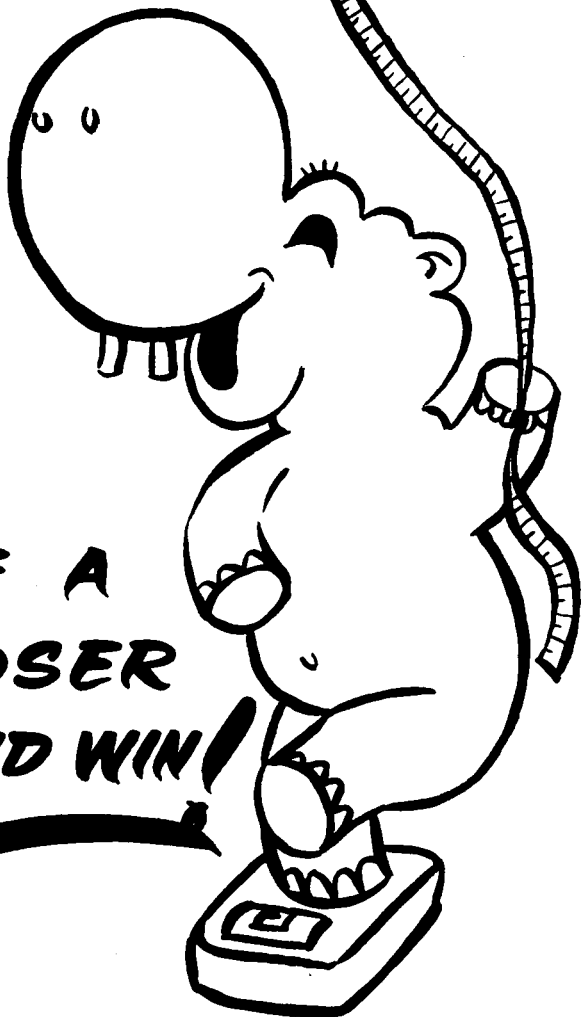


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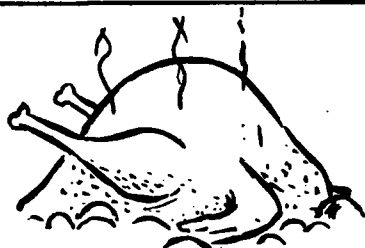
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Girth Control



**BE A
LOSER
AND WIN!**

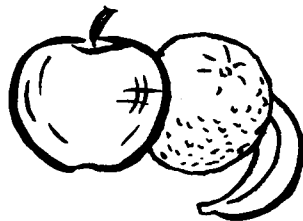
LOSE WEIGHT • SAVE MONEY • A DIET FOR ADULTS



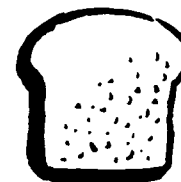
Meat and Protein-Rich Foods



Vegetables



and Fruits



Breads



Milk

Eat 3 Each Day

Eat 4 each day

Eat 4 Each Day

Eat 2 Each Day

Beef-soy Patty Mix	¼ cup
Chicken drumstick	1
breast	½
thigh	1
wings	3
Chili Con Carne	½ cup
Cold Cuts	2 sl.
Dried Beans, cooked	½ cup
Egg	1
Frankfurter	1
Ground turkey	¼ cup
Hamburger	¼ cup
Lentils, cooked	½ cup
Liver, Beef, Turkey, Fish, Lamb, Venison, Pork, Ham	(one serving is about the size of the palm of your hand, but only ¼ inch thick)
Peanut Butter	¼ cup
Soy Beans, cooked	½ cup
Split Peas, cooked	½ cup
Tuna	¼ cup

Apple	1 small
Applesauce	½ cup
Apricots	2
Banana	½
Berries	1 cup
Cantaloupe	¼
Cherries	10
Fruit Cocktail	½ cup
Grapefruit, fresh	½
Grapefruit, juice	½ cup
Lemonade	½ cup
Nectarine	1
Orange, fresh	1
Orange, juice	½ cup
Peaches, fresh	1
canned slices	½ cup
canned halves	2
Pears, fresh	1
canned halves	2
Pineapple, chunks	½ cup
crushed	½ cup
Plums, fresh	2
canned	2
Prunes	2
Raisins	2 Tbsp
Tangerine	1
Watermelon	1 cup

Carrots, raw	1
Carrots, cooked	½ cup
Parsnips	½ cup
Peas, green	½ cup
Pumpkin	½ cup
Squash, winter	½ cup
Turnips	½ cup

Eat as much of these as you want
... raw or cooked

Bean Sprouts	Onions
Broccoli	Peppers, green
Brussel Sprouts	Radishes
Cabbage	Sauerkraut
Cauliflower	Spinach
Celery	Green Beans
Cucumber	Summer Squash
Eggplant	Tomato
Green Onions	Tomato Juice
Greens	Wax Beans
Lettuce	Zucchini

