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UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
Washington, D. C.



BEFORE



AFTER

Consider your Weight

Fatter, Thinner, or "As is"?
(You need milk in any case -- see page 3.)

What is your weight? If you weigh decidedly more or less than the average weight for your height and age, it's up to you either to do something about it, or to prove that you are in your best health "as is". The correct weight for adults seems to be the average weight given in tables for height at the age of thirty. Any of us can keep our weight constant over long periods by balancing the amount of energy-giving food that we eat with the energy we spend. It is much easier to keep from getting too fat or too thin than to recover from either.

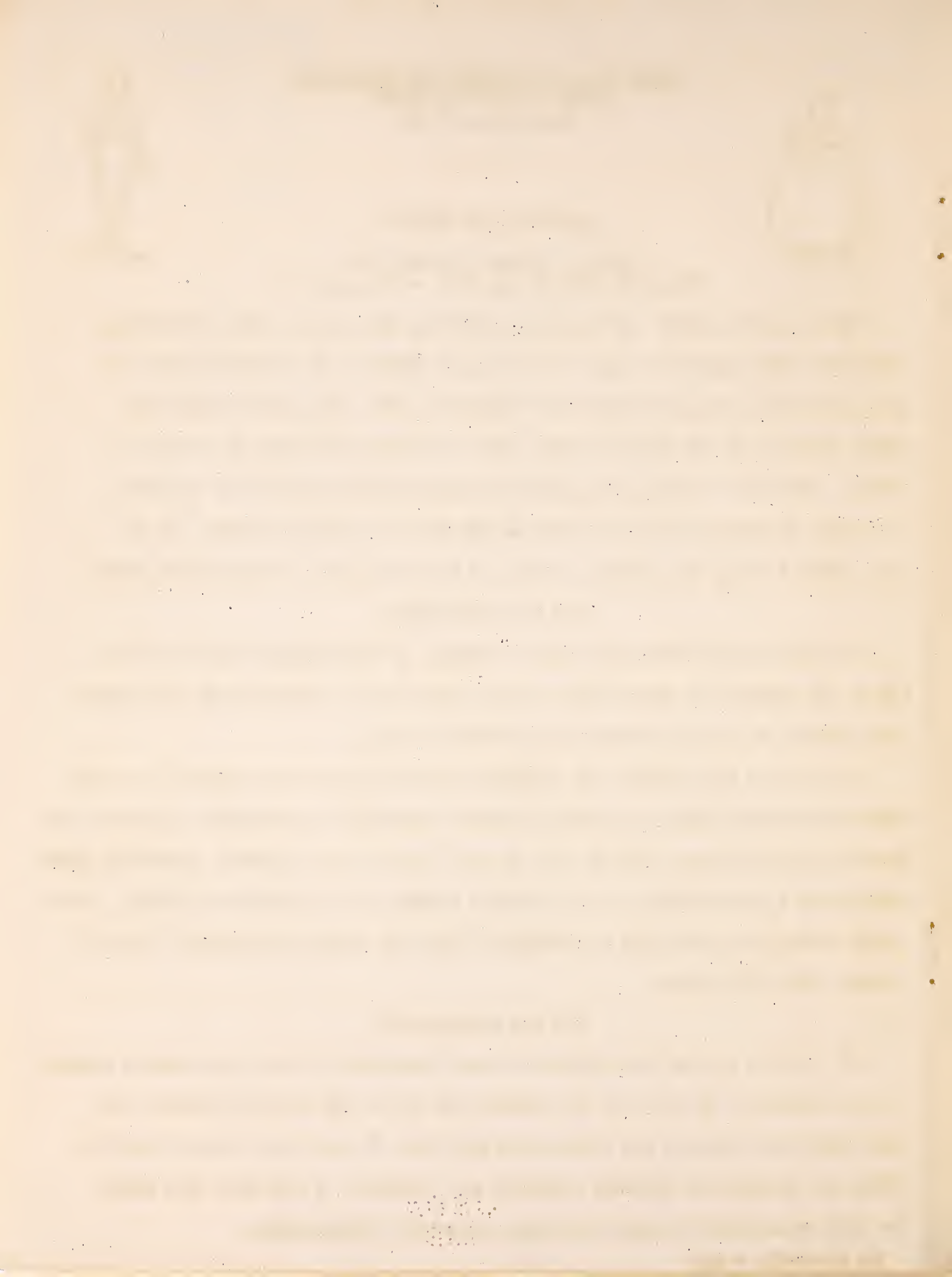
Are you overweight?

