

# FITNESS BEAT



## Issue 3: FOCUS ON DIET

### Balancing Calories

It takes 3,500 calories to produce 1 pound of body weight. This means . . .

#### To Lose Weight:

Cut back 500 calories each day for one week (3,500 calories) and you'll lose one pound. Increase your activity to spend 500 more calories each day (3,500 calories a week) to lose an additional pound per week. Weight loss should not exceed two pounds per week.

You guessed it! Cutting back on calories AND exercising works twice as fast!

#### To Maintain Your Weight:

Make sure the number of calories eaten each day equals the number of calories spent.

### Counting Calories?

Are you counting calories? Did you know that all of these foods contain about 110 calories?

- 8 ounces orange juice
- 1 large banana
- 1 slice American cheese
- 10 potato chips
- 1/2 cup frozen yogurt
- 3/4 cup sugar-coated corn flakes (without milk)

### Weight Loss Diets

There is no mystery to weight control. Once you accept the fact that there are no real shortcuts to weight control, you can save yourself time and money. After all, if fad diets (diet pills, diet shakes, etc.) really worked, why do we constantly hear about new ones?

Fad diets can put stress on your body. The first weight loss is water, not fat. Your energy level goes down as well as your weight.

When you take in 1,000 calories or fewer per day, it's almost impossible to meet your nutritional needs. A diet following the Food Guide Pyramid will provide a minimum of 1,200 calories per day, with variety and good nutritional balance.

If you need to lose weight, do it gradually. A steady loss of one to two pounds a week is safe and will more likely be kept off once you reach your goal. Long-term success depends on learning new and better eating and exercise habits. Some fad diets are popular because they promise quick and easy weight loss. But unless they're nutritionally balanced, they can be harmful if followed over a long period of time.

One way to reduce calories is to cut down on serving sizes. The smaller the serving, the fewer the calories. Simple? Yes. A fad? No. But easier said than done for most people.

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# Calories & Activity Level

This chart shows how many calories it takes to perform various activities. Estimate how long it takes you to "burn up" the calories in a large order of french fries (450 calories) based on the activity you prefer.

Activity	Calories per hour*
Resting activities: reading, writing, watching TV, computer typing	80 - 100
Light activities: walking slowly, doing dishes	110 - 160
Moderate activities: walking moderately fast, playing ping-pong, volleyball, bicycling	170 - 240
Vigorous activities: fast walking, bowling, golfing, skating	250 - 350
Strenuous activities: swimming, tennis, running, dancing, football, basketball, soccer	350 or more

\*A heavier person will burn more calories per hour than a thinner person.



## Can You Be Too Thin?

Being overweight is not healthy, but neither is being underweight. Anorexia nervosa and bulimia are serious eating disorders. People with these problems usually think they look fat, even when they're thin. They have an abnormal fear of being fat. Common traits of anorexics are: strange food habits, refusal to eat, and excessive exercise. Common traits of bulimics are: bingeing followed by vomiting and excessive use of laxatives and diuretics.

It's tempting to do extreme things to meet someone else's expectations of exactly how much you should weigh or how your body should be proportioned. Make no mistake about it — eating disorders can creep up on you and become life-threatening conditions.

People with eating disorders live in constant fear of food and fat, struggling with eating patterns that they can't control. While each problem is unique, there are some similarities. People with bulimia pig-out and then vomit to get rid of food they have eaten. Anorexics, on the other hand, simply starve themselves using severely restricted diets. Anorexics often engage in rigid, extreme exercise routines to encourage weight loss.

Such practices can result in starvation and serious chronic health problems. People with eating disorders need medical and psychological help. Friends, teachers and parents can support them emotionally, but these conditions are serious enough to require professional help.

Admitting the problem is the first step toward recovery from eating disorders. It takes hard work and commitment to change. With early treatment and support from professionals, family and friends, people with eating disorders can feel good about themselves and food again.

**TRUE OR FALSE?** Calorie-wise, a large baked potato is equal to only seven french fries.

**TRUE!** For 100 calories, you can have a large baked potato — or only seven french fries. A plain baked potato is higher in fiber, and is lower in fat and salt compared to french fries.

**TRUE OR FALSE?** Cutting back on fluids as well as food is a good way to lose weight.

**FALSE!** While it is possible to show an actual weight loss of several pounds by reducing both liquids and food, this is not wise. Body cells need to have enough fluid and nutrients available at all times. Without the fluids and nutrients, permanent damage may be done to the cells. Besides, water has no calories.