

# OBESITY - Comprehensive Diet Plan

## Understanding Obesity

### What is obesity?

Obesity is defined as having an excess amount of body fat, which can significantly affect your quality of life and overall health. It is not just about appearance, it increases the risk of developing serious health conditions. If you are struggling with obesity, you are not alone- this condition affects 1 in 8 worldwide. Carrying extra weight can put additional strain on your health. If you are looking for guidance on how to take control of your health, you have come to the right place. Keep reading to learn more.

### What are the causes of obesity?

You might notice yourself gaining weight, it can be due to various reasons. Identifying the reason is the first and most crucial step in your weight loss journey. Here are some common factors that contribute to weight gain:

1. **Eating habits**- Consuming more calories than your body needs for daily activities can lead to weight gain. This includes high-sugar foods, drinks, and high amounts of saturated fatty foods.
2. **Lack of physical activity**- Prolonged sitting, and increased screen time like work, social media, video games and other entertainment will reduce the time of required physical activity.
3. **Genetics**- Studies show that people with obesity carry specific genes that affect their appetite.
4. **Stress**- When you are stressed, your body releases cortisol, a hormone that affects hunger. Stress can make you crave high fat, high sugar foods, which can lead to overeating.
5. **Medical condition**- Certain conditions such as hypothyroidism and PCOS (Polycystic ovarian syndrome), contribute to weight gain. Additionally, mental issues like anxiety and depression can make you crave comfort food.
6. **Medication**- Even if you are eating healthily, some medications can make it harder to lose weight. Anti-depressants, Anti-seizure, Diabetes Mellitus, Anti-psychotics, and certain beta blockers can all have weight gain side effects.

### What are the symptoms?

Obesity is a condition, not a disease that comes with distinct symptoms. However, there are ways to identify if you are carrying extra weight.

- The most common method is to calculate your **Body Mass Index (BMI)**.

BMI is a simple calculation based on your height and weight, and it helps determine if you are overweight or obese. Keep in mind, though, that BMI is only a tool and doesn't directly diagnose obesity, it is just one way to assess your weight.

$$\text{BMI} = \frac{\text{Weight (in kg)}}{\text{Height in (m)}^2}$$

Category	BMI (kg/m <sup>2</sup> )	BMI Prime
Underweight (Severe thinness)	< 16.0	< 0.64
Underweight (Moderate thinness)	16.0 – 16.9	0.64 – 0.67
Underweight (Mild thinness)	17.0 – 18.4	0.68 – 0.73
Normal range	18.5 – 24.9	0.74 – 0.99
Overweight (Pre-obese)	25.0 – 29.9	1.00 – 1.19
Obese (Class I)	30.0 – 34.9	1.20 – 1.39
Obese (Class II)	35.0 – 39.9	1.40 – 1.59
Obese (Class III)	≥ 40.0	≥ 1.60

- Another useful method is by measuring your **waist circumference**. Weight-related health problems are common in men with waist sizes above 40 inches and in women above 35 inches may indicate a higher risk of obesity related health issues.

### What are the complications of obesity?

People with obesity are at a higher risk of developing serious health issues, including:

1. **Cardiovascular disease and stroke**- Obesity puts extra strain on the heart and raises blood pressure. Unhealthy cholesterol levels lead to cardiovascular diseases and risk of stroke.
2. **Diabetes Mellitus (DM)**- Obesity can interfere body metabolism and increase the risk of insulin resistance, which lead to Type 2 Diabetes.
3. **Cancer**- Research suggests that obesity may promote the growth of cancer cells and increase the likelihood of DNA mutation, leading to different types of cancer.
4. **Fatty liver disease**- The excess fat that circulating through the body can accumulate in liver, impairing its ability to filter blood. This fat buildup can lead to chronic inflammation and long term liver damage.
5. **Gallstones** -High cholesterol levels can cause cholesterol to accumulate in the gallbladder, increasing the risk of gallstones.
6. **Osteoarthritis** - Extra weight puts added pressure to the joints, especially knees, leading to inflammation, pain, and reduced mobility.
7. **Sleep Apnea**- Obesity is a major risk for sleep apnea, it is a serious condition in which breathing repeatedly stops and starts during sleep.

***Have you ever wondered, how extra fat depositions can lead to conditions like these?*** It all starts when your food intake exceeds what your body needs. The excess calories are stored as fat. If it continues over time, fat can begin to accumulate in internal organs. This build of fat cells, also known as adipose tissue can cause inflammation and disrupt the normal functioning of organs. Additionally this fat produces certain chemicals that will interfere with the body's metabolism leading to diseases like Diabetes Mellitus and even cancer.

Understanding this process highlights why maintaining a healthy weight is so important for preventing a wide range of health issues.

### How diet can help?

Diet is the easiest and most effective way to manage obesity. What we eat not only our weight but our overall health. A planned diet helps regulate blood sugar levels, improve metabolism, and support the body's ability to burn fat effectively. It also helps in preventing the accumulation of fat that leads to obesity-related conditions, such as Diabetes Mellitus and cancer. By making healthier food choices, you can control weight and support long-term health.

## Diet plan for Obesity

### Key nutritional guidelines:

Managing obesity can be simpler than it seems, it starts with small, smart changes to what you eat. Focus on enjoying the meals that provide the required nutrition and a sense of filling. Eating mindfully and paying attention to your body's hunger signals can prevent you from overeating. Instead of diet or fasting, aim for balancing and enjoy the right portion diet that fuels your body. Following this recommendation can help you achieve your weight-loss goals.

Category	Foods to Include	Foods to Avoid
Whole Grains	Whole grains Millets	Maida
Fruits	Watermelon	
Pulses	Horse gram Green gram	Black gram
Vegetables	Fenugreek Green salads/ leafy vegetables Ginger/ Garlic Cucumber Ivy gourd	
Meat and Dairy products		Cheese, cream Curd Beef, pork
Others		Deep fried foods Spicy food Pasta White bread Pickle

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