

Name:

Date:

Healthy Diet List

Weight Management & Control

Adults of all ages have different nutrition and physical activity needs as their lives and bodies change.

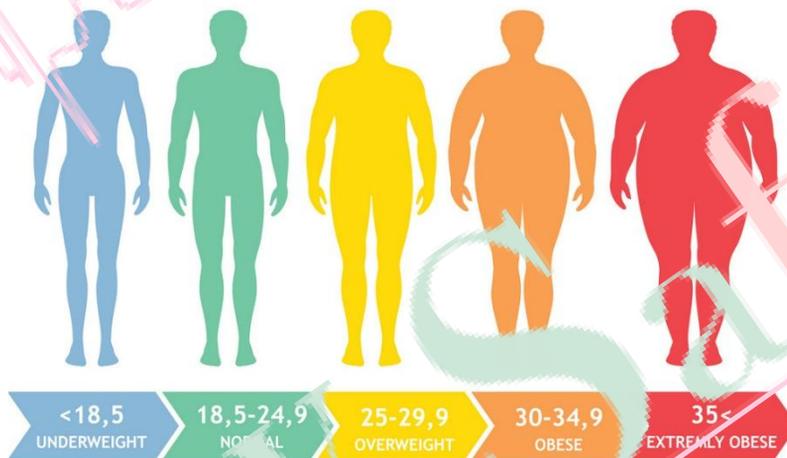
A strong and healthy body can provide many benefits.

Overweight & Obesity

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health.

Body mass index (BMI)

BMI is a simple index of weight-for-height that is commonly used to classify overweight and obesity in adults. It is defined as a person's weight in kilograms divided by height in meters (kg/m²).



Side Effects of being overweight & obese

- X Diabetes
- X High blood pressure
- X High cholesterol
- X Heart attack
- X Stroke
- X Chronic liver disease
- X Congestive heart failure
- X Cancer
- X Gallstones
- X Gout
- X Osteoarthritis
- X Sleep apnea
- X Pickwickian syndrome.

Benefits of a healthy weight

The benefits of maintaining a healthy weight go far beyond improved energy and smaller clothing sizes.

By losing weight or maintaining a healthy weight, you are likely to enjoy these quality-of-life factors:

- ✓ Fewer joint and muscle pains
- ✓ Better sleep patterns
- ✓ More energy and greater ability to join in desired activities
- ✓ Reductions in blood triglycerides, blood glucose, and risk of developing type 2 diabetes
- ✓ Better regulation of body fluids and blood pressure
- ✓ Reduced risk for heart disease and certain cancers
- ✓ Reduced burden on your heart and circulatory system

Mediterranean diet

A Mediterranean diet incorporates the traditional healthy living habits of people from countries bordering the Mediterranean Sea, including France, Greece, Italy, Spain, Lebanon, Palestine, Syria, Turkey...

It's a model for healthy eating habits worldwide. It's high in vegetables, fruits, legumes, nuts, beans, cereals, grains, fish, and unsaturated fats such as olive oil. It usually includes a low intake of meat and dairy foods.



Tips to successfully manage weight.

- 1 Cut down on portions your plate should include:

 - ¼ (palm-size) portion of lean protein such as salmon/lean meat/chicken breast
 - ¼ (fist-size) portion of unrefined starch, such as rice, pasta
 - ½ a variety of colorful vegetables.
 - ❖ If you are still hungry, eat a tossed salad, extra vegetables, or a small piece of fruit.
- 2 Eating your meal must take about 20 minutes to allow your body digest food and send satiety signals.
- 3 Eating 3 meals a day is essential in weight management.

Don't forget breakfast it jump-starts your metabolism.

 - ❖ Remember that food is your body's fuel without it, your body cannot work as efficiently.
- 4 Double up on fiber it helps fill you up faster, which can cause you to eat less and curb hunger.

Good Food Sources of Fiber

Whole-wheat products, fruit skins, berries, and most vegetables (like broccoli, potatoes and green beans), legumes like dried beans and split peas.
- 5 Front-load your calories eat the majority of your calories in the first half of your day.
- 6 Exercise daily for at least 30 min.
- 7 Make 5 servings of fruits and vegetables per day

Fruits and vegetables are a great source of vitamins, minerals, and fiber.

Avoid juice and canned fruit Eat fruits with the skin for added fiber and nutrients
- 8 Drink plenty of water. It'll help keep you adequately hydrated and often helps prevent overeating.

