-along foods, like canapes, nuts, and dips and chips. The calorie value of alcoholic beverages is given on page 191.

BE HONEST WITH YOURSELF

During this calorie-training period, do some honest bookkeeping. Each day write down what your total calorie need is. Then write down the number of calories in the foods you eat *when you eat them* and add up the calories as you go through the day. This keeps an up-to-the-minute record of how much of your calorie budget you have already spent, and shows you how much you have left to spend. You'll know from this whether you can afford a second homemade roll, or a dish of ice cream, or anything else you like. Honest balancing of your calorie accounts each day will keep you within your budget and save you a lot of mistakes and failures. Getting weighed once a week or oftener will be a check on how well you are doing with your bookkeeping.

You can stop counting every calorie as soon as you have tailored your appetite to keep a normal balance between your supply and demand for energy. You can't wear a size 14 suit if you have a size 20 appetite, nor will a size 10 appetite fit your needs if you are size 16. Appetites have to be tailor-made to fit your individual needs, and nothing is more becoming than a well-fitting appetite. It doesn't bulge or wrinkle in the wrong places,

and it does give you style and poise. Part of such a well-tailored appetite is the habit of choosing foods of high nutritive value to supply the many intricate needs of the body for normal functioning and sparkling health.

