

## **For a Successful Weight Loss**

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### **For a Successful Weight Loss:**

It is important to note that lifestyle and behavioral changes are necessary to be successful with your weight loss journey.

1. **Eat three meals a day and limit unnecessary snacking in-between meals.** The success of weight loss depends on what you are eating. Unhealthy snacking in-between meals (e.g. sweets, cookies, etc.) or eating frequently may prevent successful weight loss or cause weight gain due to excess calorie intake.
2. **Eat slowly and chew your food until LIQUID.** It is very important to chew very thoroughly...**until it's liquid.** Also, remember to cut your food into small pieces before eating it.  
Try waiting one minute in between bites. Allow at least 30 minutes for a meal
3. **Avoid concentrated sugar. Keep sugar out of the first 3 ingredients on the food label.**  
The number of sugar grams on the label includes both added and natural sugars; therefore, it is important to read the ingredients to find out what type of sugar the food contains. Aim to keep the “sugars” down to 15 grams or less per serving to help limit “empty calories” in your diet.

**Avoid these simple sugars, especially if within the first 3 ingredients** on food labels: sugar, dextrose, high fructose corn syrup, corn syrup, glucose, sucrose, molasses, and honey. .

Note: Artificial sweeteners such as nutrasweet/Equal®, saccharine/Sweet & Low®, and sucralose/Splenda® are acceptable to use.

4. **Limit high fat foods.** Low fat is 3 grams or less per serving on a food label.  
Examples of high fat foods: potato chips, fried foods, fast food, cream soups, sweets, donuts, cakes, cookies, and pastries.
5. **Stop eating when you feel comfortably satisfied**
6. **Drink adequate fluids to prevent dehydration.** Aim for 2 litres (6-8 cups) of fluid per day. Sip on your beverages, no gulping! Avoid carbonated beverages, beverages containing sugar and alcoholic beverages.  
Tips:
  - Wean off carbonated and caffeinated beverages before surgery to help prevent withdrawals.
  - Choose beverages with **10 calories** or less per serving.
  - If plain water sits heavy and you are having problems tolerating it add a dash of lemon or green tea bag as flavoring (e.g. Lemon or orange slice, etc.)

**Increase your fluid intake if any of the following signs are present: dark urine, headache, dizziness, lethargy, a white coating on the tongue.**

7. **AVOID eating and drinking at the same time.** Avoid drinking with your meal, then wait at least 30 minutes after a meal to resume drinking.

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8. Choose your food choices wisely. Protein should be consumed first at each meal, then vegetables and fruits, then “whole” grains.
9. Exercise! Aim for at least 30 minutes every day. Exercise helps maintain long term weight loss. Even 5 minutes at a time, as tolerated, is a start, and increase the time and frequency as tolerated.

### **Day 1 of the cyclic weight loss Meal Plan**

**On rising-1 cup green tea with lemon and honey + 5 almonds**

#### **Breakfast (9-9.30am)**

- 1 Cup Skim Milk
- 1 cup papaya(12-14 cubes)
- 1 Cup oats porridge / wheat flakes/ muesli

11.00am 10 surya namaskars

#### **Morning Snack(11.30am)**

- 1 Cup musk melon

#### **Lunch (1.30-2.00pm)**

- 1 glass buttermilk
- 2 phulkas (atta kneaded using milk or curd)
- 1 Cup curd + 1 cup masoor dal with lemon
- ½ cup gobhi

3.00pm – nap(optional)

#### **Afternoon Snack (4.00-4.15pm)**

- 2 Tablespoons murmura channa
- 1 cup tea

#### **Dinner (7.30-8.00pm)**

- 1 bowl veg soup + 1 plate tossed salad
- 1/2 Banana, small

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**8.30-9.30 pm stroll in the campus**

**10.00pm 1glass buttermilk/ green tea**

### **Day 2 of the cyclic weight loss Meal Plan**

**On rising-1 cup green tea with lemon and honey + 5 almonds**

**Breakfast (9-9.30am)**

- 1 Cup Skim Milk
- 1 Banana, small
- 2 slices of bread- multigrain with cucumber and tomatoes with green chutney spread

11.00am – (20 min workout) 5 min spot jogging + 10 mins stretching exercises with yoga+ 7 surya namaskars

**Morning Snack (11.30am)**

- 1 apple medium sized

**Lunch (1.30-2.00pm)**

- 1 glass buttermilk
- 2 phulkas (atta kneaded using milk or curd)
- 1 Cup curd + 1 cup moong dal with lemon
- ½ cup palak tamatar

3.00pm – nap(optional)

**Afternoon Snack (4.00-4.15pm)**

- 1 cup tea with 2 multigrain /oats biscuit

**Dinner (7.30-8.00pm)**

- 1 Cup Steamed vegetables
- 1 bowl soup
- 1 mausambi

**8.30-9.30 pm stroll in the campus**

**10.00pm 1glass buttermilk/ green tea**

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### **DIETARY ADVICE FOR HEALTHY LIFESTYLE**

A balanced healthy diet, rich in vitamins and minerals, encourages the production of connective tissue. It makes good sense to choose your foods wisely! Watch out the copper intake it needs to be optimum and magnesium in the diet.

1. Consume milk at least 500ml per day(including coffee, tea, curd and buttermilk), preferably toned or double toned
2. Use the whole grains and pulses rather than refined cereals like Maida.
3. Judicious intake of Roots and tubers (like potatoes, Colocasia, sweet potato, yam, etc).
4. Prefer taking fruits over the juices. The low calorie fruits like- Apple, Papaya, Pear, Peach, Oranges, Sweet Lime, Melons, Pomegranate, Orange, Guava.
5. Select snacks that are roasted like Roasted Channa, Puffed Rice, and Avalakki (Beaten rice prepared at home).
6. Prefer consuming at least 2 liters of water everyday.
7. A Gap of 2hrs after dinner is required, avoiding going to bed immediately.
8. Cultivate the habit of having food in smaller intervals and in small quantity, like 3 major meals and 3-4 small snacks in between (fruits, salads and buttermilk).
9. Include white meat only that is Chicken, Fish and Egg white only in the grilled, boiled and in the curry form.

### **AVOID**

1. Extra sugar in the form of excess Coffee, Tea, Sweets, Glucose, Honey, Jams, Jellies, Candies, Ice creams, Soft Drinks and other sweetened beverages.
2. Avoid deep fried items and bakery products on a daily basis.
3. Avoid red meat like lamb (mutton), egg yolk, prawns, and crab and organ meat.
4. Dried fruits like groundnuts, Pistachio, Coconut, and Cashews etc.
5. Fruits like Avocados, Mango, Grapes, Custard Apple, Jack Fruit and Big banana on a regular basis.
6. Extra salt on the table (top salt), daily consumption of ready to eat foods, processed foods, salted nuts, and salted fish which contains salt as a major preserving agent.