

SIMPLE GUIDELINES ON REDUCING WEIGHT AND CHOLESTEROL

Aims: **Customized for**

- Healthy eating pattern, and maintain appropriate body weight
- Desirable cholesterol profile and blood pressure
- Achieved by modified macro-nutrient diet, and
- Exercise, & life-style modification (quit smoking and drinking)

Why: Controlling weight, LDL (non-HDL) cholesterol & Triglycerides decrease:

- Coronary heart disease or other cardiovascular disease
- Diabetes mellitus, insulin resistance or metabolic syndrome
- Obesity and its consequences

Diet depends on whether you have any other medical disorders such as hypertension (low salt), chronic kidney (low protein), liver disease, etc.

Avoid: High energy density food; especially buffets and second servings

Saturated Fats - include whole milk dairy products, coconut oil, margarine, palm oil and coca butter, etc.

Avoid Hydrogenated Oils – solid and saturated oils/fat, lard

Avoid burnt (charcoaled) part of barbecue, fried and over-roasted food.

Eliminate Trans-Fat – avoid frying; read small prints on food labels

Fat containing meat – avoid pork, lamb, and beef

Replace saturated fats with polyunsaturated or monounsaturated fat.

Control your portion size.

Limit: *Your portion size, quantity and calorie intake:* fatty food & fried food.

- minimize **starch** and **refine sugar**: rice, bread, pasta, pastry, etc.
- 'egg yolks', two or less per week. Egg whites (protein) are okay.
- eating shrimps, crab, etc.
- liver - one 3 oz. serving per month as it is high in cholesterol, but is a good source of iron, vitamin A and D.
- cholesterol intake to less than 200 mg/day (< two egg yolks a week).
- < 30% of total calories from fat.
- salt intake especially for sodium restricted diets (don't add salt to diet; avoid salt containing chips)

Choose: Low energy density and low glycemic food (fruits and vegetables)

Polyunsaturated fats - sunflower oil, corn oil and soybean oil, etc.

Monounsaturated fats - olive oil, canola (rapeseed) oil.

Choose skim milk and non-fat dairy products.

Eat lean meat & fish: Remove skin/trim visible fat off meat. Bake, broil, roast, or grill, instead of frying; set meat on a rack when cooking to allow fat to drip off the meat.

Eat: a fruit before a meal; *high fiber* containing, satiable, voluminous food.

Stick to a diet: that is **practical and can be sustained** long-term

Remember; 3,500 k Cal = 1 pound of weight; Aim to cut 300-400 cal a day.

Eat plenty of vegetables (fresh green vegetables, salads & fruits-daily)

Energy Intake = Energy output = (stable weight)

Calories (food) intake (should = to) = Exercise + Basic metabolic rate

Excess calorie intake makes you fat; eat fewer calories to lose weight

Too much calorie intake, and/or too little exercise = Over-weight/ Obesity

General Advice on Weight Reduction:

- Special diets will work only when followed; but most people cannot adhere to such in the longer term.
- There is a huge discrepancy between what people think they eat and what they actually eat. So be conscious of what you eat
- Eat regularly, small(er) meals/snacks, small portion size, & avoid binging
- Set realistic goals (i.e., to lose 2-3 lbs per month) – No second servings
- Watch for calories: know your triggers/cravings and avoid them
- Beware of calories in beverages (both soft drinks and all types of alcohol)
- Feel full on fewer calories - eat plenty of non caloric foods such as green leafy vegetables & salads, fruits, lean chicken, turkey, and fish
- Consider calorie-free beverages, such as water, unsweetened juices, tea, diet drinks, etc. Each can or a bottle of soft drink may contain between 100-300 calories; so cutting down of one soft drink a day may reduce your caloric intake more than 1,000/week! Drink plenty of water.
- Choose fiber-rich food with adequate calcium and protein.
- Eat when you are hungry; have smaller meals (small portions), more often
- It is OK to take a daily multi-vitamin/mineral supplement tablet; however, vast majority of us do not require any additional supplementation including vitamin C, E, etc. (except vitamin D). Too much of anything can be harmful
- Develop your vocabulary with positive thinking (i.e., you want to; you can; you will). Be pro-active on health issues. Watch less TV and be active.
- Find and develop a hobby such as walking, gardening, games, etc.
- Eat well and healthy; reward yourself for success.
- Changing behavior can overcome the genetic potentials of obesity.

Enjoy plenty of exercise:

Aim: 30 to 45 minutes of weight bearing exercises; 'fast walking' every day:– Target: 3-4 miles per hour, or use a treadmill at the same speed with 2-6 degrees inclination. Faster you walk; faster your metabolism will get adjusted to burn higher amounts of calories. This leads to less obesity, diabetes, and arthritis. **Calories burn = your weight x walking speed²** (higher the speed of walk/intensity of exercise, higher amount of calories will burn). You may do exercise activities in the morning and evenings. You can do

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