Be sure you are before you begin to worry. If your weight is within 10 to 15% of the average for your height and age, don't try to reduce unless your physician advises it for some reason and considers it safe.

If you have let yourself get extremely overweight, you are placing your heart under unnecessary strain, and making yourself susceptible to diabetes. Besides, you probably neither look or feel as well as when you were more slender. Excessive overeating puts a heavy burden on the digestive organs, and the liver and kidneys. Continued overeating causes fat to accumulate among the organs and muscles, and this reduces their efficiency.

Are you underweight?

If you are, you may not realize how much unnecessary fatigue and nervous strain you are enduring. If you have let yourself get 10 to 15% below the average for your height and age, you are living on a low level of nutrition, and your diet is likely not adequate in protein, minerals, and vitamins. A deficient diet makes the body susceptible to many infections, especially tuberculosis.



If you really want to correct the condition, you will have to use both intelligence and will-power, -- intelligence to find out what to do and will power to stick to the program.

A good health routine, including systematic exercise and rest, fresh air and sunshine as well as the right food, is essential whether you need to throw the balance of the scales up or down. If you are trying to increase your weight, allow extra food to furnish more than enough energy for the work of your systematic exercise, so that there will be a surplus to store as fat. If reducing is your aim, be sure that the exercise does not tend more to increase your appetite than to burn up excess body fat. Bulky food and cold showers aid the overweight in his efforts to lose. Rest, extra meals, and concentrated food aid the underweight.

Are you brave enough to watch your diet?

There's no getting away from it: diet is the big factor in change of weight. We are what we eat, or at least we soon get to be! But this business of eating to control body weight is not merely a matter of what we eat; it is also HOW MUCH. Every satisfactory diet, whether for the fat or the thin person, must meet definite body needs if good nutrition and good health are to be maintained. There must be adequate protein, minerals, and vitamins, and of course there must be some energy-giving foods -- some sources of calories. Aye, there's the rub: calories. In a reducing diet, reduce the calories; in a fattening diet, increase the calories. Even if you don't really count your calories, you can watch the quantities of high-calorie or fuel foods you are eating. Fats, sweets, and starches -- and foods or prepared dishes containing a good deal of them -- bring up the calories. And remember, they can turn the trick whether you eat them with your meals, over the bridge table, in the confectionery shop, or while reading a book.

Read on, if in earnest!

Here are some suggestions to help you plan your diet:

1. Milk and its products. Milk always valuable for good nutrition, plays an important role in both the reducing and the fattening diet. If you want to lose weight, don't get the idea that you dare not use milk. You can't afford NOT to use it in some form or other. Just keep the calories low by drinking skim milk and buttermilk, eating cottage cheese, and paring down your cream and butter allowance to the minimum (see "Fats and Sweets", page 5).

To increase calories for a fat-storing diet, help yourself liberally to whole milk. You may drink it in place of part of the water you like at mealtime, you may have mid-afternoon or bedtime "milk shakes" with egg or fruit juice, and you may have things cooked in or served with milk. Whole-milk or full-cream cheese and also butter and cream help the calorie-total for the day mount up.

2. Bread and Cereals. You may use both white and dark bread and breakfast foods in a mixed diet, but the dark varieties containing more of the whole grain help protect the mineral and vitamin content of your diet. If you are reducing and the bread allowance for the day seems low, several thin slices sparingly buttered may satisfy you better than a reduced number of medium-thick slices. You will have to avoid hot breads because they tempt you to use butter freely. Perhaps you will find that stale bread, and crisp, ready-to-eat cereal (with milk) helps to keep a low total for bread and cereal.

If you are going on a fattening diet, you will soon discover that using butter and cream liberally not only whoops up the calories, but at the same time makes the high bread and cereal allowance palatable.

3. Vegetables, Fruits, and Nuts. All of us, whether trying to gain, lose or maintain body weight need a variety of fruits and vegetables in the course of the week, to make sure that our mineral and vitamin requirements are met. Even if you want to gain weight you must include some of the "watery" green vegetables, and also tomatoes and oranges, though they are bulky and low in calories. Eat them

MEMORANDUM FOR THE RECORD

DATE: 10/15/54

1. On 10/15/54, the following information was received from the [redacted] regarding the [redacted] of the [redacted] in the [redacted] area.

