



DIETARY APPROACHES FOR EFFECTIVE AND SUSTAINABLE WEIGHT LOSS IN OVERWEIGHT AND OBESITY

Anita Singh

Sr. Tutor, School of Nursing Science and Research, Sharda University, Greater Noida, Uttar Pradesh.

ABSTRACT Overweight and obesity have reached common health issue in the worldwide, and this has caused to substantial Liver, cardiac and other health risks. Obesity results from energy imbalance: intake of too much calories, too few calories burned. A number of factors influence how much energy people burn each day, among them, age, Work profile, body size, and genes. But the most variable factor and the most easily modified-is the amount of activity people get each day. Being overweight can cause to many health issues. Obese or overweight person have more chances of Diabetes, Atherosclerosis, Cardiovascular diseases and poor metabolism disorders. Obesity substantially increases an individual's risk of suffering from chronic diseases such as hypertension, coronary artery disease, and diabetes. Those with excess fat in the abdominal area (Apple shape body) are at increased health risk (National Institutes of Health, National Heart Lung, and Blood Institute).

KEYWORDS : Overweight, Obesity, Dietary approaches, Sustainable weight loss

INTRODUCTION:

Diet is a key element to maintain healthy weight and a person needs diet modifications for sustainable weight loss. We can control the weight by adding fibers, changing dietary habits, eating variety of colorful fruits and vegetables, eliminate some high calorie liquid and solid foods from meal, Calculate Body mass index by measuring height and weight, follow the Mediterranean diet, restricting some foods and eat mindfully. Obesity and overweight both are harmful for functioning of body organs especially for vitals'organs. Therefore, a person should take nutrients according to Recommended dietary allowances (RDA), the nutrients amount which a person should take in a day to maintaining functioning of the body and sufficient amount of nutrients for body cells. Through dietary approaches we can maintain ideal body weight and healthy diet also provides antioxidants and pigments which are helpful to enhancing functioning of body's cells. 2

Diet is one of main point to maintain a healthy weight with exercise. How much we are taking calorie and which foods are including in diet both affect our body weight. (Quantity with nutrients) Some dietary approaches which are effective to loss sustainable weight are following:

1) Eating habits: Some faulty eating habits may promote overweight or obesity like too much fat and calorie intake during snacks, Large meal size, prefer outside fast food and including high sugary drinks and processed foods. A person can manage weight by modifications in dietary habits. A key strategy to manage weight is changes in dietary pattern to reducing meal size. The Dietary Advisory Committee (2015) recommends that individual with obesity and overweight should have healthy eating pattern to reduce weight. Avoid fast foods, and prefer small and frequent meals. Reduce trans fats from meal and minimize the quantity of saturated fat sources which are responsible for Cardiovascular disease. We should eat monounsaturated fatty acids of polyunsaturated fatty acids sources in diet which are types of unsaturated fats. we should avoid high calorie food sources and should take fibers rich foods. We should divide large meal into small meals and should take small and frequent meals in a whole day. 1

2) Eat variety of colorful foods: we should include colorful fruits and vegetables in diet to gain sustainable weight loss. Fruits and vegetables contain antioxidants features and body needs antioxidants to reduce the number of unhealthy cells and to promote healthy cell's numbers. We should consume variety of Fresh fruits and Vegetables, Fish, Legumes, Whole grains, Seeds and Nuts. Fresh fruits and veggies have high antioxidant features with vitamins and minerals content. The Rainbow diet (Red, Yellow/Orange, White, Green and Purple/Blue) can help to reduce weight and improve health because different colors contains variety of nutrients which help to maintain sustainable weight loss. Variety of foods contain all nutrients which are required by body for healthy functioning. 1

3) Eliminate liquid calorie: Liquid drinks like Coffee, Tea, Soda, packed Juices or alcohol contain extra calorie and these drinks contain "empty calorie" because they provide only extra calorie without having any nutritional benefits. Continue consumption of these empty calorie rich beverages like carbonated soft drinks and Soda drinks may

be a main cause to promote weight and obesity. Some Studies were showing that repeated measures of both soft drinks and weight found that an increase in the consumption of sugary soft drinks was significantly associated with greater weight gain and greater risk of obesity over time in both children and adult. Studies indicate green tea may help reduce body weight by enhancing metabolism to reduce body fat. Green tea contains Epigallocatechin Gallate compound and the effect of this compound is to increase fat burning and help to reduce obesity. Green tea contains caffeine also which enhance fat oxidation and improve metabolic functions and contributing in weight loss process. There are some alternatives to replace soda drinks like lemon water, Vegetables juices, Green tea, Lemon tea and Herbal tea. These drinks have antioxidant feature with enhancing metabolic process and help to reduce weight by increasing healthy cell numbers. 3,4

4) Control serving size / portion size: Eating too much food with high calorie also causes overweight and obesity. Therefore, we should measure food quantity before eating food by measuring cups and spoons. The portion of food used as a reference on the nutrition labels of that food is known as Serving size or portion size. According to Indian Council of Medical Research (ICMR) & National Institute of Nutrition (NIN), recommends that we should take nutrients from minimum of 8 food groups per day with Vegetables, Fruits Green leafy vegetables forming essentially half the plate of the recommended foods per day. other major portion should be occupied by cereals and millets, followed by pulses and Milk/curd. A balanced diet should provide around 50-60% of total calories from carbohydrates, about 20-30% from total fats/oils and 10-15% from proteins. Drink 6-8 glasses of water in a day and total dietary fibers should be 25-30 gm in a day. Controlling serving size will help to reduce high calorie intake and helps to achieve ideal body weight. Controlled portion size of diet also helps to smooth functioning of Gastrointestinal system and give sufficient time to digest ingest foods. If we are regularly measuring serving size of diet, we can control extra calorie intake to enhance sustainable weight loss. 5

