OBESITY

PROTEINS

Fish e.g tilapia ,omena ,sardines ,catfish and mackerel. Fish is a great source of high-quality [protein](https://www.healthline.com/nutrition/how-much-protein-per-day/), which helps you feel full and increases your metabolic rate.

Eggs, be sure to eat whole eggs. The benefits of eggs are primarily due to nutrients found in the yolk rather than the white.Eat one egg a day.

Milk, Drink atleast one glass of fresh milk per day.

Legumes such as beans, green grams, black beans and groundnuts are a great source of proteins.

CARBOHYDRATES

Cholestrol free cooking oil.

Cereals whole maize ,whole rice and whole wheat maybe once in two days or so.

Flour whole maize flour,whole wheat flour,sorghum flour and millet flour are a source of sugar free carbohydrates.

VITAMINS

Nuts e.g macadamia and cashew nuts.

Vegetables e.g sukuma wiki,cabbages,brocolli,pigweed,managu,spinaches should be in every meal and should be mildly cooked to preserve nutrients.

Fruits,fruits should be taken regurlarly e.g avocados,melons,bananas,mangoes,strawberries,black berries ,apples.

Spices, Garlic,beetroots,cinnamon,tangawizi and tumeric atleast one of them shouldn’t miss in a meal,better if eaten raw.

Water, take atleast six glasses of water per day avoid dehydration.

AVOID

Foods fried in too much cooking oil.

Sugar filled beverages, tea,coffee and cocoa with sugar instead drink sugarless beverages.

Industrial fats e.g margarines,peanut butters and spreads.

White rice and flours.

Potato chips,crips and fries.

Sugarly syrups such as marple,candiesand sweets.

Packaged snack foods such as cakes,jellies and fruit flavoured yoghurts

Drugs such as beers,ciggarettes,narcotics and any other intoxications.