

Using Nutrition Intake As A Tool To Maintain Weight For A Healthy Life.

Dr. Sahil, Associate Professor, AKP PG College Khurja

Dr. Bisham Singh, Associate Professor, Amar Singh PG College Lakhavati

E-Mail- singh.bisham@gmail.com

Abstract

In the present scenario, maintain weigh has gained a lot of significance with increasing affluence. Excess weight is the result of long term and consistent consumption of much more calories than you are able to expand, irrespective of the etiology. Thus the emphasis in treating obesity has shifted from mere weight loss to weight management. For example efforts should be directed towards attaining the desirable weight in relation to overall health.

The result of recently conducted study on prevalence of obesity in Delhi by the nutrition federation of India has projected that nearly one third of the male and more than half of females belonging to upper middle class in India are currently overweight with higher prevalence of abdominal obesity. 40-50 million subjects belonging to upper middle class are overweight in India. If this trend continues, the situation can get worse even within a decade and obesity can emerge as the single most important public health problem in adults.

Keywords: nutrition, healthy life, Obesity, Eating Disorders

Introduction:

Obesity is defined as a condition with accumulation of excess body fat. Body mass index "BMI" also termed as quetelet's index is the most useful method of measuring obesity. BMI can be calculated as-

Body mass index= weight (kg)/ height (m) ²

By this method, various grades of obesity normal and underweight can be known

| weight status | BMI Range |
|-----------------|--------------|
| Under weight | <18.5 |
| normal | 18.5-24.9 |
| overweight | 25-29.9 |
| Obesity(grade1) | 30-34.9 |
| Obesity(grade2) | 35-39.9 |
| Obesity(grade3) | 40 and above |

Consequences of obesity

Obesity has number of adverse effects and in a risk factor for several problems. It is a risk factor for all causes of mortality and morbidity.

General Mortality & Morbidity risk-

Obesity increases the risk of morbidity and mortality. Obese are more prone to developing morbidities or other chronic diseases like cardiovascular disease including hypertension and dyslipidaemia, non-insulin dependent diabetes mellitus, gall bladder disorder. The risk of developing some non-fatal conditions like arthritis, back pain, infertility, sleep disorders and other respiratory conditions lead to increased morbidity among obese.

Eating Disorders

Obsession with slimming, especially in the adolescent age group may result in eating disorders like anorexia nervosa, bulimia nervosa and other eating disorders. These are psychiatric disorders primarily affecting adolescent girls, who start developing a paralyzing fear of becoming fat.

Anorexia Nervosa is a psychological eating disorder characterized by somatic delusions that one is too fat-refusal to maintain normal weight for height and age. It is a condition characterized by voluntary self-starvation and emaciation.

Bulimia Nervosa is characterized by repeated episodes of binge eating followed by inappropriate compensatory methods such as purging-including self-induced vomiting or misuse of laxatives, non-purging- including fasting or engaging in excessive exercise.

Management of Obesity

Management of obesity should be taken up with a clear understanding of the harsh realities of the problem and its outcome. Thus the goal of the treatment of obesity basically comprises- **weight loss and weight management.**

The management of obesity basically comprises followings-

- Dietary modifications

- Physical exercise
- Behaviour and lifestyle Modifications

Dietary modifications

A dietary modification serves as a guide for the obese to make healthy food choices. Dietetic principles must be considered, when planning for weight reduction.

Energy- caloric intake is the key factor, which determines the outcome of dietary management. Energy has to be restricted to the level that enables mobilization of fat stores for carrying out the daily activities of the body.

Proteins- adequate amount of protein should be included in the diet to ensure proper metabolism. Protein rich foods provide a higher satiety as compared to those rich in carbohydrates. Emphasis should be laid on the inclusion of protein rich foods from plant origin rather than from animal sources as the former are low in fat but high in dietary fibre.

Fats- being a concentrated source of energy need to be restricted. Excess dietary fat promotes much more weight gain than carbohydrate or protein. Include fat in the form of vegetable oils, so that sufficient essential fatty acids are supplied in the diet and at same time, the risk of developing coronary artery disease can be minimized. Foods rich in saturated fatty acids such as red meats, whole milk and its products should be strictly avoided.

Vitamins- if adequate amount of fresh fruits and vegetables are included in the diet, the body stores of water soluble vitamins are usually not depleted.

Fluids liberal amount of water should be included in the diet.

Diet counselling- it is very important aspect of successful weight reduction programme. The person who attempts weight loss should be suitably motivated. Individual counselling is of prime importance as it is associated with motivation and psychological support. It is also important prescribing the diet schedule. The counselling session helps in increasing knowledge regarding food facts.

Physical Exercise- it plays an important role in initiating and sustaining weight loss with dietary and lifestyle modification. Exercise promotes a sense of well-being and increase bone density as cardiovascular strength. It helps in increasing the lean body mass in proportion to fat. Exercise burns glycogen stores paving the way for fat to be used as fuel. Daily 40 minutes or more of moderate exercise is best for maintaining ideal weight, healthy feeling, longevity and good immunity.

Behaviour and lifestyle modifications- behaviour and life style modifications are an integral part for the weight management plan. They are based on analyse of behaviour associated with appropriate as well as inappropriate thinking and eating habits.

The following strategies related to lifestyle modifications are very useful-

- 1) Have regular meal times. Irregular eating habits put a lot of strain on the body.
- 2) Do not read or watch television while eating
- 3) Eat slow, chewing the food properly.
- 4) Avoid drinking of alcohol and smoking.

Handle stress in a positive manner through yoga and meditation.

Conclusion

Obesity can easily be prevented by taking appropriate timely measures. Development of obesity can be prevented by cultivating proper eating habits and also by encouraging physical activity. Overeating and lack of physical activity are the main cause of obesity. Basal metabolic rate is generally slow in obese so the excess food is not burnt away, which eventually results in production of fat.

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