

Sensible Weight Control



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Calorie counting is fast becoming a Number One topic of conversation, rivaling the weather and politics. Headlines shout the advantages of an ever-changing special diet or preparation which will "make weight control easy." Backyard fence conversations condemn calories as the root of all evil. Daily plotting to avoid them occupies the minds of many. One would think a calorie was something to be avoided at all costs. Yet without food energy as represented by the calorie, life itself would cease. It is only the grossly excessive use of foods of high energy value that is wrong.

What is a calorie, anyway?

A calorie is simply a measure of the energy value of a food, reported in terms of heat. There is no food "low in calories, high in food energy" because calories *are* food energy. No one food is calorie free—though various foods have more calories per unit weight than others. For instance, fats have over two times the calories as the same weight of carbohydrate and protein. Fats supply essential fatty acids and fat soluble vitamins. Pure carbohydrates furnish energy only, while protein foods furnish essential vitamins, minerals, and body rebuilding materials. Most reduction diets feature foods high in protein and moderately low in fats and carbohydrates.

Why the interest in calories?

It is estimated that over 25% of the American adult population is sufficiently overweight to adversely affect health. By far the greatest reason for this condition is overeating. Excess intake of food, coupled with a decrease in physical activity, has resulted in a chubby American adult. Grossly overweight people are unattractive. Their lives are shortened, they are victims of degenerative diseases more often than their slimmer brothers. Each American homemaker has a responsibility, as family cook and party planner, to serve foods that will provide good nutrition for the family and guests without adding unwanted pounds. This bulletin is designed to give practical helps in feeding the family attractive and satisfying meals that are not overly high in calories. It will suggest attractive party foods that do not add to the weight control problem.

Sensible Family Meals

A homemaker can help overweight family members by serving meals high in protective food value and low in calories. There is no need to cook separate meals for various family members. Everyone needs body building protein, vitamins, and minerals. A *Daily Food Plan* based upon four essential food groups has been developed that will supply adequate amounts of nutrients for abundant health. By following the plan carefully without adding excess fats or carbohydrates, you can be sure of meals of high quality without excess calories. Remember that no one food is fattening. It is the calorie total at the end of the day that counts. Learn to include these food groups whenever you plan the day's menus.

Four Essential Food Groups

MILK GROUP

3 to 4 cups for children daily
4 or more cups for teen-agers
2 or more cups for adults or its equivalent in calcium

VEGETABLE AND FRUIT GROUP

4 or more servings daily
1 serving of a citrus or high vitamin C food per day
1 serving of a dark green or yellow vegetable at least every other day
2 other servings of fruit or vegetable including potatoes

MEAT GROUP

2 or more servings daily
(2 or 3 oz. lean meat equals one serving.) This includes meat, poultry, fish, and eggs

CEREAL-BREAD GROUP

4 or more servings daily
 $\frac{1}{2}$ - $\frac{3}{4}$ cup cooked cereal or one slice of bread counts as one serving

Family meals planned around these four food groups should be simple and low in calories if there is even *one* member that has a weight control problem. It is easier for those of normal weight to add

calories in the form of sauces, larger portions, or butter and bread, than it is for the obese person to avoid them. Until you are used to cooking with an eye toward calorie pinching, the following menu guide may help. This guide takes into account the Essential Four food groups. Closely followed, it will supply between 1,400 and 1,800 calories per day, depending on the particular foods chosen. A diet of 1,400 calories per day often is recommended for those desiring slow weight reduction.

Menu Guide

1,400-1,800 Calories

Added for 2,400 Calories

Breakfast

Citrus fruit, $\frac{1}{2}$ cup juice or fruit	
Egg, poached or soft boiled	Fried
Toast, 1 slice enriched or whole wheat	2 slices toast
Butter, 2 teaspoons	3-4 teaspoons butter, jelly
Cooked cereal, $\frac{1}{2}$ to $\frac{3}{4}$ cup	Sugar
Milk, $\frac{3}{4}$ to 1 cup, skim or whole	1-1 $\frac{1}{2}$ cups milk