2. The [redacted] advised that the [redacted] had been observed on [redacted] at approximately [redacted] hours.

3. The [redacted] further stated that the [redacted] was [redacted] and was [redacted] in the [redacted] area.

4. It is noted that the [redacted] has been reported in the [redacted] area on several occasions in the past.

5. The [redacted] is currently [redacted] and is being [redacted] by the [redacted] in the [redacted] area.

6. The [redacted] is currently [redacted] and is being [redacted] by the [redacted] in the [redacted] area.

7. The [redacted] is currently [redacted] and is being [redacted] by the [redacted] in the [redacted] area.

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for the sake of your health, and increase your calories in the other ways we suggest. But, since some vegetables and fruits are higher in calories or are "more fattening" than others, there is a double list to guide your choice. Some things (indicated by stars) appear in both groups because they are good for everybody. If you are too fat, go lightly on the right hand list and heavily on the left hand list. If too thin, reverse the emphasis. And remember, it is not only the vegetable or the fruit you choose, but the way you prepare it that counts. Even the "reducing" vegetables can be prepared in a fattening way. (Better note the discussion of "Milk" and of "Fats and Sweets").

Nuts whether served as an accessory or a main dish should be counted as a part of the total diet. They are a concentrated food, containing protein and a varying amount of fat. If you are too heavy, nuts are suitable for you only as a substitute for some meat, fish, egg, or cheese dish. If too slender, you may add nuts as an accessory, unless you find they overtax your digestive system.

Vegetables and Fruits
for the Reducing Diet

Vegetables and Fruits
for the Fattening Diet

Asparagus	*Onions	Artichokes, globe	Apricots
Bean, string	*Potatoes	Beans, lima	Bananas
Broccoli	Radishes	Beets	Blackberries
Brussels sprouts	Squash	*Carrots	Cherries
Cabbage	Soybean sprouts	Corn	Cranberries
*Carrots	*Tomatoes	*Green leaves	Currants
Cauliflower	Turnips	*Lettuce	Figs
Celery	- - -	*Onions	Gooseberries
Collards	*Apples	Olives	*Grapefruit
Cucumbers	*Grapefruit	Jerusalem artichoke	Grapes
Eggplant	Lemons	Parsnips	Loganberries
*Green leaves (spinach, kale, cress, turnip tops)	Muskmelons	*Potatoes	*Oranges
Green peppers	*Oranges	Salsify (oysterplant)	Peaches
*Lettuce	Pumpkin	Soybeans	Pears
Okra	Strawberries	*Tomatoes	Pineapples
	Watermelon	- - -	Plums and Prunes
		Avocado	Raisins
		*Apples	Raspberries.

* Recommended in both types of diet, regardless of calories; good for everybody.

4. Fats and sweets. On a reducing diet you must hold yourself down to the minimum on fats of all kinds. Pure fats give $2\frac{1}{2}$ times as many calories as any other foods. If you are too fat, you must go lightly on butter, cream, salad dressings, and meat drippings, on foods containing a good deal of fat like olives and avocado pears, and dishes prepared with fat such as pastry and rich gravies. You will see in the following menus that a limited amount of butter and cream are allowed even in reducing diet. This is because butter and cream are valuable sources of vitamin A. Just keep to the minimum for the day, counting what you put on your bread as well as what goes to season vegetables, meats, and salads. Sugar and all other sweets are fattening and so you must add them sparingly. For dessert depend on fruits, lightly sweetened if at all. Most prepared desserts contain too much sugar, and often too much fat also, to be suitable for the person who wants to lose weight. And don't forget that a piece or two of candy and some nuts at the end of the meal, and a little jelly or marmalade with your breakfast toast or meat course at dinner will be just as disastrous to you if you are trying to reduce as it will be helpful to your friend who is trying to gain. ACCESSORIES must be carefully counted.

And now for the weight-gainers: If you want to get fat, turn the above "don'ts" into "dos". Season liberally with fats and sugar; enjoy rich gravies and desserts, and add a little jelly or marmalade, plenty of salad dressing, and some candy and nuts now and then to a diet already well-balanced.

