

EATING TO LOSE

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Do not consider food as something that you cannot have! Food is the essential fuel that allows you to exercise and therefore lose weight. The following food categories must be consumed everyday in order for the body to metabolize fat properly. Choose low fat foods that will equal at least 1200 calories per day. Do not exceed 250 calories of fat per day.

Dairy Products - 2 servings

Serving size - 1 cup except for cheese; 2 oz. for lowfat cheese & 1 oz. for regular cheese.

Include - skim milk, lowfat yogurt, lowfat cottage cheese, lowfat cheese

Avoid - Ice cream, whole milk, regular cheese

Protein - 2 servings

Serving - 3 oz. except for beans; 1 cup of beans

Include - Poultry, fish, beans of all varieties

Avoid - Pork, lunchmeats, red meat, fried food

Grains - 4 servings

Serving size - 1 slice of bread, 1 cup of pasta, 1/2-1 cup of cereal

Include - Whole grain breads, whole grain cereals, whole wheat pastas

Avoid - White bread, low fiber cereals, sugared cereals, pastries

Fruit & Vegetables - 4 servings

Serving size - 1 piece of fruit, 1 cup of berries or grapes, 1/4 of a melon, 1 cup of vegetables,

Include - Fresh, raw fruits and vegetables; especially broccoli, asparagus, cabbage, potatoes

Avoid - Overcooked vegetables, heavy sauces on vegetables, avocados, olives, fruits

Try and severely limit catsup, butter, oils, salad dressings, mayonnaise, peanut butter, sour cream, cream cheese, pastries, fried foods and cheese. These are too high in either fat, sugar, calories or all three. Remember that fat foods lead to a fat body. Eating the right foods, limiting fat and aerobic exercise 5 days a week spells weight control.

THE THREE PRINCIPLES OF PERMANENT WEIGHT LOSS

by Peter D. Vash, M.D., M.P.H.

There's no mystery behind weight loss and maintenance. Anyone can look her best (which might not necessarily be as thin as a fashion model) by adhering to these three principles:

1. Reduce your daily fat intake to below 30 percent. It sounds simple, and it is. By permanently reducing your intake of butter, mayonnaise, red meat, high fat salad dressings, cheese and nuts, your fat intake will automatically drop, and your body weight will invariably decrease.
2. Exercise regularly to increase your metabolism and lean muscle mass and decrease body fat. Most exercise physiologists recommend at least 30 to 40 minutes of aerobic exercise in your training heart rate range at least three times a week. Pick on activity that you enjoy and stick with it. Don't overdo it, as this could make you resent, and ultimately abandon, exercise.
3. Finally, the golden rule of weight loss: Respect your genetic disposition. This third point often drives serious compulsive dieters to the breaking point. Recognize that not everyone can be model thin, and that there's a limit to how much fat you can safely lose. Almost everyone can lose weight, but not everyone can lose as much weight as they'd like.