Lunch and Dinner

Lean meat, fish, poultry, cheese, or a combination of these, liberal serving (3-4 oz.) with each meal	4 or more oz. moderately fat meats
Vegetables and/or fruits, 4 to 5 servings in the two meals, cooked, raw, in salad or as dessert	Gravy
Bread, one slice per meal. These two slices may be used along with lean meat for a sandwich for lunch	Salad dressing
Butter, 1 teaspoon (if desired)	Extra bread as desired
Milk, 6 to 8 oz., whole or skim	Butter
	Dessert

You can see how the person of average weight can easily add calories to supply his requirement. However, not all people who are trying to reduce should do so. There are many things to consider before reducing food intake sharply. Only your family physician is qualified to advise you whether weight reduction is necessary for you or another family member. It is never safe to lose any great amount of weight except under medical direction. However, following the diet patterns just described will help remove those last few pounds

put on by that extra round of social events. It will help hold the line if a satisfactory weight has been achieved.

Parents of teen-agers should be sure that any diet restriction is sensibly made. While the loss of two pounds per week may be permitted for the adult, rapidly growing young people usually are advised to lose not more than one pound per week. Slow reduction will help in their getting the essential growth factors needed. No weight reduction project will have lasting results unless the food patterns have been permanently changed.

For the person who has a weight problem, low calorie recipes must permanently replace those high in food energy. Noncaloric sweeteners and other gimmicks to fool the palate must be minimized until less rich foods are truly preferred to those of high calorie count. Unless the person reducing is willing to accept permanent food pattern change, he might just as well never start a weight reduction program. But the advantages of being in the average weight range—a longer and more buoyant life, increased happiness from feeling and looking better—are real rewards.

Low Calorie Appetizers, Salads, Dressings

Appetizers

Keep the appetizer tray high in eye and taste appeal but low in calories by using cottage cheese base dips.

Garlic-Cottage Cheese Dip

1 pint cottage cheese	2 cloves garlic
$\frac{1}{4}$ to $\frac{1}{3}$ cup milk	1 teaspoon salt

Whip cottage cheese with milk until smooth and of medium-thick consistency. Crush garlic cloves in salt. Combine garlic, salt, and cottage cheese and mix thoroughly. Cover and chill in refrigerator for 10 to 12 hours.

Deviled Ham Dip

1 can deviled ham (3 $\frac{3}{4}$ oz. size)	$\frac{1}{3}$ to $\frac{1}{2}$ cup milk
1 pint cottage cheese	1 tablespoon grated onion

Whip cottage cheese with milk until smooth and of a medium-thick consistency. Stir in grated onion (more if desired) and deviled ham. Blend thoroughly and chill in refrigerator for 10 to 12 hours, to allow flavors to blend.

Tomato Cheese Dip

2 tablespoons country style cottage cheese (small curd) 2 teaspoons tomato juice
Chives and black pepper to taste

Mix lightly. Allow to stand to blend flavors.

Dippers

If you use the following for dippers, you won't miss high-calorie potato chips and crackers:

Vegetables

Arrange carrot sticks, pieces of celery, tiny flowerets of raw cauliflower for a colorful tray with real taste appeal.

Fruits

Apple wedges, dipped in lemon juice to prevent darkening, are fine for most spreads.

Pineapple wedges or sections on toothpicks perk up meat dips.

Mandarin oranges on picks can replace higher-calorie cheese cubes for color.

For a special treat, try tiny Oregon shrimp. They are available canned or fresh, ready to eat.

Salads

Pacific Shrimp Salad

Drain liquid from two cans of small Pacific shrimp. Add enough water to make $2\frac{1}{2}$ cups liquid, heat. Add to 2 packages lemon gelatin and dissolve, cool. When cool, but not yet set, add:

2 tablespoons vinegar	$\frac{1}{2}$ cup mayonnaise
1 teaspoon grated onion	1 cup chopped celery
$\frac{1}{4}$ teaspoon salt	2 tablespoons pimiento

Let stand until slightly thickened, then add the two cans drained, small Pacific shrimp which need no cleaning. Pour into fish mold, chill. When ready to serve, unmold and garnish with parsley, trimmed with pimiento.

Fruit Plate

Apple wedges, banana rings, pineapple fingers, grapes, orange sections, berries.