5. Meat, Fish, Poultry, and Eggs. Your protein requirement, met partly by milk and cheese and to a small extent by proteins in cereals, some vegetables and nuts, will be completed by choosing from this list. If reducing, use only strictly lean meat, and lean fish such as cod and halibut, and avoid gravies and butter sauces. If planning a fattening diet, include the fatter meats such as fresh pork, ham, and bacon and their drippings, use the leaner meats and poultry with their fat, and fat fish such as salmon, sardines, herring, and mackerel.

REDUCING DIET

Breakfast

1 orange (or its juice)

1 egg
1 slice bacon
1 thin slice dry toast
1 small pat butter

Coffee without cream
 $1\frac{1}{2}$ lumps sugar (if desired)
1 glass buttermilk or skim milk

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Lunch

1 cup clear soup
1 small serving macaroni and cheese, or
other substantial dish
Lettuce with lemon juice dressing
1 thin slice whole wheat bread
1 glass buttermilk
 $\frac{1}{2}$ pat butter

1 small banana or other fruit

Tea (with $1\frac{1}{2}$ lumps sugar, if desired)

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Dinner

1 small glass grapefruit juice
1 small serving of lean meat
1 medium-sized baked potato
1 serving green vegetable
1 other vegetable

Butter to season vegetables

Sliced tomato or other vegetable or fruit
salad

Fruit

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This diet will furnish from 1400 to 1800 calories, with adequate protein, minerals, and vitamins.

Change in body weight depends both on the kind and the amount of food. Note: for lunch in reducing diet, much lettuce (bulky and but few calories) with lemon juice; while in fattening diet, an average serving of lettuce with much mayonnaise. To lose weight, there is plain fruit for dessert at dinner; to gain, fruit and ice cream, cake, and salted nuts.

FATTENING DIET

Breakfast

2 oranges (or their juice)
or

1 orange and another fruit
Large serving cereal with cream
1 or 2 eggs
3 slices bacon
2 or 3 slices toast
2 pats butter
1 tablespoon marmalade or preserves

Coffee with cream
Sugar as desired
1 glass whole milk

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Lunch

Soup, if desired
1 large serving macaroni and cheese
or other substantial dish
Lettuce salad with much mayonnaise
Muffins or other bread
1 glass whole milk
2 pats butter
Jelly

1 serving banana pie or other
"rich" dessert

Tea with cream and 2 lumps sugar

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Dinner

1 glass grapefruit juice
1 large serving meat, with fat
1 large baked potato
1 serving of green vegetable
1 other vegetable

Hot biscuits or other bread
3 pats butter (bread and vegetables)

