

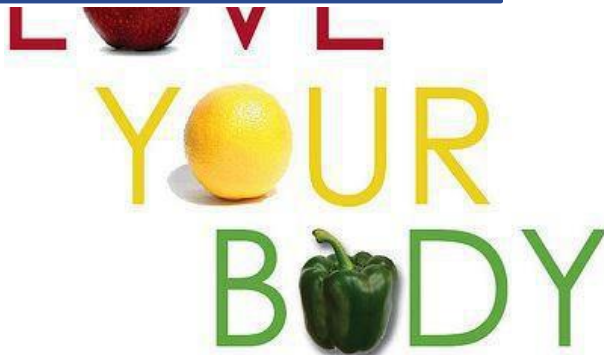


Possible solutions for optimum health and obesity removal

by Manish Jain on Friday, August 17, 2012 at 3:52pm ·

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Healthy eating is not about strict nutrition philosophies, staying unrealistically thin, or depriving yourself of the foods you love.

Rather, it's about feeling great, having more energy, and keeping yourself as healthy as possible – all which can be achieved by learning some nutrition basics and incorporating them in a way that works for you.

Expand your range of healthy choices to include a wide variety of delicious foods. Learn to use guidelines and tips for creating and maintaining a satisfying, healthy diet.

1. **Check your Calorie count and spend accordingly.**
2. Do sufficient **Physical Work/Activity**. Enjoy sufficient **sleep**. Get involved in some sport involving physical work. Reduce sitting over computer and cut down Tv time.
3. **Dietary pattern**- Remove food of animal source and food more rich in high fats mainly unhealthy fats. Strictly no to **trans fats** (hydrogenated vegetable oil) No **Bakery** items.
4. **Nuts and Seeds have healthy fats**. Include handful of nuts in your diet every day don't get scared of them. They are healthy. (As per research*). You cannot find this rich combination of omega-3 fats and fiber in any other food group. This study points to a contribution that nuts and seeds can make to your health, even if you are obese.
5. Remove **heated oil/deep fried oil** from your diet and include avocado, cold press virgin oil.
6. No **food or drink** which has label or packing.
7. Include variety of **fruits, vegetables** (more on leafy vegetables), nuts (including **peanuts**) and seeds in your diet. **Peanuts** are very nutritious. People who eat nuts at least twice a week are much **less likely to gain weight** than those who do not eat nuts. **Chew** your food very well. Take a long time in finishing Chat (15)
8. Maintain optimum level of **Vitamin D3**. Give sufficient exposure to Sunlight on daily basis. If deficient then take proper supplements.
9. Maintain level of **iodine** via minimum iodized salt, seaweeds (as per recommended dosage).
10. Include food rich in **Vitamin B-6** like banana, spinach, garlic, bell pepper, dark green leafy vegetables, and Brussels sprouts. It reduces body inflammation. Blood levels of Vitamin B6 can be checked in the form of **Pyridoxal 5'-phosphate**.
11. More room for **high-quality carbs** and **high-quality fats** (not hgh fats).
12. **Whole Grains and Legumes** Can Help You Succeed in Weight Management. They are typically low-GI foods (scoring low in terms of their Glycemic Index), whole grains and legumes also help regulate and stabilize your blood sugars. These blood sugar benefits are extremely helpful if you are

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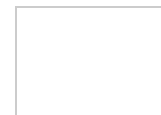

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trying to lose or manage your weight, because they help prevent you from getting caught up in a rollercoaster ride with your blood sugar in which your sugars rise and fall too quickly (or too dramatically), thereby prompting you to want food more often.

13. **Obesity/diabetes/ill health epidemic** is due to **poor dietary choices**: too many **refined foods** and too few whole grains, fruits and vegetables.

14. **Metabolic Syndrome is not "disease" per se**, but rather, a collection of different symptoms that have all been combined as a set of overlapping risk factors for health problems. The included risk factors are high blood pressure, high triglyceride levels in the blood, low HDL cholesterol in the blood, high fasting blood sugar levels, and above average waist circumference.