5) Measure the weight and calculate Body mass index (BMI): Body mass index is a relationship between body weight and height. BMI is an indicator to know that a person has healthy weight or not. The common interpretation about BMI is that it represents an index of an individual's fatness. According to World Health Organization (WHO) the normal range of healthy BMI is 18.5-24.9 kg/height². More than 25 BMI indicates overweight and obesity. Time to time monitoring of body weight and calculate the BMI motivate the people to reduce weight. People can use mobile app and BMI calculator to check their progress by recording weight. Healthy Body mass index is showing ideal body weight according to height of the person. According to WHO the range for overweight is 25-29.5 kg/height² and for obesity BMI value is more than 30. 6

6) Follow the Mediterranean diet- The Mediterranean diet is with high in Fresh Fruits, Vegetables, Nuts, Legumes, Whole grains, Beans, Seeds, Seafoods, Herbs, and unsaturated fats. This type of diet contains less intake of dairy products and animal origin food sources. Mediterranean diet is good for cardiac health and also help to gain

healthy weight. In this type of diet person has to avoid saturated fat sources, Meat, Sugar-rich sweetened beverages, added sugars, processed meat and foods, Refined Flour and oils. At least 3 main meals should be followed principles of Mediterranean diet in a day but if person become hungry between 3 big meals, He or she can choose healthy snack options like Sprouts chat, Seasonal Fruits, Nuts, Yogurt, roasted chana and Home prepared whole grain snacks. Research shown that many positive results of Mediterranean diet like to lose weight, Maintaining Blood sugar level with reduced level of inflammation. This type of diet encourages intake of Fiber rich foods, Whole grains and variety of nutrients & limits intake of processed foods and high calorie drinks Therefore, it helps to reduce weight in healthy way. One review of 5 studies found that the Mediterranean diet was as effective as other popular diets like the low carbohydrates for sustainable weight loss. **7**

7) Add fibers in diet: Fiber is also important nutrient and has major role to maintain healthy weight. There are mainly two types of fiber on the basis of solubility: i) Insoluble fibers, ii) Soluble fibers. Insoluble Fibers provides satiety value because they have bulking nature to the meal because more chewing is required and at the same time it does not add to the calorific value of the meal. Soluble Fibers affect metabolism and help to reduce the weight. Fibers suppress the appetite, the more viscous the fiber, the better it is at reducing appetite and food intake. Result of a study was showing Two portion per day of whole grain oat cereal (source of fiber) as part of a dietary program for weight loss had favorable effects on waist circumference. **8,9**

8) Cutting calorie by low fat and carbohydrate with slight increase in protein intake: The key to weight loss is reducing how many calories a person take in. 1 gm Fat provides 9Kcal and 1 gm Carbohydrate (The simplest form of calorie) provides 4 Kcal and 1 gm protein provides 4 Kcal energy. Fats sources are concentrated source of energy which causes obesity and overweight due to over-intake and complex in digestion nature cause incomplete digestion of Fats. Carbohydrates are easy in digestion so they are simpler source of energy. Excessive intake of carbohydrates may causes overweight and obesity. The first step is to review a person's typical eating and drinking habits to see how many calories he normally consumes from which type of macronutrients (Fats, Carbohydrate and Protein) and where we can cut the calorie intake. Through Dietary approaches we can decide how many calories need to take in each day from which type of source of calorie to lose weight, but a typical amount is 1,200 to 1,500 calories for women and 1,500 to 1,800 for men. Cutting calories by low fat and carbohydrates sources and slight increase in protein intake is good approach to gain healthy weight and for sustainable weight loss. **9,10**

9) Restricting certain foods: Certain foods are restricted for sustainable weight loss. To gain the ideal body weight control the amount and cooking methods of particular foods, such as Fats and Carbohydrates foods. We should avoid and restrict high fat and carbohydrates during the diet planning for overweight and obesity. Dietician /Doctor can suggest and plana effective diet which helps to gain ideal body weight. Sugar sweetened beverages intake is also main cause of empty calorie consumption and removing these types beverages can helps to maintaining healthy weight. Cake, Cookies, Junk foods, Candies and sweets are main sources of empty calorie so by restricting these sources in diet we can maintain healthy body weight.**9**

10) Eat mindfully: Mindful eating is based on Buddhist concept in which person is fully aware about food effect after intake. Meaning of mindfully eat means aware about effects of meal and have complete knowledge about the foods like smell, Flavor, Texture of food which is taking by diet. People who are following mindful eating concept have positive result in maintains body weight along with other positive results. Mindful eating includes Eating slowly, take small bite, concentrating only meal while eating, eliminate distraction sources like Mobile and T.V., including all colorful foods in diet and it makes more healthful food choices is a direct outcome of becoming more in tune with the body. It is important to focus on being satisfied after a meal rather than full and to bear in mind that many "all natural" or low-fat foods are not necessarily a healthful choice. **11**

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