Salad with mayonnaise

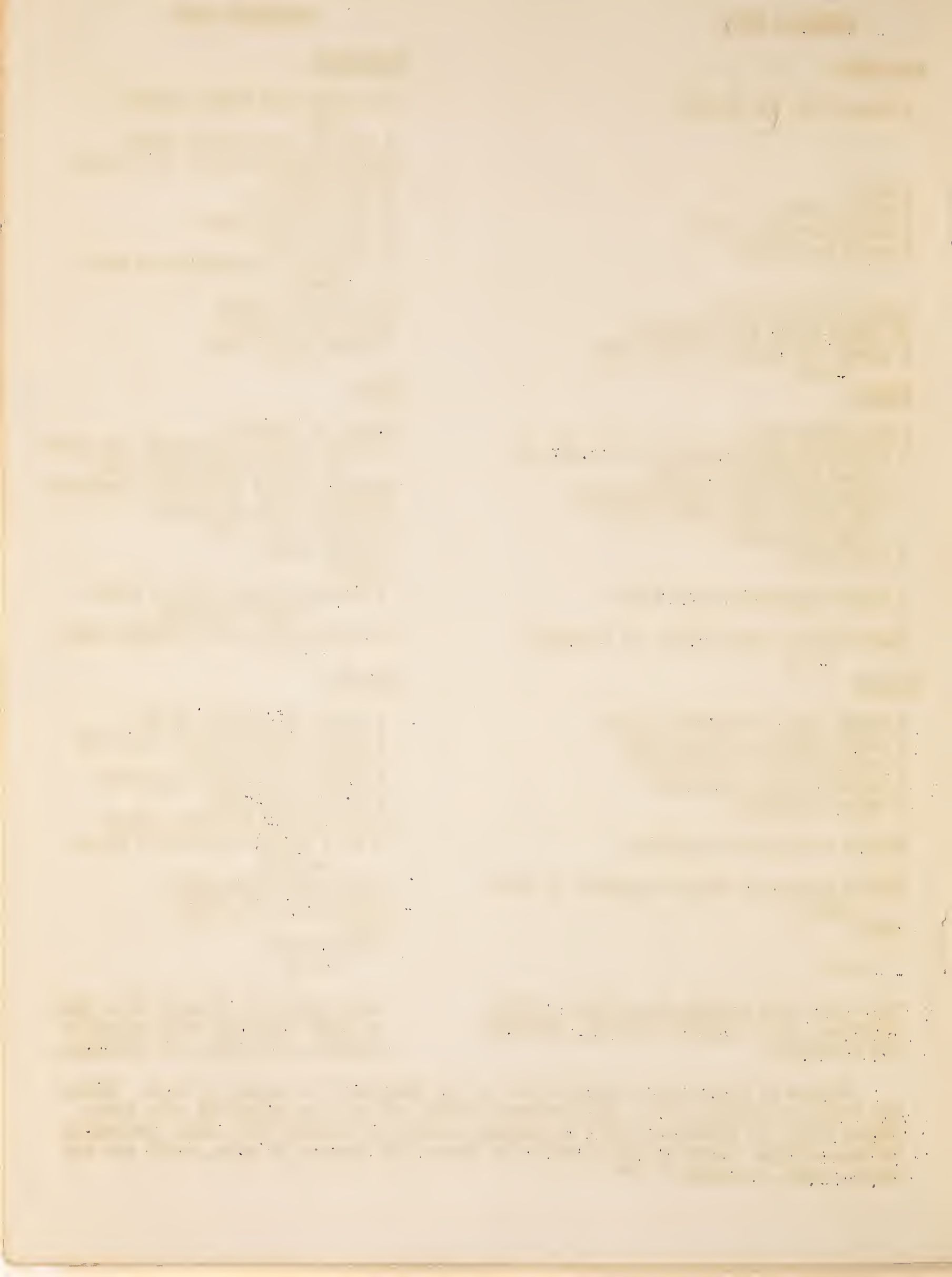
Ice cream with fruit

Cake

Salted nuts

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This diet will furnish from 3000 to 4000 calories, with adequate protein, minerals, and vitamins.



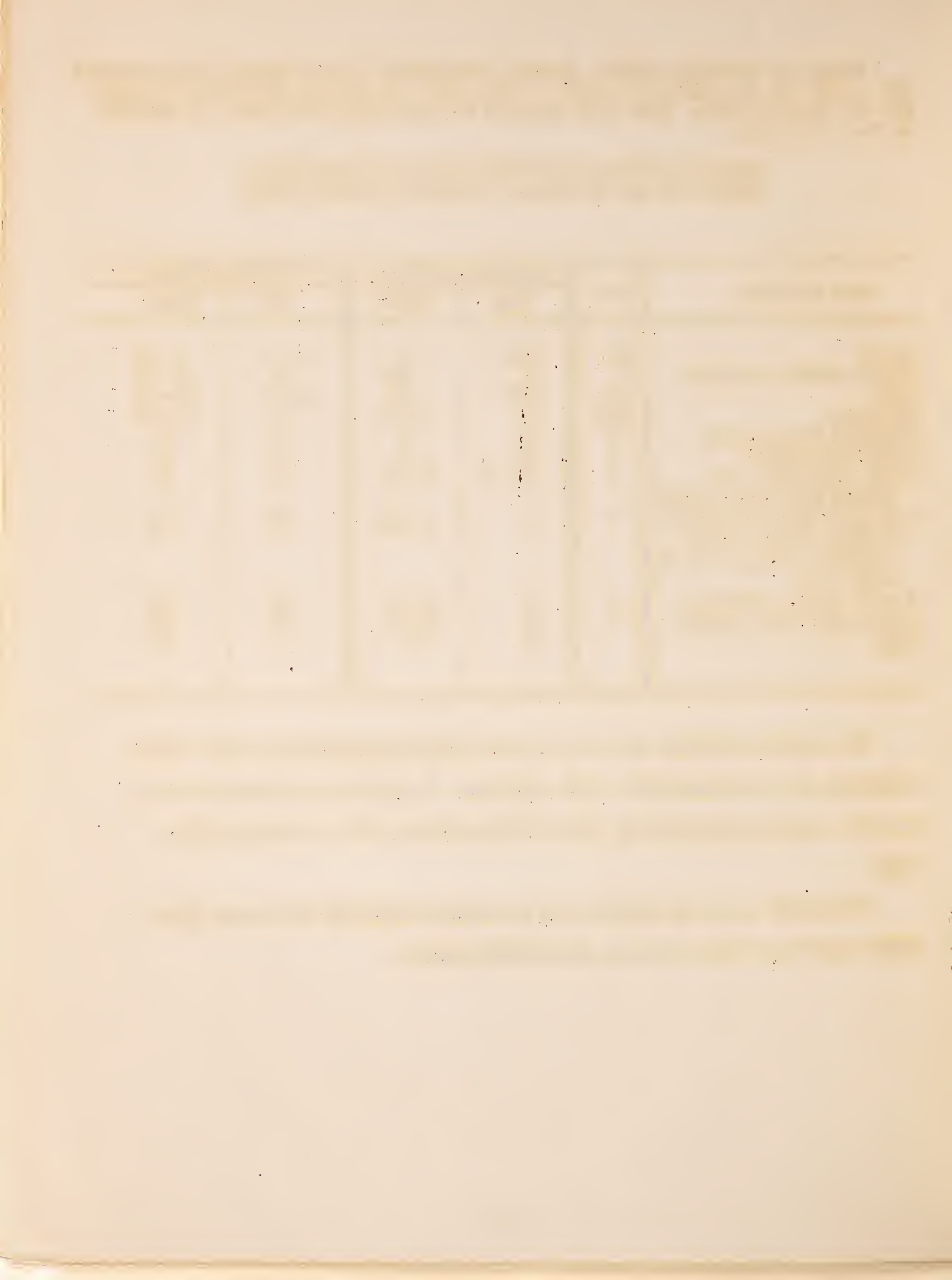
Study the following table. Compare the amounts of each type of food required for a week for the person who wants to gain with the amounts advised for the person who wants to lose. This will help you see where you must place the emphasis in food selection.

