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(03)

@ Sugar intake can be controlled by:-

~~Ignoring~~ Ignoring the consumption of foods and drinks which are containing high amount of sugars. Such as, snacks which have a lot of sugar, candies and sugar sweetened beverages.

Eating fresh fruit and raw vegetables as snacks instead of sugary snacks.

Be mindful of condiments such as ketchup and barbecue sauce, which can be high in sugar, and opt for lower sugar options such as salsa, mustard or hot sauce. Read food labels and research menus online. Avoid the high-sugar options.

(02)

Weight = 95kg

height = 130cm = 1.3m

$$BMI = \frac{95}{(1.3)^2} = 56.21 \text{ kg m}^{-2}$$

The woman have BMI over 30 and have gestational diabetes that can affect her short term and long term health and also her baby. So, In this case, she have to eat a healthy snack or meal every 3 hours or so on. Eating delicious and nutritious foods regular can help her to control her blood sugar level because gestational diabetes can increase her blood sugar. So, she have to careful about this. Some foods ~~not~~ should be ignored.

by her on this stage like, raw
unpasteurized cheeses and milk, raw
or undercooked meat, cured meats and
poultry, eggs, seafood, and fish high in
mercury, caffeine. So, I think the
might change her habit to eating
above mentioned things during
her pregnancy. She can eat something
like hard cheeses, pasteurized soft
cheese and pasteurized milk.

(03)

③ We can plan in this way for a child diet who might need food from outside from 3 months to 1 year.

month 3: only breast milk is enough but if needed we can provide power milk.

month 4: also same as month 3. only breast milk is enough.

month 5: same as before.

month 6: breast milk/ power milk. and also liquid type food or baby foods can be taken.

month 7: Same as month 6 and also can be taken fruits, a little bit vegetables or egg.

month 8: same as month 7 and also fish or meat can be taken a little bit.

month 9: bread + cheese + same as 8.

month 10: we can give an eye of taking enough protein and carbohydrate.

month 11: Same as month 10.

month 12: biscuit, cake, and same as above mentioned things.

Block diagram:

(01)

Unhealthy diet and lack of physical activity are leading NCDs.

Energy intake should be in balance with energy expenditure to avoid weight gain or fat.

limiting intake sugar less than 10%

keeping salt intake less than 5g per day and avoid alcohol and smoking.

maintain a healthy diet by eating healthy food.

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healthy diet helps to be fit, improves cognitive development, have long term health benefits like reducing risk to be over weight or fall in (NCDs).

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Maintain a regular exercise with a proper balanced diet by eating nutritious foods.

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lead a healthy life and free from all kinds of noncommunicable diseases.

Done