

DIET FOR WEIGHT LOSS - Shed those extra kgs.....

Maintaining a healthy weight is all about taking a healthy diet i.e. balancing your total food intake, regular eating patterns and a healthy lifestyle.

As soon as your trousers get tight and you feel that extra flab on your waist, the word “CALORIES” starts haunting your mind. But a weight loss diet is not only about calories. There is much more to it.

It is not only the quantity of calories that matters, but the source from where those calories are coming, also the timing of meals and meal pattern also effects a lot. Though you may not be eating too much, but just take a quick recall- ARE YOU EATING RIGHT??

This is what a “Healthy Diet” is called as. A well balanced, a low calorie and a low fat diet constitute a Healthy Diet. Here are some practical Points to ponder for a weight loss diet:

- Most important for a diet for weight loss, cut down on junk, sweets and fried foods from outside. They are nothing but a source of empty calories.
- Take complex carbohydrates like oats, whole wheat flour, dalia, whole wheat breads and pastas. Avoid all refined foods like maida, white bread, white rice and noodles.
- A weight loss diet is necessarily a high fiber diet. Take lots of fruits and vegetables in the form of soups, salads, raitas. Include at least 5-6 servings of fruits and vegetables in a day.
- Switch to low fat dairy and dairy products.
- Avoid red meat, choose lean meats like chicken and fish which are low in fat as well as cholesterol.

- A weight loss diet needs you to drink plenty of water- take atleast 10-12 glasses of water in a day.
- Take whole pulses and legumes and soya products. They not only are high in proteins but other nutrients also.
- Avoid too much of processed and ready to eat foods like pickles, sauces as they are full of preservatives and hence sodium. Instead go for home made coriander chutneys.
- Take lots of green leafy vegetables as they are the powerhouse of many vitamins and minerals.
- Eat small portions at frequent intervals. Never give long gaps in between your meals.

A healthy diet complemented with some physical activity is all what you need to do to shed extra weight from your body. Following a proper diet for weight loss requires strong determination.

By:-

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