Limit these to once a day

Corn, niblets	½ cup
Corn, on cob	1 med.
Potato, bake or boil	1 small
Potato, mashed	½ cup
Rutabagas	¼ cup
Sweet Potato	¼ cup
Yams	¼ cup

Barley, cooked	½ cup
Biscuit	1
Bread	1 sl.
Cereal, cooked	½ cup
Cereal, dry	1 cup
Cornbread	2" cube
Crackers	
graham	2
round	6
saltine	5
Hamburger Bun	½ small
Macaroni, cooked	½ cup
Muffin	1
Noodles, cooked	½ cup
Rice (enriched), cooked	½ cup
Roll, plain	1
Spaghetti, cooked	½ cup
Tortilla	
cornmeal	1
flour	1

Make second helpings hard to get.

Get some exercise, don't try to do it all with diet.

Keep your mind busy so you don't always think about food.

Buttermilk	1 cup
Cheese	1 slice
Cottage Cheese	½ cup
*Milk	
canned, sklm	½ cup
dry	1 cup
(½ cup powder)	
skim, fresh	1 cup
2%	¾ cup
Yogurt, plain	1 cup

*Buy only Vitamin A and D fortified milk

A HELPFUL HINT:
Foods that add interest, but few calories, include:
Coffee, no cream or sugar
Tea, no cream or sugar
Dill pickles, vinegar
Spices, lemon juice, garlic
Crisp raw vegetables

A COOL TIP:
Keep "lo-cal" vegetables in your crisper ready for "munchles" . . . cauliflower in bite size pieces, radishes, tomatoes, and green pepper slices. You will think of many more!

Broil or bake meats. Do not fry!

Drain off the syrup when you use canned fruit!

Eat your food slowly. Enjoy every mouthful.

Do your shopping after you have eaten.

FAT: At each meal you can eat 1 teaspoon margarine, OR 1 teaspoon butter, OR 1 teaspoon mayonnaisse, OR 1 teaspoon of oil

Thinning Thoughts

Divide your daily amount of food into three meals. When you skip breakfast, have a snack for lunch, and then a heavy dinner, your body does not have enough food during the hours when it uses the most calories.

If you wish to grow thinner, eat less at your dinner!

Do not eat foods that have a high calorie content such as soft drinks, alcohol, fatty meats, pastry, oil, shortening, sugar, gravy, and candy. These foods have only a few vitamins and minerals, but many calories.

Fruit, vegetables, juice, or milk can be saved from meals to be enjoyed as a snack and to help stop hunger pains.

SALAD SUPERSAUCE (23 calories per tablespoon)

1 c. instant dry milk	1 egg
2 T. sugar	$\frac{3}{4}$ c. water
1 t. salt	$\frac{1}{4}$ t. celery seed
1 t. prepared mustard	$\frac{1}{8}$ t. garlic salt
$1\frac{1}{2}$ T. flour	$\frac{1}{4}$ c. cider vinegar

Combine all ingredients except vinegar; gradually blend in vinegar. Cook over low heat 10 to 15 minutes until thickened. Remove from heat; cool, stirring occasionally. Serve over salad greens or coleslaw (makes $1\frac{1}{4}$ cups). Use instead of mayonnaise. Refrigerate.

prepared by:
Oregon State University Extension Service
and the
Oregon State Health Division
Tuberculosis & Chronic Diseases Section

Extension Service, Oregon State University, Corvallis, Joseph R. Cox, director. This publication was produced and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914. Extension work is a cooperative program of Oregon State University, the U.S. Department of Agriculture, and Oregon counties.

Planning Family Meals

MORNING

1 milk
1 veg or fruit
2 bread

1 fat

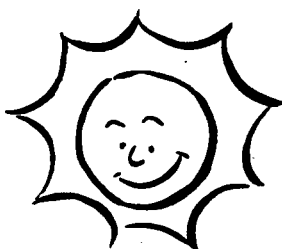


1 c. skim milk
 $\frac{1}{2}$ c. sliced peaches
1 slice toast
1 c. dry cereal
1 t. margarine

NOON

1 meat
free food

1 veg or fruit
2 bread
1 fat
1 milk



$\frac{1}{4}$ c. tuna
raw celery, radishes, dill
pickle
1 orange
2 slices bread
1 t. mayonnaise
1 c. sklm milk

NIGHT

2 meat

1 veg or fruit
free veg
1 fat

beverage



$\frac{1}{2}$ baked chicken breast
 $\frac{1}{2}$ c. baked beans
 $\frac{1}{2}$ c. applesauce
tossed salad
1 t. oil for oil-vinegar
dressing
tea or coffee

SNACK

1 veg or fruit

$\frac{1}{2}$ c. fruit cocktail