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YOUR WEIGHT

Ethel Diedrichsen
Extension Nutritionist

Much is being written about taking off weight, putting on weight, or keeping weight just right. The emphasis is deserved because your health and happiness depend to a great extent upon maintaining proper weight.

Extreme overweight or underweight is dangerous. Extra pounds are a health hazard, detract from good looks, undermine self confidence and reduce efficiency. Overweight people are more susceptible to diabetes, heart disease, and high blood pressure, and are poor surgical risks. On the other hand, extreme underweight tends to lower resistance and decreases physical and emotional stability.

Overweight usually results when you eat more food than your body uses. The surplus is stored as fat. As you get older, you become less active and fewer calories are needed to maintain weight. Your eating habits usually stay about the same, so you put on weight.

There are many reasons for overeating. Some people eat constantly because they are bored, and eating is something pleasant to do. Others eat because they are lonely, or feel unloved, or suffer from discontent about money, job, family relationships or social standing. People who overeat for such reasons are often unconscious of doing so. They must first become aware of their emotional problems before they can tackle their eating habits successfully.

There is no quick and easy, safe way to lose weight. Food habits practiced for many years are difficult to break, but it can be done. Those who truly wish to change their eating pattern deserve the help and support of family members and friends. There is little use in starting unless you are determined to keep it up.

Diet fads and the use of drugs are to be avoided. Starvation diets are both dangerous and foolish. Unless you follow a sensible diet, you become very depressed mentally and your skin will show deep wrinkles.

A weight record is the only sure way to know how you are progressing. Weigh yourself each week on the same day at the same time. An average loss of 1 to 2 pounds a week is enough. Remember you may have been adding these extra pounds over a period of years.

Underweight can come from certain diseases and glandular disorders. In healthy people underweight comes from eating too little, from poor eating habits, from over-activity or too little rest, and from worry or prolonged tension.

Many people eat too little for the same reasons that others eat too much. Habit frequently plays a part. Meals are irregular in some families, sometimes poorly prepared, and eating is considered the least important of the day's activities. Children from such families often grow up with poor food habits and an indifferent attitude toward food.

The simplest way to gain weight is to eat more at each meal--extra bread and butter, and second helpings of everything. If you are healthy and decide to gain weight, take in more calories than you need and spend as few as possible in unnecessary physical activity.

Underweight or overweight indicates a variation from the average weight, as given in the height and weight tables. Fifteen pounds more or less is frequently allowed. A desirable weight has been described as the weight at which you look and feel your best. Before changing your weight, be sure to consult your doctor. He will give a thorough examination to find and correct anything that might be wrong.

The following tables give desirable weights for men and women according to body build.

Weight in Pounds According to Body Frame *

Height (with shoes)		WOMEN			MEN		
Feet	Inches	Small Frame	Medium Frame	Large Frame	Small Frame	Medium Frame	Large Frame
4	11	104-111	110-118	117-127			
5	0	105-113	112-120	119-129			
5	1	107-115	114-122	121-131			
5	2	110-118	117-125	124-135	116-125	124-133	131-142
5	3	113-121	120-128	127-138	119-128	127-136	133-144
5	4	116-125	124-132	131-142	122-132	130-140	137-149
5	5	119-128	127-135	133-145	126-136	134-144	141-153
5	6	123-132	130-140	138-150	129-139	137-147	145-157
5	7	126-136	134-144	142-154	133-143	141-151	149-162
5	8	129-139	137-147	145-158	136-147	145-156	153-166
5	9	133-143	141-151	149-162	140-151	149-160	157-170
5	10	136-147	145-155	152-166	144-155	153-164	161-175
5	11	139-150	148-158	155-169	148-159	157-168	165-180
6	0				152-164	161-173	169-185
6	1				157-169	166-178	174-190
6	2				163-175	171-184	179-196
6	3				168-180	176-189	184-202

* From the Metropolitan Life Insurance Company

Moderately low-calorie diets are more satisfying and more effective if they contain protein-rich foods such as meat, poultry, fish, eggs, milk and cheese. The following menu pattern contains these essential foods and will furnish 1400 to 1800 calories daily. To gain weight, include high-calorie foods and extra servings.

