

Introduction

Obesity is when too much body fat builds up, leading to health risks like diabetes, heart disease, and high blood pressure.

Treating obesity often requires lifelong strategies, and losing just 5-10% of body weight can greatly improve health. Obesity is measured using body mass index (BMI), but it may not always be accurate for certain groups, like older adults and Asians. Other methods like skinfold measurements or special scans can help assess body fat levels more accurately.

Know your Number¹

BMI(Body Mass Index)

| Classification | BMI (kg/m ²) |
|-------------------------|--------------------------|
| Underweight | <18.5 |
| Normal weight | 18.5 - 24.9 |
| Overweight | 25 - 29.9 |
| Obesity Class 1 | 30 - 34.9 |
| Obesity Class 2 | 35 - 39.9 |
| Extreme Obesity Class 3 | >40 |

Waist Circumference

| Category | Normal (Low Risk) | Increased Risk | High Risk |
|----------|-------------------|----------------|-----------|
| Men | <94 cm | 94-101.9 cm | >102 cm |
| Women | <80 cm | 80-87.9 cm | >88 cm |

Bad habits that make you fat²



Eating amnesia



Lack of sleep



After-dinner snacking



Convenience snacking



Liquid calories



Skipping breakfast



"Fat-free"
confusion

Control your numbers at home



Cutting out
processed foods



Eating more
protein



Quitting added
sugar



Drinking black
coffee



Staying
hydrated



Avoiding refined
carbohydrates



Fasting in
cycles



Eating more
fiber



Increasing regular
cardiovascular and
resistance training



Eating
slowly



Adding chili



Getting more
sleep



Do's

- ✓ Have food low on fat, like salads, pulses, oats, etc. and take small meals every few hours instead of three huge meals.
- ✓ Practice breathing exercises every day.
- ✓ Control cravings for food high in refined carbohydrates and fats like bread, dairy products, fast food and processed food.
- ✓ Consume more of citrus fruits like oranges and grapes as they help in dispensing fats.
- ✓ Include food rich in Vitamin B12 in your diet.
- ✓ Avoid alcohol which is high in calories and also stimulates hunger.
- ✓ Make sure that you drink warm or lukewarm water mostly.
- ✓ Exercises are a must. Keep yourself physically active.
- ✓ Ensure adequate sleep of at least 7-8 hours for a day.
- ✓ Get in touch with your wants and learn to set realistic goals.



Don'ts

- ✗ Do not skip your meals as they trick the body into storing more fat.
- ✗ Do not overeat. Even if you are eating the right food, overeating can be bad for you.
- ✗ Do not eat late and do not change your meal times very often.
- ✗ Understand that feeling fat can be about hidden feelings; don't rush to beat yourself up.
- ✗ Fat feelings pass, so relax and don't panic.
- ✗ Do not stress out in trying to lose weight. It will just reverse your efforts.

"Eating Well: A Balanced Approach to Managing Obesity"

Balanced Diet

This balanced diet plan for obesity focuses on portion control and nutrient-dense foods to promote weight management. It encourages satisfying options while maintaining a healthy caloric intake.

Diet Plan:³

| Meal | Item | Portion |
|-----------|----------------------|-------------|
| Breakfast | Aloo Paratha | 2 parathas |
| | Raita | 1 cup |
| | Cheela | 2 cheelas |
| | Veg Upma | 1 cup |
| | Chapatti | 2 chapattis |
| | Daal | 1 cup |
| Mid-Meal | Fruit Salad | 1 cup |
| | Tender Coconut Water | 1 glass |
| | Tea/Coffee | 1 cup |
| | Boiled Chana Chat | 1 cup |
| Lunch | Moong Dal | 1 cup |
| | Rajma | 1 cup |
| | Bhindi | 1 cup |
| | Chicken Curry | 1 cup |
| | Boiled Rice | 1 cup |
| | Chapatti | 2 chapattis |
| | Salad | 1 portion |

| | | |
|----------|----------------|-------------|
| Evening | Tea/Coffee | 1 cup |
| | Aloo Chat | 1 cup |
| | Papri Chat | 1 cup |
| | Mur-mure Chat | 1 cup |
| Mid-Meal | Chapatti | 2 chapattis |
| | Jeera Aloo | 1 cup |
| | Fish Curry | 1 cup |
| | Mix Veg | 1 cup |
| | Mustard Greens | 1 cup |

