



DIETARY ADVICES DURING WEIGHT LOSS

What is a good rate to lose weight?

Scientifically rate of weight loss is around 0.5 Kg or 1 pound a week, if one manages 500 kcal deficit daily in diet. In addition, if you spend 500 kcal daily, you may lose up to 1 kg or 2 pounds / week. This is the right pace of weight loss as we aim at gradual fat loss not muscle or lean body loss. This rate also helps in preventing hormonal disturbances due to weight loss

Can fruits be taken while losing weight?

Yes, fruits are part of balanced diet. It should be taken in controlled quantity and consumed as whole fruit, instead of juice. 200 gm of seasonal fruit daily is a part of balanced diet. Calorie control and balancing should be taken care when fruits are consumed.

How much oil should be taken in a month?

There are two types of fat visible and invisible. Oil comes under visible fat, considering the total fat allowance it is recommended 20 gm for oil / any other visible fat like ghee (together) / per person for adult. In practical way 500 ml / person/ month. Also, one needs to restrict invisible fats in forms of nuts, coconut etc

Which patient will benefit from Intermittent fasting (IF) vs Keto diets?

Both diets have their ways of working on calorie deficit. What works for weight loss is calorie deficit. IF has been scientifically proven to work on fat loss, Keto works with delayed gastric emptying because of fat and protein.

Few tips on maintain weight after weight loss?

1. Mindful and calorie conscious eating.
2. Good quality balanced and portion restricted meal and preferably home cooked fresh food.
3. Preferably consume last meal 3 hours before sleeping.
4. Muscle training, flexibility training and cardio fitness training essential with diet.
5. Keep moving and active, so that you have more non exercise related calorie burning (NEAT).
6. Hydrate adequately. Drink more low calorie liquids than eating solid foods.
7. Minimize pure sugars, colas, simple carbohydrates, sweets, fried, bakery and processed foods.
8. Avoid starvation, binging, night eating and overeating.
9. Eat at least 10-20 gm proteins in every meal.
10. Keep half plate green with addition of fibre in form of vegetables /salad etc. Pay attention to meal sequencing.
11. Pay attention to disciplined lifestyle with good sleep hygiene.

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