15. As per current status, consumption of **flax seeds** would help in such case. Seeds are always better than Oil.

16. Did you know that along with its wealth of vitamins and minerals, **cauliflower**, like the other cruciferous vegetables, contains powerful sulfur compounds that have repeatedly been found to help prevent diabetes, heart disease, and obesity?

17. Did you know that **grapes** and **grape products** contain a **health-promoting phytonutrient** called **resveratrol** that not only acts as a powerful antioxidant but activates genes that promote our health in numerous ways, thus helping to protect against heart disease and cancer? Recent studies show that resveratrol, **found in grapes, particularly purple and red grapes**, has powerful health-promoting properties. Much of this research was motivated by what has come to be known as the French Paradox: the interesting phenomenon of the low incidence of heart disease among the French despite their eating a diet high in saturated fats. Increasing evidence suggests that the phytonutrients found in grapes, grape juice and red wine, particularly resveratrol, may be a key to understanding this paradox since these foods are an important part of the French diet.

18. Include **Orange** in your daily life. Consuming vitamin C supplements does not provide the same protective benefits as drinking a glass of orange juice. **Oranges** are an excellent source of vitamin C just one orange supplies 116.2% of the daily value for vitamin C but do you know just how important **vitamin C** and oranges are for good health? Vitamin C is the primary water-soluble antioxidant in the body, disarming free radicals and preventing damage in the aqueous environment both inside and outside cells. Compounds in **Orange Peel** May Lower Cholesterol as Effectively as Statin Drugs. Read more about it. **Amla, Papaya** are yet other good source for **Vitamin C**.

19. Include naturally **fermented food** in your diet, **probiotics supplements** once in six months.

21. Did you know that **raspberries** provide us with a wider diversity of antioxidant and anti-inflammatory phytonutrients than most other commonly-eaten fruits?

22. **Eat more fruit**: Fruit is rich in naturally occurring sugar that can satisfy your craving for sweets. More importantly, most fruits contain fiber and several vitamins and minerals.

23. **Cut out the soda**: If you are a soda drinker, you are getting too much sugar in your diet, plus a lot of other things that aren't good for you!

24. **Leave out the spoonful of sugar**: Many of us add table sugar to hot and cold beverages. To break this habit, start by cutting the amount of sugar you add to your beverages in half, then slowly eliminate the sugar completely.

25. Eating **nutrient-rich whole foods** is one way to provide your body with the full spectrum of nutrients it needs while keeping calorie intake to a healthy level.

26. **Whole Foods, But Not Supplements**, Consistently Protect Against Disease.

27. The **healthy polyunsaturated fats found in nuts** significantly improve the quality of LDL cholesterol and body's ability to process and clear it.

28. **Diets rich in plant foods** are also high in **arginine**, an essential amino acid that research is now beginning to focus on as an essential constituent of **nitric oxide (NO)**. A vasodilator, NO relaxes blood vessels, improving blood flow.

29. The **fiber** in a whole foods diet also lowers serum triglycerides, its potassium and magnesium drop blood pressure and its rich supply of antioxidants, such as vitamin E, protect cholesterol from free radical damage.

30. Foods rich in **soluble fiber**, such as oats, beans, and nuts, have been shown to lower LDL (bad) cholesterol significantly, not only in persons with high cholesterol, but even in healthy subjects.

31. The ideal ratio of **omega-3 to omega-6** is not known, but is estimated to be around 1:2; whereas, the current ratio in the typical American diet is more like 1:25. In order to achieve a more beneficial ratio, it is important to decrease the amount of omega-6 fatty acids in your diet, while increasing the amount of omega-3 fatty acids like EPA, DHA, and alpha-linolenic acid. This can be accomplished by reducing your consumption of meats, dairy products, and refined foods, while increasing consumption of the omega-3 rich foods such as flaxseed, walnuts, and leafy green vegetables. **Coconut** has healthy Saturated Fat (MCFAs). You should include **Virgin Coconut Oil** or **Young Coconut Meat** in your diet. **Cashew** and other **nuts** have healthy monounsaturated fats. **Saturated Fat found in food of Animals Sources** is very dangerous for health.