Arrange a variety of fresh and canned fruit on lettuce leaf, center with cottage cheese or sherbet for a calorie counter's delight. Plan

Economy Sour Cream Dressing

$\frac{1}{2}$ teaspoon dry mustard	Dash Cayenne pepper or Tabasco sauce
$\frac{1}{2}$ teaspoon salt	1 cup undiluted evaporated milk
2 teaspoons sugar	1 tablespoon vinegar

Blend seasonings with evaporated milk. Add vinegar gradually, stirring until thickened. Makes one generous cup.

Cooked Salad Dressing

$1\frac{1}{2}$ tablespoons butter or margarine (melted)	1 teaspoon mustard
2 tablespoons flour	Few grains Cayenne pepper
1 teaspoon sugar	$\frac{3}{4}$ cup skim milk
1 teaspoon salt	$\frac{1}{4}$ cup vinegar
	1 egg

Mix the dry ingredients, add egg slightly beaten, melted butter, and milk, then very slowly add the vinegar. Cook in top of double boiler until mixture thickens. Cool.

Planning the Low Calorie Dessert

Desserts deserve a place in menu planning even for those on a calorie budget. Carefully planned, they can carry their share of good nutrition without being overly rich. Desserts for the family table can be tasty and streamlined for the weight watcher. The thoughtful hostess serves tempting refreshments which are low in calories.

Here are some ways to cut calories but not taste appeal in dessert recipes:

1. Substitute whipped nonfat milk solids or chilled evaporated milk for whipped cream. Lemon juice masks the flavor of the milk solids. Other fruit juices or instant coffee also can be used for flavor changes.
2. Choose recipes featuring egg white, gelatin, and fruits rather than thick cream or sauces.
3. Use skim milk where the recipe calls for whole milk.
4. Use part or all noncaloric sweeteners in place of the sugar when the sugar is for sweetening only.
5. Omit the butter from cream or fruit pie fillings.
6. Omit the crust on individual pies or choose lower calorie crumb crusts.

7. Cut the pieces smaller and eat more slowly. A bread and butter plate rather than a salad plate makes the piece *look* bigger. Avoid a second piece.

8. Serve fruit in hand, cheese trays, vegetable nibbles in place of rich desserts.

9. Choose iced milk rather than the richer ice cream. Various frozen desserts that substitute vegetable fats for animal fats are usually no lower in calories than traditional ice creams.

10. Commercial sherbets may be high enough in sugar content to rule them out of a low calorie class.

Desserts and Refreshments

"Come in time for dessert" usually heralds a good time, but such invitations may result in unwanted pounds if accepted or given regularly. Serving streamlined refreshments is a trend these days. Here are some recipes suitable for all but the very strict dieter.

Whipped Dry Milk Solids

Whipped dry milk solids furnish the basis of many recipes. The whip is successfully substituted for whipped cream where texture is important. Lemon juice masks the flavor of concentrated milk solids.

$\frac{1}{4}$ cup cold water	$1\frac{1}{2}$ teaspoons sugar
$\frac{1}{4}$ cup nonfat dry milk	$\frac{1}{4}$ teaspoon vanilla
	$1\frac{1}{2}$ teaspoons lemon juice

Place water in bowl, sprinkle the nonfat dry milk over surface. Beat at high speed until thick. Beat in sugar. Add lemon juice and vanilla. Continue beating until mixture is stiff enough to hold soft peaks. Makes 1 cup.

Universal Topping

$1\frac{1}{2}$ teaspoons unflavored gelatin	$\frac{1}{2}$ cup liquefied nonfat dry milk
1 tablespoon cold water	(or skim milk)
2 tablespoons granulated sugar	1 cup whipped topping
Pinch salt	1 teaspoon vanilla extract

Soften gelatin in cold water; dissolve over hot water; remove from heat. Add sugar, salt, milk; stir until dissolved. Refrigerate until as thick as unbeaten egg white. Meanwhile, make required amount of Whipped Dry Milk Topping; fold, with vanilla, into gelatin mixture.

Add variety by substituting strong coffee for milk.

One-fourth cup orange juice also can replace the liquid milk.

