

# Dietary Guidelines for Healthy Weight Management



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Built for Birthing

Weight management is a process that needs to be suitable for one's lifestyle. A strict adherence and compliance to diet and lifestyle modifications is essential.

Always set yourself a weight loss target: split your targets into small goals and focus on one step at a time. Do not give up even if the progress is slow.

Make changes that work for your lifestyle.

By being more active, we can reduce the risk of developing heart and circulatory diseases by 35% and delay the onset of most metabolic diseases.

### 1. Adhere to Meal Timings

- Adhere to early meal timings
- Do not skip or delay meals to avoid fatigue and excess hunger.

### 2. Meal/Portion Size

For weight management, eat a satisfying amount of food.

Eat larger portions of low-energy-dense foods while limiting portions of foods high in energy density.

### 3. Complex Carbohydrates

- At least half the grains should come from whole grains .
- Do not use maida or refined cereal products like suji, corn flakes, noodles, refined pastas, vermicelli, etc. Try to use variety of whole grain cereals and millets (bajra, ragi, jowar, corn, oats etc.)
- Use whole beans and legumes like moong, chana, rajma, lobia, green peas

- Use fruits, vegetables, and whole grains often
- Limit the use of potato, sweet potato, beetroot
- Avoid fruit juices; prefer cut fruits
- Use fruits only in specified quantities (oranges, sweet limes, watermelon, muskmelon, pears, guavas, ripe papaya, figs, kiwis, strawberries, jamun, apples and plum)
- Limit the use of mangoes, sapota, and custard apple and seedless grapes as recommended
- Avoid/limit dried fruits like – dates, anjeer, raisins.

#### 4. Proteins

- Protein options to be included in specified quantities
- Vegetarians can go for cereal and pulse combination for better quality of protein
- Choose and prepare meat, poultry, dry beans and milk or milk products that are lean, low-fat or fat-free
- Protein foods are chicken, fish, eggs, low-fat cheese, nuts, peanut butter, cottage cheese (paneer) and defatted Soya products.

#### Fats

- Consume less than 10% of calories from saturated fat.  
Reduce consumption of butter, ghee, margarine, sour cream, mayonnaise, cream, cream cheese or salad dressings
- Emphasize on PUFA & MUFA – a blend of healthy fats in the diet (i.e., fish, nuts, vegetable oils) groundnut oil, mustard oil, and rice bran
- Total quantity of cooking oil to be used should be limited to 2-4 tsp/ day. Use nonstick pan or vegetable oil spray to avoid fried foods

- Use 3 cups per day skimmed or low-fat (1%) milk and dairy products
- It's preferable to use puffed bengal gram (putana) or vegetable chutney instead of coconut or groundnut chutney or pickles
- Include nuts in specified quantities (badam, walnuts, til, groundnut, coconut, kaju, pista etc.)

## 5. Sugars

- Use of sugar has to be limited to 2 tsp/d. This is inclusive of jaggery and honey
- No bakery foods (cookies, cakes, pies, puffs, biscuits, pastries etc ), chocolates, halwas, jams or jellies
- Avoid beverages like soft drinks, fruit juices, nectars, squash, sugarcane juice, flavoured milk, fruit smoothies and milkshakes
- Read labels of all packaged foods
- Limit sugar and starch containing foods and beverages less frequently.

## 6. Salt

Consume less than 1 tsp of salt per day

## 7. Fluids

Need to include plenty of fluids, the minimum intake should be 2½ - 3 lit/day.

## 8. Physical Activity

Sustain weight loss by engaging in at least 60-90 minutes of daily moderate-intensity physical activity:

- Aerobic activities brisk walking, jogging and swimming

Resistance/strength activities:

- Lifting weights, lunges, push ups, bench press
- Walking with a child in arms are a few examples

Balance and stretching activities:

- Dancing, gentle stretching, yoga, martial arts and Tai chi

## 9. Optimum Sleep

Optimum sleep of 7-8 hours is recommended to maintain healthy weight

## 10. Manage Stress

Stress also results in improper weight gain. Adopt stress management techniques like yoga and meditation.

## 11. FAD Diets

An ideal approach to a successful weight loss is to increase physical activity and modify eating behaviour over a long period of time. Crash diets/fad diets are not advised for a long term weight management.

## 12. Read Food Labels

Read food labels to choose healthier options. Guidelines to understand which food is high in fat, saturated fat, salt, and sugar.

**Total Fat:** More than 17.5 g/100 g – High

3 g or less than that / 100g – Low

**Saturated Fat:** more than 5 g of saturated fat/100 g – High

1.5 g of saturated fat or less /100 g – Low

**Sugars:** 22 g of total sugars/100 g – High

5 g of total sugars – Low

**Salt:** 1.5 g salt/100 g – High

0.3 g salt/100 g – Low

Colour-coded nutritional information tells you at a glance if the food has high, medium or low amounts of fat, saturated fat, sugars and salt:

- Red means high
- Amber means medium
- Green means low

