Basic Nutrition Information for Overweight and Obese Individuals



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Basic Nutrition Information for Overweight and Obese Individuals



Obesity is the excessive accumulation of fat in the body resulting from high calorie food intake with low physical activity. Obesity has been correlated with different diseases e.g. Diabetes, hypertension, hyperlipidemia, heart diseases, some types of cancers etc...

Weight reduction should be a primary health target for obese individuals, with or without these complications.

What is the caloric value of food?

Calories express the amount of energy generated from each type of food. Eating too much of high calorie food provides the body with energy more than the body needs. This extra energy is converted to fat, stored in the body and result in overweight and obesity.

The energy contents of the main nutrients in food are:

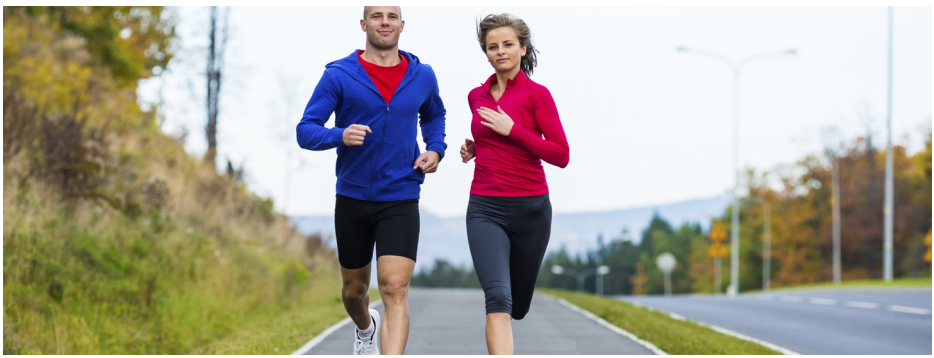
Fat	= 9 calories in each gram
Carbohydrates	= 4 calories in each gram
Protein	= 4 calories in each gram

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General guide lines for weight reduction:

1- Life style Change

- Be ready not only to lose weight, but also to change your dietary habits and life style to maintain the weight you attained, which has a positive impact on your health.
- Rapid weight loss in a short time period is unhealthy and weight that was attained will hardly be maintained. Be realistic. Try to lose about 1kg per week
- Start your weight reduction program by avoiding high calories foods, as it is clear in the attached table
- Distribute your food into 3 main meals and 2-3 snacks in between, with maintaining a regular timing
- Avoid over eating and stick to specific portion size using small utensils, eat slowly and chew your food properly
- Reading the food label helps in selection of suitable food items and calculating calorie contents
- Keep time for daily regular exercises not less than 30 minutes (continuous), if you are unable to do so, do it in bouts of 10 minutes 3 times a day
- Respect your body, walk faster and more often, increase gradually your indoor physical activity
- During weight reduction the body will lose water faster than fat, so keep consumption of adequate amount of water 8-10 cups/day, it helps in weight loss and cleans your body from waste products



2- How to choose your food?

- Reduce fat intake, and make sure to be from vegetable sources like (olives oil, corn oil, sunflower oil, soy oil, and canola oil), and avoid solid fat
- Follow the healthy ways in food preparation as grilling, boiling, steaming, and backing. Avoid fried and fatty foods
- Consume the recommended amount of protein while dieting by taking good protein sources like (chicken, fish, meat, cheese, egg, and legumes). But don't consume egg more than 3 times a week
- Fiber rich foods e.g. (fruits, vegetables, and whole grain breads and cereals) provide satiety and they are good sources of vitamins and minerals. Include them in your meals
- Starchy foods are required to provide your daily energy needs, consume the recommended and avoid overconsumption
- Avoid simple sugar, sweets, sweetened juices, and soft drinks
- Reduce consumption of appetizers; it is rich in salt and promote over consumption of foods





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Foods Grouped According to their Caloric Contents

Food Group	High Calorie
Cereal and cereal products	Pastry, pies, cakes,sambousa
Milk and milk products	Full-fat (milk and milk products)
Egg	Egg yolk Fried egg
Fat and oil	Butter, margarine, gee, oil,tahina,all fried foods
Meat and meat products	Fatty meats, poultry skin, sausages, processed meats. All kinds of fried meats
Fish	Oil canned fish, Fried fish
Vegetables	Fried vegetables and potato Vegetables cooked with fatty meat, chips
Fruit	Avocado, dried fruit, Canned fruit, Sweetened fruit juices
Nuts and seeds	All nuts, all seeds, peanut butter
Sugar, and sweets	Sugar, all sweets& chocolates, honey, jam, marmalade
beverage	Chocolate drinks, Milk shakes, Soft drinks, Sweetened juices Energy drinks
Sauces, soups and miscellaneous.	Mayonnaise, regular salad dressing, pickles canned with oil chicken,meat,&beef stocks