Reducing or Fattening Diets; Suggested Weekly Food Supply for Men and Women at Moderate Muscular Work.

Food Materials	Unit	REDUCING DIETARY		GAINING DIETARY	
		Man	Woman	Man	Woman
Bread	lb.	1-1½	1	3 - 5	2 - 4
Flour, cereal, macaroni	"	¼	1/8	½	¼ - ½
Milk	qt.	1-3½	3½	3½ - 7	3½ - 7
Potatoes	lbs	3	2 - 3	5	2 - 4
Tomatoes (or oranges)	"	3	3	3	3
Leafy vegetables	"	5	3	5	3
Other vegetables and fruits (see lists above)	"	5 - 8	4 - 5	8	5
Fats and oils: including butter; cream, salad dressing, bacon, fat of meat, etc.	"	1	½ - ¾	2½	1½
Sugar, candy, molasses	"	½	¼ - ½	1½	1½
Lean meat, fish, poultry	"	3	1½ - 2	3	2½
Eggs		3	7	7	7

The reducing dietary for the man will furnish approximately 1700 - 2200 calories; for the woman 1300 - 1700 calories. The fattening dietary for the man will furnish approximately 3600 - 4200 calories; for the woman, 2500 - 3500.

Ordinarily a man of average size at moderate muscular work needs about 3000 calories per day; a woman, about 2400 calories.



A LAST WORD

Don't feel discouraged if the scales fail to show immediately the effect of your efforts. Whatever you weigh is a total of both tissue and water. Often water is retained temporarily in the body while fatty tissue is being used up. And, on the other hand, the replacing of water by fat may occur slowly. Neither of these changes will show on the scales at first. Not until there is a decided change in the composition of your body will your weight tell the tale. You can expect noticeable results within three or four weeks if you are controlling your diet and accustoming your body to systematic exercise as suggested.

Don't try to gain or lose too rapidly. If you are thin you are likely to overtax your digestive system and ruin your appetite by suddenly increasing the concentration of your diet. If you decrease your weight too suddenly, you may develop wrinkled skin and flabby muscles. One to two pounds a week is enough.

REMEMBER, the only safe way to change body weight is to modify a WELL BALANCED DIET, by increasing or decreasing your quota of high-calorie foods. Remember, too, that some form of milk will help you throw the balance of the scales in the direction it needs to go, whether up or down.



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