Low Calorie Cheesecake

$\frac{1}{2}$ cup sifted all-purpose flour	$\frac{1}{3}$ cup granulated sugar
$\frac{1}{2}$ teaspoon salt	1 teaspoon vanilla extract
4 eggs	2 tablespoons fresh, frozen, or canned lemon juice
1 cup liquefied nonfat dry milk (or skim milk)	3 cups sieved cottage cheese

Topping

$\frac{1}{2}$ teaspoon cinnamon mixed with 1 tablespoon confectioners' sugar	Or $\frac{1}{4}$ teaspoon cinnamon mixed with 1 tablespoon brown sugar
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Day before: Start heating oven to 250° F. Sift flour with salt. With spoon, beat eggs with sugar until well blended. Beat in flour mixture. Pour in milk, vanilla, lemon juice. Slowly add cottage cheese, mixing well; beat until smooth. Pour into 1 $\frac{1}{2}$ "-deep, 9" layer pan. Dust with either topping. Bake 1 hour. Turn off heat; leave cake in oven 1 hour longer. Cool on rack at room temperature several hours. Then refrigerate until served. Serves 12.

Unbaked Low Calorie Cheesecake

Mix 1 envelope unflavored gelatin, 6 tablespoons sugar, and $\frac{1}{8}$ teaspoon salt together thoroughly in the top of a double boiler.

Beat together 1 egg yolk and $\frac{1}{2}$ cup liquefied nonfat dry milk or skim milk. Add to gelatin mixture and cook over boiling water, stirring constantly until gelatin is thoroughly dissolved, about 8 minutes.

Remove from heat; add $\frac{1}{2}$ teaspoon grated lemon rind; cool.

Stir in 1 $\frac{1}{2}$ cups creamed cottage cheese (1 pint), sieved fine, $\frac{1}{2}$ tablespoon lemon juice, and $\frac{1}{2}$ teaspoon vanilla. Chill, stirring occasionally until mixture mounds slightly when dropped from a spoon.

Fold in 1 egg white, stiffly beaten.

Beat $\frac{1}{2}$ cup ice-cold water and $\frac{1}{2}$ cup nonfat dry milk solids together with a rotary beater until stiff and mixture stands in peaks. (This takes about 10 minutes with hand beater.) Fold into gelatin mixture.

Turn into an 8" spring form pan and sprinkle top with a mixture of $\frac{1}{3}$ cup graham cracker crumbs (4 crackers), $\frac{1}{8}$ teaspoon cinnamon, and $\frac{1}{8}$ teaspoon nutmeg.

Chill until firm.

Makes 12 servings.

One cup drained pineapple may be added for a flavor change.

Orange Sherbet (A smooth tart dessert)

$\frac{1}{2}$ cup dry milk solids	Artificial sweetener equal to 3
$\frac{1}{2}$ cup ice water	tablespoons sugar
1 tablespoon lemon juice	1 6-oz. can frozen orange con-
$\frac{1}{4}$ cup sugar	centrate

Beat nonfat dry milk solids and ice water until very stiff. Add lemon juice, sugar, and sweetener and beat for 5 more minutes. Beat in and mix thoroughly frozen orange concentrate. Pour contents into freezer tray and freeze until firm. Makes 8 servings.

Tangerine and lime may be used instead of orange juice.

Blueberry Topping

1 No. 2 can blueberries	2 tablespoons lemon juice
1 teaspoon artificial sweetener (calcium cyclamate variety)	$\frac{1}{4}$ cup liquid pectin (low sugar variety)

Pour contents of can into 1-quart kettle. Add sweetener, lemon juice, and liquid pectin. Mix well. This will "set up." Place over slow fire and stir until jelly melts and mass becomes smooth. Cool and refrigerate. Excellent served on top of ice milk.

Lemon Dessert

1 large can evaporated milk	$\frac{1}{8}$ teaspoon salt
1 package lemon gelatin dessert	6 tablespoons lemon juice (ap-
$2\frac{1}{4}$ cups boiling water	proximately 2 lemons)
$\frac{1}{2}$ cup sugar	1 teaspoon grated lemon rind
	1 cup vanilla wafers, crushed

Chill evaporated milk. Dissolve gelatin in boiling water. Add sugar, salt, lemon juice, and rind. Chill until syrupy. Beat milk until stiff. Whip gelatin mixture into stiffly beaten milk. Pour into large pan ($10\frac{1}{2}$ " x 14"). Top with wafer crumbs. Chill for several hours before serving. Serves 12 to 15 people.