OBESE

**Why being obese could be a problem**

Obesity is a complex health issue resulting from a combination of causes and individual factors such as behaviour and genetics. Behaviours can include physical activity, inactivity, dietary patterns, medication use, and other exposures. Additional contributing factors include the food and physical activity environment, education and skills, and food marketing and promotion.

Obesity is serious because it is associated with poorer mental health outcomes and reduced quality of life. Obesity is also associated with the leading causes of death in the United States and worldwide, including diabetes, heart disease, stroke, and some types of cancer.

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* **cause fast weight loss**
* **improve your metabolic health at the same time**
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HAVE 5 MEALS PER DAY (HAVE ATLEAST 3 TO 4 L OF WATER / DAY)

These sample meal plans are low carb, which limits carbs to 20–50 carbs per day. Each meal should have protein, healthy fats, and veggies. If you’d prefer to lose weight while still eating complex carbs, add in some [healthy whole grains](https://www.healthline.com/nutrition/whole-grain-foods) such as:

* quinoa , whole oats, whole wheat, bran, rye, barley

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| Morning breakfast  (8am to 9am) | **egg , avocado , berries,** [**spinach, mushroom, quiche**](https://www.healthline.com/nutrition/18-low-carb-breakfast-recipes#TOC_TITLE_HDR_8) **, nuts, milk , cottage cheese ,yogurt , bananas, grapefruits [good amount of protein to start your day]** |
| Mid meal  (11am to 12am) | **Fruits shake ( any smoothie)**  **Have some biscuits or whole wheat cookie**  **[focus on liquid and have a good amount of fruits for vitamins ]** |
| Lunch  (1.30 pm to 2.30 pm) | **Dal, chapati, salad (cucumber ,beetroot, carrot etc), have a small amount of rice , have a good amount of plant based food**  **[Divide you plate in 4 parts and there the things to be added are salad rice protein source plant based food or dal]** |
| Pre workout meal | eat about 15 to 30 minutes before heading to the gym  Banana oatmeal , yogurt ,whole grain crackers , nuts |
| Post workout meal | **Proteins carbs and fats**  Sweet potatoes, rice, pasta, eggs, broccoli, avocado, nuts etc. |
| Dinner  (9.30 pm to 10.30 pm) | Not much of carbs so avoid rice  A good salad and chappatis with some veggies and keep it low and good |

**Things to remember :-**

* **Do not skip breakfast**
* **Eat regular meals**
* **Eat plenty of fruits and vegetables**
* **Get more active**
* **Drink plenty of water**
* **Eat high fiber food**
* **Use smaller plates**
* **Do not ban food**
* **Do not stock junk food**
* **Cut down on alcohol**
* **Plan your means**