DIET CHART FOR OBESITY

Obesity is defined as a   condition generalised accumulation of   excess body fat in the body leading to more than 20% of desirable weight.

Remember :-
*   Have regular meal times. Irregular eating habits put a lot of fat on   the body.
*   Try to keep healthy snacks at home like Fruits, Vegetables and   sprouts instead of   biscuits, cakes fried snacks and other   Fast foods.
*   Eat slowly, chewing the food properly.
*   Avoid drinking of Alcohol and smoking.
*   Donot read or watch television while eating., You will land up eating   more than you   do other wise.
*   Handle stress in a positive manner through exercise, yoga and   meditation.
*   Check BMI regularly

TO BE TAKEN	TO BE AVOIDED
Horse gram	Milk & Milk products
Green Gram	All meat items (Red meat)
Barley Rice	Black Gram (Uludu)
Fried Paddy /Rice	Oily and spicy foods
Cucumber (in whole form) ,Kunduru/ Tindi/Tindoda(Kovakka)	Bakery foods, Sweet
Watermelon (In whole form)	Curd
Pineapple(In whole form). Fruits,whole grains, Lean meat	Ghee
Fenugreek (Methi)	Alcohol, Soda, Fruit drinks
Green salads /Leafy vegetables/Lemon water with honey, Ginger/Garlic/turmeric/ Curry Leaves	Pickle,Pappad, Potatos fried
All food items which have reduced Calorie contents are suitable in obesity	
ACTIVITIES	
1	Do 45 – 60 minutes brisk walk as per body status in morning & evening	Day time sleep
		Full stomach food intake
2	Fasting intermittently(Upavasam)	Cold water bath
3	Do Exerted and hectic journey as per the health.	Rejuvinating therapies
	Coffee (caffeine stimulate burning of at & suppress apatite Low calorie . low fat diets Grape fruit.	No Junk Food