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EC72-901 Your Weight

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Your weight



By Ethel Diedrichsen
Extension Specialist, Food and Nutrition

How is your weight? Are you overweight, underweight, or is your weight just right? What you weigh is important to your health.

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

How much should you weigh? In general the weight that is best for you at age 25 is considered the best weight for later years too. You can find your desirable weight by consulting Table 1. To use the table, locate in the left-hand column your height without shoes. Determine whether your body frame is small, medium or large. Then in the appropriate column find the corresponding weight for your height. Your weight should not vary from these values by more than five pounds for the shorter adult and ten pounds for taller ones. If you are considerably overweight, you should probably reduce. If you are only slightly overweight, you need to watch your diet so that you do not put on more weight.

Table 1. Weights of Persons 20 to 30 Years Old

Height (without shoes)	Weight (without clothing)		
	Small	Medium	Large
Men			
	Lbs.	Lbs.	Lbs.
5 feet 3 inches-----	118	129	141
5 feet 4 inches-----	122	133	145
5 feet 5 inches-----	126	137	149
5 feet 6 inches-----	130	142	155
5 feet 7 inches-----	134	147	161
5 feet 8 inches-----	139	151	166
5 feet 9 inches-----	143	155	170
5 feet 10 inches-----	147	159	174
5 feet 11 inches-----	150	163	178
6 feet-----	154	167	183
6 feet 1 inch-----	158	171	188
6 feet 2 inches-----	162	175	192
6 feet 3 inches-----	165	178	195
Women			
5 feet-----	100	109	118
5 feet 1 inch-----	104	112	121
5 feet 2 inches-----	107	115	125
5 feet 3 inches-----	110	118	128
5 feet 4 inches-----	113	122	132
5 feet 5 inches-----	116	125	135
5 feet 6 inches-----	120	129	139
5 feet 7 inches-----	123	132	142
5 feet 8 inches-----	126	136	146
5 feet 9 inches-----	130	140	151
5 feet 10 inches-----	133	144	156
5 feet 11 inches-----	137	148	161
6 feet-----	141	152	166

If you plan a reducing program, check first with your doctor. He can tell whether you are in good physical condition for reducing, how much weight to lose and the number of calories to include in your diet. He can tell you whether exercise or other physical activity is desirable.

The only effective reducing program is one that is faithfully followed. For this reason, it is wise to plan meals around familiar foods that give you satisfaction and are a part of the family's way of eating. Starvation diets are both dangerous and foolish; and reducing drugs are to be avoided.

A weight record is a sure way to know how you are progressing. An average loss of one to two pounds a week is adequate. Remember that you may have added those extra pounds over a period of years.

The intelligent way to control weight is to improve basic eating habits and become accustomed to eating less, but well. Otherwise the pounds lost in a special diet program are soon regained after the program ends. Plan for three regular meals a day. Distribute the calories and serve a high quality protein, such as meat, fish, eggs, milk or cheese in each meal. Be cautious in choosing foods for snack time. Part of your milk or fruit from one of the meals can be saved for eating between meals or before you go to bed.

The following menu pattern contains the essential foods and will furnish 1200 to 1600 calories daily. To gain weight with this basic pattern, add high calorie foods and extra servings.

DAILY MENU PATTERN

Breakfast

- Citrus fruit or juice
- 1 egg
- 1 slice toast
- 1 teaspoon butter

Lunch and Dinner (each meal)

- 1 serving meat, fish, poultry, eggs or cheese
- 2 servings vegetables and/or fruit
- 1 slice bread
- 1 teaspoon butter
- 1 cup milk

CALORIE VALUES IN COMMON FOODS

Food	Size of portion	Calories
Milk and Dairy Foods		
Milk, whole	1 c.	165
Milk, skim or buttermilk	1 c.	90
Milk, chocolate drink	1 c.	190
Cheese, American or Swiss	1" cube	70
Cheese foods, cheddar type	1 oz.	95
Cottage cheese, creamed	1/2 c.	120
Cream cheese	1 oz.	105
Cream, commercial sour	1 T.	35
Cream, whipping	1 T.	55
Half and Half	1 T.	20
Ice cream or ice milk	1/2 c.	145
Sherbet	1/2 c.	120
Meat, Fish, Poultry, Eggs		
Bacon	2 slices	95
Beef, dried	2 oz.	115
Beef, ground	3 oz.	245
	(cooked)	
Beef, roast	3 oz.	220
	(cooked)	
Beef, steak	3 oz.	330
	(cooked)	
Chicken	3 oz.	185
	(broiled)	
Chicken, creamed	1/2 c.	210
Egg	1 whole	80
Fish, lean	3 oz.	135
	(cooked)	
Fishsticks	2 sticks	80
Frankfurters	1	155
Ham, boiled or baked	3 oz.	290
Lamb, roast	3 oz.	235
Liver, beef	2 oz.	120
Luncheon meat	2 oz.	170
Meat loaf	2 oz.	115
Oysters	1/2 c.	80
Pork chop	1 chop	260
Sausage, bulk	2 oz.	170
	(patty)	

