

HEALTHY EATING

Healthy eating builds a healthy body and is important for maintaining a healthy body weight. Healthy eating means eating a variety of foods, from all food groups, containing a balanced mix of nutritional components. In order to understand how to eat healthy, we should first understand the essentials of a healthy diet.

Any food we eat contains some of the following nutritional components: carbohydrates, fats, proteins, minerals and vitamins, and water.

Nutritional Guidelines

In general, the food we eat can be broken up into 5 different groups: (1) dairy products, (2) meat, chicken fish, dry beans, eggs and nuts, (3) fruits, (4) vegetables and (5) bread, rice and pastries. While each element plays an important role in supplying our body with energy, certain food groups are more important in providing us with nutrients on a daily basis. So, it is advisable to follow the following guidelines in choosing your diet:

- 11.5% dairy products
- 11.5% meat- chicken- fish- dried cereals- eggs & nuts
- 15% fruits
- 20% vegetables
- 42% bread- rice & pastries

Personal energy needs

In addition to making sure your diet contains the right amount of each food-group, depending on the amount of activity in your life you will need to adjust the amount of energy you need to maintain a healthy weight.

- active person= weight 40*
- moderately active= weight 37*
- not active= weight 34*

And usually a normal person needs average weight of about 2960 calories

Measuring Tape

Finally, a clear way to find out if your weight is within guidelines or in the danger zone is by using a measuring tape. The measuring tape is one of the techniques used to measure weight as it measures your waist circumference.

Gender	Moderate danger	High danger
Males	More than 94 cm	More than 102 cm
Females	More than 80 cm	More than 88 cm

Ways to regain a healthy weight

Healthy Diet

Following a healthy diet system is the most important method for weight reduction. Each person is recommended to follow the diet system that is most suited to his medical status and condition.

Exercise

Any attempt to lose weight and maintain a healthy diet should be accompanied by practicing sports and exercise. When taking up exercise again, you might feel fatigue and nausea at first, this will disappear after a few minutes, and you will start to regain your energy.

Weight Loss Medication

While weight loss medication are considered an effective method for weight loss if used alongside a healthy diet, only certain formulas are authorized by the World Health Organization (WHO) and Food and Drug Administration (FDA).

The FDA have approved Sibutramine (Sibotrim capsules) (in 1997) and Orlistat (Orly capsules) as weight loss medication. Sibutramine is a powerful satiety enhancer to control overeating. Orlistat is considered to be the newest substance internationally approved by the FDA, reducing your weight in an effective and safe way by decreasing the absorption of dietary fats.