

P7C
640.714
Wath

HOME ECONOMICS NEWS SERVICE

EXTENSION SERVICE U. S. D. A. COLLEGE OF HOME ECONOMICS

For Release Not Before
Friday, January 17, 1941

SCALES DON'T TELL
TRUE DIET STORY

Simply reading the scales will not always tell when weight control is in order, warns Miss Rae Russell, extension nutritionist, State College of Washington.

It takes some knowledge of nutrition to modify the diet without leaving out any of the important food values, and for this reason it is safer to follow the advice of a doctor or dietitian in matters of diet or weight control.

Strangely enough, some foods are recommended for both gaining and losing weight. Milk is one of these foods needed for a well-balanced diet. It is not particularly high in calories, but buttermilk or skim milk may be used on a weight-reducing diet. Some cream or butter should be included to furnish vitamin A.

Cereals and bread, especially the whole-grain kinds, belong on every diet list. Likewise, certain low-calorie fruits and vegetables are necessary. Outstanding examples of these are tomatoes, citrus fruits such as oranges and grapefruit, and green leafy vegetables such as kale, chard, collards, mustard greens and spinach. Other important vegetables are the yellow ones such as carrots and squash, and the green ones such as broccoli and brussels sprouts.

Everyone needs these fruits and vegetables for the vitamins and minerals they contain. To gain weight, some of the more filling vegetables such as lima beans and corn may be added, and the vegetables may be served with extra butter, cream sauce or Hollandaise sauce.

An egg a day is a good rule for almost any diet. Meat, fish or poultry should find a place in at least one of the day's meals. A person who is trying to lose weight should eat the lean meats without rich sauces and gravies.