Food	Size of portion	Calories
Salmon, canned	3 oz.	120
Shrimp	8 medium	55
Tuna, canned	3 oz.	170
Dried Peas, Beans, Nuts, Main Dishes		
Dried beans	3/4 c. (cooked)	170
Baked beans with pork	3/4 c. (cooked)	245
Chili with beans	1 c.	335
Chicken pot pie	4" dia.	460
Pizza	1 sec.	180
Macaroni and cheese	3/4 c.	360
Spaghetti with meat	3/4 c.	215
Soup, navy bean	1 c.	190
Soup, creamed style	1 c.	200
Soup, vegetable	1 c.	80
Nuts	10 peanuts	50
Fruits		
Apple	1 medium	70
Applesause, sweetened	1/2 c.	185
Apricots, fresh	3	55
Banana	1 medium	85
Berries, all kinds	1/2 c.	40
Cantaloupe, medium	1/4 melon	20
Cherries, sour or sweet	1/2 c.	35
Grapefruit, fresh	1/2	50
Grapefruit, canned	1/2 c.	85
Grapes, fresh	1 c.	70
Oranges, fresh	1 medium	60
Orange juice	1/2 c.	60
Peaches, fresh	1 medium	35
Peaches, canned	1/2 c.	100
Pears, fresh	1 medium	100
Pears, canned	1/2 c.	100
Pineapple, diced, fresh	1/2 c.	40
Pineapple, canned	1/2 c.	100
Plums, fresh	1 medium	30
Raisins	1/4 c.	115
Rhubarb, sweetened	1/2 c.	190

Food	Size of portion	Calories
Strawberries, fresh	1 c.	55
Watermelon	4x8" sec.	120
Vegetables		
Asparagus, cooked	1/2 c.	20
Beans, green lima	1/2 c.	75
Beans, green	1/2 c.	15
Beets, cooked	1/2 c.	35
Broccoli, cooked	1/2 c.	25
Cabbage, cooked	1/2 c.	20
Coleslaw	1/2 c.	50
Carrots, cooked	1/2 c.	25
Cauliflower	1/2 c.	15
Corn, sweet	1/2 c.	85
Cucumber, raw	6 slices	5
Greens, leafy	1/2 c.	20
Lettuce	1/4 head	10
Onions	1 medium	50
Peas, green	1/2 c.	55
Potatoes	1 medium	90
Potatoes, mashed	1/2 c.	115
Potatoes, sweet	1 medium	155
Sauerkraut	1/2 c.	15
Squash, winter, cooked	1/2 c.	50
Tomatoes	1 medium	30
Breads and Cereals		
Biscuit, baking powder	1 medium	130
Bread, all kinds	1 slice	60
Cereal, cooked	1/2 c.	70
Cereal, ready to eat	1/2 c.	50
Crackers	2 medium	45
Macaroni, cooked	1/2 c.	95
Muffin	1 medium	135
Noodles, cooked	1/2 c.	100
Rice, cooked	1/2 c.	100
Rolls, plain	1	115
Rolls, sweet	1	135
Spaghetti, cooked	1/2 c.	75

Food	Size of portion	Calories
Desserts, Pastries, Cake and Puddings		
Apple Betty	1/2 c.	175
Cookies	2 small	110
Cake, angel food	1 slice	110
Cake, chocolate with icing	1 slice	420
Cup cake, not iced	1 medium	130
Cup cake, with icing	1 medium	160
Custard, baked	1/2 c.	140
Doughnut, plain	1 medium	135
Gelatin, with fruit	1/2 c.	85
Gingerbread	2" sq.	180
Pie, fruit	1 sec.	330
Pie, custard type	1 sec.	265
Pudding cornstarch	1/2 c.	140
Pudding, rice with raisins	1/2 c.	165
Prune whip	1/2 c.	100
Sauces		
Catsup, chili sauce	1 T.	15
Cream sauce or gravy	2 T.	50
Cheese sauce	2 T.	60
Chocolate sirup	2 T.	80
Fruit topping	2 T.	90
Miscellaneous		
Butter	1 T.	100
Candy, assorted	1 piece	120
Cola type beverage	8 oz.	105
Honey	1 T.	60
Jam, jelly, sirups	1 T.	55
Marshmallow	1	25
Mayonnaise	1 T.	110
Potato chips	10 medium	110
Salad dressing, cooked	1 T.	30
Salad dressing, French	1 T.	60
Sugar	1 T.	50

Calorie Values from USDA, Home and Garden 72,
Nutritive Value of Foods