Medium Calorie	Low Calorie
Bread, pasta, rice, unsweetened wafer biscuits, and breakfast cereals	Bread and biscuit made from whole grains
Low fat (milk and milk products)	skimmed (milk and milk products)
Whole boiled egg	Egg white
Low fat mayonnaise, and salad dressing	" " " " "
Lean meat, skinned poultry	" " " " "
Grilled or coked with less oil fish Brine canned fish	" " " " "
Potatoes and sweet potatoes. Legumes (fava beans, chickpeas....) Sweet corn, Carrot, Beet root	-boiled, steamed, or grilled vegetables -fresh vegetables and salad
Banana, grape, mango, unsweetened fruit juices	All other fresh fruits
	" " " " "
Unsweetened low fat or skimmed milk shakes	Tea, coffee, tomato juice, diet soft drinks
Full fat soups and sauces	Low fat soups and sauces All spices

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Suggested Meal Plan for 1200 Kcal/Day

Meals	Number of exchanges within the meal	Suggested Menu
Breakfast	• 2 Starch • 1 Milk • ½ Vegetable • 1 Meat • 1 Fat	• 2 slices bread or 1small loaf of bread • 1 cup low fat milk or yogurt • 100g tomato or cucumber or lettuce • 2 table spoons low fat labnah or cheese or 1 boiled egg • 1 teaspoon olive oil, or 8 medium size olive pickle
Snack (1)	• 1 Fruit	• 1 apple or ½ of banana • 1 cup tea or coffee without sugar
Lunch	• 2 Starch • 1 Vegetable • 2 Meat • ½ Milk • ½ vegetable • 2 Fat	• ⅔ cup rice or macaroni • 1 cup vegetable salad or ½ cup cooked vegetable • 60 gm fish or chicken or meat • ½ cup low fat yogurt • 1 cup vegetable soup • 2 teaspoon of veg. oil for cooking
Snack (2)	• 1 Fruit	• 1 orange or pear
Dinner	• 1 Starches • 1Vegetable • 1 Meat • ½ Milk	• 1 slice bread or ½ cup corn flakes • 1 cup salad or ½ cup sautéed vegetable • 30 gm of tuna or low fat cheese or ¼ cup hummos or foul • ½ cup low fat yogurt or laban
Snack (3)	• 1 Fruit	• 12 piece of grapes

Suggested Meal Plan for 1500 Kcal/Day

Meals	Number of exchanges within the meal	Suggested Menu
Breakfast	• 2 Starch • 1 Milk • ½ Vegetable • 1 Meat • 1 fat	• 2 slices bread or 1small loaf of bread • 1 cup low fat milk or yogurt • 100g tomato or cucumber or carrot or lettuce • 2 table spoons low fat labnah or cheese or 1 boiled egg • 1 teaspoon olive oil, or 8 medium size olive pickle
Snack (1)	• 1 Fruit	• 1 apple or ½ of banana • 1 cup tea or coffee without sugar
Lunch	• 3 Starch • 2 Vegetable • 3 Meat • ½ Milk • ½ vegetable • 2 Fat	• 1 cup of rice or macaroni • 1 cup cooked vegetable • 90 gm fish or chicken or meat • ½ cup low fat yogurt • 1 cup vegetable soup • 2 teaspoons corn oil
Snack (2)	• 1 Fruit	• 1 orange or pear
Dinner	• 2 Starch • 1 Vegetable • 1 Meat • ½ Milk • 1fat	• 2 slices bread or 1 cup corn flakes • 1 cup salad or ½ cup sautéed vegetable • 30 gm tuna or low fat cheese or ¼ cup hummos or foul • ½ cup low fat yogurt or laban • 1 teaspoon olive oil
Snack (3)	• 1 Fruit	• 1 orange or 12 piece of grapes

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Suggested 1800 Kcal/Day

Meals	Number of exchanges within the meal	Suggested Menu
Breakfast	• 2 Starch • 1 Milk • ½ Vegetable • 2 Meat • 1 Fat	• 2 slices bread or 1small loaf of bread • 1 cup low fat milk or yogurt • 100g tomato or cucumber or lettuce 2 food items from the following: • 2 tablespoons low fat labnah • 2tablespoons low fat cheese • 1 boiled egg • 1 teaspoon olive oil, or 8 medium size olives pickle
Snack (1)	• 1 Fruit	• 1 apple or ½ of banana • 1 cup tea or coffee without sugar
Lunch	• 3 Starch • 1 Vegetable • 3 Meat • ½ Milk • ½ vegetable • 3 Fat	• 1 cup rice or macaroni • 1 cup cooked vegetable • 90 gm fish or chicken or meat • ½ cup low fat yogurt • 1 cup vegetable soup • 3 teaspoons of corn oil
Snack (2)	• 1 Fruit • ½ milk	• 1 orange or pear • ½ cup low fat laban
Dinner	• 2 Starch • 1 Vegetable • 1 Meat • ½ Milk • ½ vegetable • 1 fat	• 2 slices bread or 1 cup corn flakes • 1 cup salad or ½ sautéed vegetable • 30 gm low fat cheese or tuna or ¼ cup hummos or foul • ½ cup low fat yogurt or laban • 1 cup vegetable soup • 1 teaspoon olive oil
Snack (3)	• 1 Fruit • 1 Starch	• 1 Orange or 12 pieces of grape • 2 pieces plain biscuit • 1 cup Tea without sugar



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