A DAILY MENU PATTERN

Breakfast

Citrus fruit or juice
Egg 1 or 2
Toast, 1 - 1 1/2 thin slices
Butter, 1 - 1 1/2 pats
Milk, 3/4 - 1 cup

Lunch and Dinner

Meat, fish, poultry, cheese or a combination of these,
liberal serving (4 oz.) with each meal
Vegetables and/or fruits, 4 - 5 servings (1/2-2/3 cup)
in two meals; cooked, raw, in salad, or as a dessert.
Butter, 1/2 - 1 1/2 pats in two meals in cooking, on vegetables,
or on bread.
Bread, thin slice may be used at one meal if no starchy
vegetable such as corn, dried beans and peas is used.
Milk, 3/4 - 1 cup with each meal.

RECIPES

Eating is an enjoyable part of social life. Simple foods served with a flare can accomplish this purpose just as well as rich desserts that are heavy with calories. Here are some ideas for tasty, nutritious refreshments.

Tomato Juice Cocktail

Add a dash of worcestershire sauce, horseradish and onion juice to canned or fresh tomato juice. Season with salt and pepper. Taste frequently to get the right combination. Serve with crackers.

Whipped Topping

1/2 cup cold water
1 teaspoon lemon juice
1/2 cup nonfat milk powder

Put water and lemon juice into a bowl and add the nonfat milk powder. Beat with a rotary beater or electric mixer until thick. Chill and use as you would whipped cream in salads, beverages, custards, bavarian cream, or on puddings. Makes about 2 1/2 cups.

Stuffed Tomato

Cut small, whole tomatoes almost through in 6 sections and spread open on lettuce leaf. Fill hollow space with one of the following:

Cottage cheese mixed with parsley
Chopped cabbage and green pepper
Diced chicken or shrimp, chopped celery and lettuce hearts
tossed together with a low-calorie salad dressing

Buttermilk Dressing

1/4 cup buttermilk
2 teaspoons lemon juice
1 tablespoon catsup
Grating of onion
Dash of salt

Mix together for green salads

Tangy Sea-Food Sauce

1/2 cup tomato juice
1 teaspoon prepared horseradish
1 teaspoon lemon juice
1/2 teaspoon Worcestershire sauce
1/2 teaspoon salt

Combine all ingredients; chill.

Lemon Milk Sherbet

3/4 cup sugar	1/2 cup lemon juice
1 1/2 cup milk	2 egg whites
1/8 teaspoon salt	1/4 cup sugar
1/2 teaspoon lemon rind	

Combine sugar, milk and salt. Add lemon rind and juice gradually while stirring. Freeze in ice-cube tray until firm. Turn into chilled bowl, beat with rotary beater until smooth. Fold in meringue made by beating egg whites and sugar until stiff. Return to freezing tray.

Velva Fruit

3 cups fruit puree*
3/4 cup sugar
1 tablespoon lemon juice (omit for acid fruits)
1/8 teaspoon salt
1 tablespoon granulated gelatin
1/4 cup water

Mix fruit puree, sugar, lemon juice if used, and salt. Soften gelatin in cold water 5 minutes, then dissolve by heating over boiling water for 10 minutes. Add puree mixture slowly to the gelatin, stirring continuously. Pour into refrigerator trays and freeze until firm. Turn into chilled bowl, and beat until mixture lightens in color, increases in volume, and has a smooth texture. Return to trays to harden. An ice cream freezer may be used if desired. Approximately 2 quarts.

*Almost any fruit such as berries, peaches or apricots may be used. Mash the fruit to a pulp and include the sirup with canned or frozen fruit. Use less sugar with sweetened fruit.