32. **For Children** -- Adolescence is a period of rapid physical, emotional, intellectual, and social maturation. To support this growth, teenagers need extra calories, calcium, and iron, and sufficient protein. Teenage eating habits are influenced less by parents and family, and more by peers, media messages, and body image issues.

Many teens consume too much **fat**. Like adults, the diets of teenagers should contain no more than 30% of calories as total fat and 10% of calories as saturated fat. Teens should **limit high-fat junk foods**, and include foods containing essential fatty acids including walnuts, flaxseeds, pumpkin seeds, sunflower seeds.

Nearly half of all skeletal growth occurs during adolescence. As a result, large amounts of **calcium** are needed during the teenage years. To ensure proper absorption and utilization of the **calcium, vitamin D** is also needed.

Teenage males and females have increased requirements for **iron**. For boys, the increase in muscle mass that occurs during adolescence is accompanied by greater blood volume. In females, iron is lost during the monthly cycle.

Zinc is essential for growth. Mushrooms are good source for it.

B vitamins -Large amounts of the B vitamins thiamin, riboflavin, and niacin are needed to meet the energy requirements of teens.

33. **Vitamin K** levels appear to decrease with **age** and because vitamin K is important for maintaining the strength of bones, the elderly should include foods containing vitamin K in their diet. Excellent food sources of this vitamin include spinach, Brussel sprouts, cauliflower, broccoli, chard, carrots, asparagus, and snow peas.

34. **Elderly individuals** may need additional **chromium** in their diet. Chromium facilitates the movement of glucose from the bloodstream into the cells, thereby lowering blood sugar levels. Food sources of chromium include brewers yeast, onions, whole grains, bran cereals, tomatoes, and potatoes.

35. It is important, therefore, for **elderly people** to consume nutrients important for **bone health**, including calcium, vitamin D, and vitamin K. Calcium is important for maintaining the strength and density of bones. Inadequate intake of calcium in elderly individuals may lead to more rapid breakdown of bone, resulting in osteoporosis. Many elderly individuals may not **absorb calcium because they lack stomach acid**, which is necessary for calcium absorption.

36. To help prevent heart disease, **age-related macular degeneration, cataracts**, and **cancer**, elderly people may need additional antioxidant nutrients, including vitamin E, vitamin C and the carotenoids, to protect their cells from free radical damage. Food sources of these nutrients include dark green leafy vegetables and a variety of fruits.

37. **High dietary intake of folic acid, vitamin B6, and vitamin B12** is known to lower blood levels of homocysteine, a by-product of metabolism that can cause damage to artery walls.

38. **For married couples:-** Obesity is also the **lack of sexual and emotional Love nourishment**. The body attempts to compensate for the lack of this energetic nourishment by consuming 'food' in other sources such as 'sweet things' etc. The natural desire for satiation is the bodies energetic manifestation for the conclusion of sexual creation. Feed your spirit and soul [with the bountiful touch and sensual loving energy we each need to survive]. Partake of your natural birthright and let those who judge from their lack attend to their own. *goes off to have a sexual snack*

39. **Water** - Drink clean water. Drink more after getting up. It should be first drink after the day.

40. **Timings of meals**- Eat on fixed timings. Don't eat very late in the evening. Don't escape breakfast.

41. Get involved with **Yoga-Meditation**. And be **positive, optimistic** and **smiling** in all conditions.

* Jiang R, Jacobs DR Jr, Mayer-Davis ES et al. Nut and seed consumption and inflammatory markers in the multi-ethnic study of atherosclerosis. Am J Epidemiol 2006 Feb 1; 163(3):222-31.

Compiled from various sources, books.

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