Obesity Diet Chart

This obesity diet chart emphasizes balanced nutrition and portion control, featuring a variety of meals to support weight management.



| Total Fat | Calcium | Sodium | Carbohydrate | Protein | Iron |
|--------------|---------------|----------------|---------------|--------------|--------------|
| 22 gm | 600 gm | 1000 gm | 280 gm | 70 gm | 17 gm |

TOTAL CALORIES
kcals/Day
1600

Diet Plan:⁴

| Meal Type | Food Products |
|---------------|--|
| Breakfast | 3 egg whites + 1 toasted brown bread + 1/2 cup low fat milk (no sugar) |
| | 1 onion stuffed chapatti + 1/2 cup low fat curd |
| | 2 besan cheelas + 1/2 cup low fat curd |
| | 1 cup vegetable brown bread upma + 1/2 cup low fat milk (no sugar) |
| | 1 cucumber hung curd sandwich + 1/2 tsp green chutney + 1 orange |
| | 1 cup vegetable poha + 1 cup low fat curd |
| Mid-Meal | 1 cup low fat milk with oats + 3-4 strawberries |
| | 1 cup papaya |
| | 1 cup coconut water |
| | 1 apple |
| | 1 cup musk melon |
| | 1 cup buttermilk |
| Lunch | 1 cup watermelon |
| | 1 cup coconut water |
| | 1 cup arhar dal + 1 chapatti + 1/2 cup low fat curd + salad |
| | 1 cup moong dal/chicken curry + 1 chapatti + salad |
| | 1 cup masoor dal + 1 chapatti + 1/2 cup low fat curd + salad |
| | 1 cup rajma curry + 1 chapatti + salad |
| Evening Snack | 1 cup white chana/fish curry + 1 chapatti + salad |
| | 1 cup chana dal + 1 chapatti + salad |
| | 1 cup soybean curry + 1 chapatti + 1/2 cup low fat curd + salad |
| | 1 cup vegetable soup |
| | 1 cup pomegranate |
| | 1 cup tomato soup |

| | |
|--------|--|
| | 1 cup vegetable soup |
| | 1 cup low fat milk (no sugar) |
| | 1 cup sprouts salad |
| | 1 cup fruit salad |
| Dinner | 1 cup pumpkin + 1 chapatti + salad |
| | 1 cup beans + 1 chapatti + salad |
| | 1 cup carrot peas vegetable + 1 chapatti + salad |
| | 1 cup parwal vegetable + 1 chapatti + salad |
| | 1 cup cauliflower vegetable + 1 chapatti + salad |
| | 1 cup tinda vegetable + 1 chapatti + salad |
| | 1 cup ghia vegetable + 1 chapatti + salad |

Food Items You Can Easily Consume⁵



Choose minimally processed



Whole fruits



Whole grains



Nuts, seeds and beans



Vegetables



Plant oils

Know Exercise/ Yoga-asanas for weight loss

Poses of Yoga for Weight Loss

Dhanurasana

- Lie on your stomach with hands and legs on the mat.
- Exhale, bend knees, and bring ankles toward the buttocks.
- Hold each ankle with the corresponding hand, keeping toes pointed and grip at the ankles.
- Feel the stretch at the tailbone.
- Hold Dhanurasana for 15 seconds.



Halasana



- Begin by lying on the back with hands on either side.
- Lift the legs in a way that they become perpendicular to the floor.
- Bending elbows, place the hands under the waist and push the legs over the head.
- Try to push it as much as possible until the toes touch the floor.
- Remain in the posture for about a few seconds and then relax.

Chakrasana

- Lie on your back, bend knees, and bring feet near the hips.
- Place palms under your shoulders with fingers pointing toward the feet.
- Slowly lift your buttocks and upper body, creating an arc.
- Hold for 5-10 seconds, then release the pose step by step.



