

Tips for weight loss

.....Dr. Z. M. Vaid

- Start eating in small plates
- Eat 5-7 times a day small meals... but should be nutritious.
- 75-25 rule. **Eat until 75% full**
- Eat a good breakfast (preferably cereal based) but not late-night snacks.
- **Just before each meal.**
 - **2 glasses water**
 - Salads or soups or buttermilk (diluted) or fruits or nuts
- Determine what you would eat at the start of each meal and limit yourself to that.
- Meal should be finished **slowly** over 20 mins or more with chewing food properly.
- Reduce the chappatis in your meal by half ideally not more than 2 per meal.
- Better to substitute wheat by soya flour for the chapatis. Whole grain flour another option.
- Have more vegetables. Fish and chicken can also be had but lean and grilled or boiled. Fried/oily to be totally avoided.
- Rice and potatoes when had should be done in limited quantities.
- Stop all fried, junk food, packaged snacks & cold drinks
- Sweets, chocolates to be omitted completely. Substitute with fruits.
- Oil usage should be strictly limited; not more than 1/2(half) litre per person per month. No fried foods except 2 days a month.
- Avoid foods that contain highly processed fats, sugar, and other refined carbohydrates.
- Avoid milk and dairy products.
- Decrease milk base tea or coffee; 5 cups of green tea per day without milk is ideal.
- Sleep at least an extra hour more than what you usually do. 7-8 hrs a day ideal
- Give yourself 2-3 days or 4-6 meals in a month when you disregard all of the above instructions and have whatever you like. Treat this as a prize for yourself for being strict on all of the above rules all of the other days.
- Contact your doctor for Vitamins, Meal Supplements, Herbal options, and drug options along with the above.