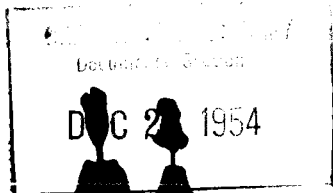


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WISE WEIGHT



FEDERAL COOPERATIVE EXTENSION SERVICE
OREGON STATE COLLEGE / CORVALLIS

Take Off

What are the dangers of overweight?

Overweight carries a death penalty.

Excess fat spoils our looks.

Excess fat threatens our vanity.

What is the cause of overweight?

Overeating.

Insufficient activity.

Ductless gland abnormalities.

How much should you lose?

Consult your doctor.

A pound or two a week is considered a safe rate.

How can you lose?

Have a real desire to lose weight.

Have a food plan that fits into the family meals but is low in calories.

Watch closely for hidden calories.

The food plan must be satisfying.

Have the wholehearted support of family and friends.

Who is the boss—your appetite or you?

It's up to you.



Keep Normal Weight

What is normal weight?

Adults

Normal weight is that weight at which you feel vigorous and healthy.

Children

Children should appear to be growing and to be feeling, eating and sleeping well. They should act happy, be alert, have good color and clear skin, and have flesh that is springy, rather than flabby to the touch.

Why do you wish normal weight?

You will look better.

You will tire less easily.

You will be less susceptible to some diseases.

How to maintain weight?

Eat only enough well selected food to supply the needs of the body.

Put On

What are the dangers of underweight?

Resistance to disease is reduced.

There is too little covering for the bony structure.

What is the cause of underweight?

Undereating.

Some diseases.

How can you gain?

Have a real desire to gain.

Consult your doctor.

Eat often—eat between-meal snacks.

Have a wholesome attitude about food.

Rest and relax before meals.

Mealtime should be a leisurely and happy time.

Table and food should be attractive.

Get plenty of fresh air.

Have a food plan that includes additional fats and sugars.

Well selected exercise will improve body tone and posture.

Recommended Daily Allowances for Calories, National Research Council

	Calories
Girls 13 to 15 years (108 lbs.)	2500
16 to 20 years (122 lbs.)	2400
Boys 13 to 15 years (108 lbs.)	3200
16 to 18 years (141 lbs.)	3800
Women 121 lbs.	
Age 25	2300
Age 45	2100
Age 65	1800
Men 143 lbs.	
Age 25	3200
Age 45	2900
Age 65	2600

Guide for Good Eating

Why does the body need food?

To build, maintain, and repair the body.

To supply energy.

To regulate the body processes.

How much food is needed?

Depends on body size and composition.

Depends on activity of person.

When just enough food is eaten to supply the energy the body uses, weight remains the same.

All family members need these foods daily:

1. Leafy, green, and yellow vegetables
One or more servings daily

2. Citrus fruit, tomatoes, raw cabbage, and other high vitamin C foods
One or more servings daily

3. Potatoes and other vegetables and fruit
Two or more servings daily

4. Milk, cheese, ice cream
Children through teen age need
3½ to 4 cups milk daily
Adults need 2½ to 3 cups milk daily

5. Meat, poultry, fish, legumes
One serving daily

Eggs
Four or more per week

6. Bread and other cereal foods
Some every day

7. Butter or fortified margarine
Some every day

Eat for health as well as pleasure.



Keep a record.

Weigh once a week and record
or

Measure once a week and record.

Record what you eat each day to—

- Help you make sure you are getting all essential foods needed.
- Help your doctor adjust your food plan.
- Remind you of indiscretions in food intake.

Get rid of the overeating habit.

Think of what you can have instead of what you cannot have.

Don't let your overeating become an addiction to food.

Appetite alone is not a reliable guide to needs.

Dare to use low calorie refreshments when you entertain.

This circular was prepared by Miss Elizabeth Jane Knapp, extension nutrition specialist.

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