

The Student Health Committee, Health Service and Miss Foresman have devised the following plan for students who are overweight and wish to lose weight. According to your weight card, you are * _____ pounds overweight. If you wish to follow this plan in an attempt to lose weight, please come in to the Health Service and give us your name in order that the kitchen may be so advised and can prepare for the number of students interested.

All menus are posted daily in the waiting room to the Infirmary, Blue Pantry and Kitchen. In addition to the regular menus, Miss Foresman will record on these regular menus, under the heading of "Overweight Diets", what she has planned in the menu for persons trying to lose weight and what substitutions, if any, you may have for that day. Other substitutions will not be granted as it is difficult to plan ahead for these and it puts extra strain on the employees. A bowl of salad, without dressing, will always be available when salads are listed on the menu. Fruit is always available as a substitute for desserts when not listed in the regular diet.

Students having complaints about or suggestions for this procedure, after it has been in effect for one week, are asked to come in and discuss the problem with Dr. Hager during her regular office hours - daily 10 to 1. Students interested in evaluating the caloric value of this diet are urged to come in to see Dr. Hager.

The procedure to be followed to obtain this diet is as follows: Sign up in the Infirmary. Check the menu on your way to the dining room. Select the foods you prefer. Tell the waitress that you are listed on the overweight list and she will check the list of names posted in the kitchen. Students not listed will be expected to use the regular diet only.

The object of this procedure is to provide an adequate diet (calories, proteins, vitamins and minerals) for students attempting to lose weight, without putting undue stress on "special diets" or "favors" and extra strain on the amount of work necessary in preparation in the kitchen and allowing for the economical planning by Miss Foresman necessary at this time. The entire scheme becomes void for students who eat between meals or at bedtimes, since this is one way to gain weight. A list of low-calorie substitutes is suggested if you "must" have a snack in between meal times.

Your cooperation and suggestions for carrying out this plan are solicited.

REDUCING DIETS

In order to lose weight one should decrease food intake and increase muscular exercise. However, in reducing the quantity of food eaten it is absolutely essential to keep in mind the "nutritive nucleus" or the food essentials which are basic and without which we can not have good health. If an adult who wishes to reduce will begin with the following "nutritive nucleus" as a minimum of food in the daily diet, and never fall below that in both quantity and type of food, she can be sure she is not undermining her health. Energy foods (starches, sugars and fats) must be added to this in varying amounts depending upon the age, size, and activity demands of the individual.

NUTRITIVE NUCLEUS IN DAILY DIET

- 1 pint of milk
- 2 fruits daily, one of these a citrus fruit
- 1 pat of butter at each meal
- 2 vegetables (other than potato) one of these to be served raw
- 1 serving (2-4 oz.) of meat, or fish
- 1 egg

CALORIC VALUE OF COMMON BETWEEN MEAL SNACKS

FOOD	AMOUNT	CALORIES	ALSO PROVIDES
Apple	1 large	100	roughage, minerals, vitamins
Orange juice	8 oz.	100	minerals, vitamin C, water
V. juice (5 vogs)	8 oz.	50+	minerals, vitamin C, water
Tomato juice	8 oz.	50+	minerals, vitamin C, water
Tea without sugar or milk	Any amount	0	fluids
Water	Any amount	0	fluids
Lemonade	10½ oz.	100	fluids, vitamin C.
Lemon juice	1 tablespoon	5	vitamin C.
Consomme	8 oz.	25	fluids
Crackers, soda	4	100	-----
Crackers, wheatsworth	4½	100	roughage, minerals, vitamin B.
Rye crisp	1	20	roughage, minerals, vitamin B.
Soft drinks	1 bottle	100-150	Water. Coca cola is a stimulant, also. None have any vitamins or minerals.
Milk, skim	1 cup	88	minerals, fluids
Milk, whole	1 cup	170	minerals, fluids
Apricots, dried	9 halves	100	minerals - laxative
Raisins	2 tablespoons	100	minerals - laxative
Cocoa (made with milk)	1 cup	200	minerals and fluids
Walnuts	8-16 meats	100	minerals
Chocolate, sweet milk	2½" x 1" x 1/8"	100	*****

1	tablespoon	sugar	equals	50	calories	- no other value
1	"	butter	"	100	"	Vitamin A value
1	"	mayonnaise	"	100	") may have small amounts min. &
1½	"	French dressing	"	100	") vit. depending on recipe.
1½	"	maple syrup	"	100	"	- no other value

CALORIC EQUIVALENTS

(All 100 calories each. Provide energy, but not much else.)

2 slices bread	1 shredded wheat	¾ cup macaroni or rice	½ cup mashed potatoes
2 rolls	½ cup oatmeal	1 medium baked potato	½ medium sweet potato
Baked beans	1/3 cup equals 100 cal	Tapioca pudding	½ cup equals 100 cal.
Macaroni and cheese	½ cup equals 100 cal.	Squash pie 2 " at cir.	equals 100 cal
Ice cream	¾ cup equals 200 cal.	Rice pudding ½ cup (scant)"	100 cal.
Lemon pie 21/4" at circum.	equals 225 cal.	(with egg)	