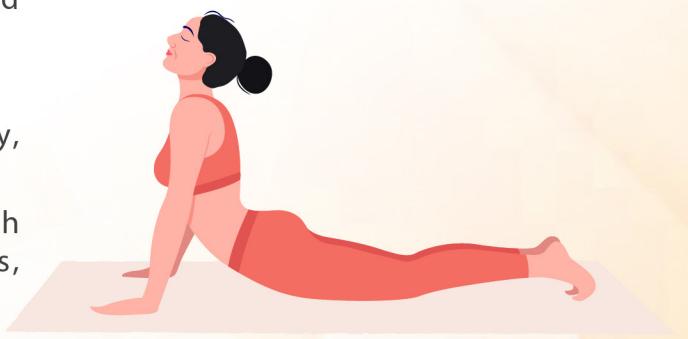
Padahastasana

- Stand straight with a 2-inch gap between your feet.
- Inhale, stretch arms overhead, and exhale as you bend forward.
- Keep knees straight and bring your head toward your knees.
- Hold your calves, stabilize your breathing, and maintain the pose for 40-60 seconds.



Bhujangasana

- Lie on your stomach with toes and forehead touching the ground.
- Place palms under your shoulders.
- Inhale and slowly lift your upper body, applying equal pressure on both palms.
- Form a gentle curve in your spine with straight arms. Hold for 4-5 breaths, repeating 4-5 times.



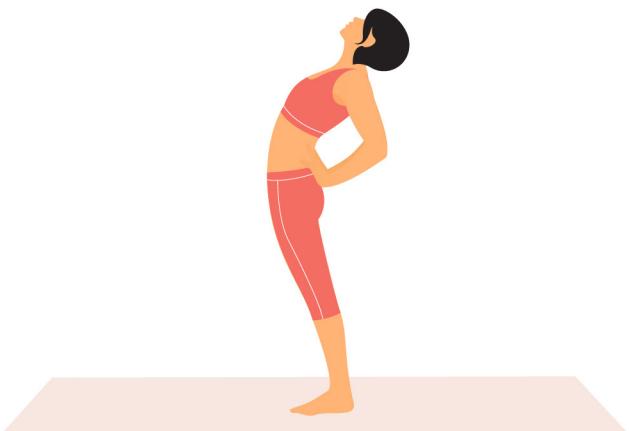
Naukasana



- Lie on your back with feet together and arms at your sides.
- Inhale, then exhale while lifting your chest and feet off the ground, stretching arms toward your feet.
- Engage your abdominal muscles, hold the pose briefly, then exhale and release.
- Repeat 3-4 times.

Ardha Chakrasana

- Stand straight, raise your arms, and bend backward without bending your knees.
- Hold your breath for a few seconds, then exhale as you release the pose.
- Repeat 4-5 times.



Sarvangasana



- Lie on your back with arms beside you.
- Slowly raise your legs perpendicular to the floor, then lift your hips and back, supporting with your palms.
- Bring your chin toward your chest, gazing at your feet, and align your body.
- Hold the pose for a few seconds to up to 5 minutes.

How Does Yoga Fit into Your Weight Loss Journey?

Cholesterol Levels

Works on reducing fat

Hatha Yoga (restorative) and Vinyasa yoga (vigorous)

Manage stress

Decrease cortisol levels, improve sleep, and reduces the need for medications that can cause weight gain.

Decreases emotional eating, stress eating, and binge eating

Incorporating Yoga into Your Weight Loss Routine



Join a yoga class



Join such a community that helps in weight loss



Find a local studio



Include yoga into your workout



Join a yoga as a warm-up

References:

1. <https://www.ncbi.nlm.nih.gov/books/NBK278991/table/diet-treatment-obes.table4clas/>
2. <https://www.webmd.com/obesity/features/top-10-bad-habits-that-lead-to-weight-gain>
3. <https://www.lybrate.com/topic/indian-diet#>
4. <https://www.lybrate.com/topic/obesity-diet-chart>
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