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Joint Operational Programme
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“PERSONALIZED PREVENTION TOOLS IN OBESITY AND DIABETES” No 2SOFT/4.1/56

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PREVENT OBESITY



- ❖ **Avoid stress** - Chronic stress raises levels of the stress hormone cortisol and leads to weight gain. It can also result in poor dietary choices, as cortisol and other stress hormones can increase “carb cravings” and make it difficult to exercise good judgment and willpower. Look into the many healthy ways to beat stress and find what works best for you. Go for a daily walk, gardening, listen to music you love, get together with friends, or do whatever else relaxes you and brings you joy.
- ❖ **Get enough sleep** -The role of sleep in overall well-being cannot be overstated. This extends to the goal of preventing obesity, too. It is recommended seven or more hours of sleep for adults 18 and over and even more sleep for younger people. Studies have linked later bedtimes to weight gain over time.

❖ **Stop eating fast food** - There are four basic reasons why fast food is linked to obesity: unhealthy ingredients, larger portions, lower cost, convenience (you can always find one in close proximity of your home. This makes it a convenient option than making food at home using healthier ingredients).

❖ **Do physical exercises** - Regular physical activity is important for good health, and it's especially important in maintaining health.

❖ **Eat more fruits & vegetables** - Obesity can be prevented by following basic principles of healthy eating.

- **Eat five times a day:** Focus on eating at least five servings of whole fruits and vegetables every day. Their fiber content in particular helps you feel full with fewer calories, helping to prevent weight gain.

- **Avoid processed foods:** Highly processed foods, like white bread and many boxed snack foods, are a common source of empty calories, which tend to add up quickly. **Reduce sugar consumption:** It is important to keep your intake of added sugars low. **Skip saturated fats:** Saturated fats occur naturally in **fatty beef, lamb, pork, poultry with skin, butter, cream.** Focus instead on sources of healthy fats (monounsaturated and polyunsaturated fats), like olive oil and tree nuts.

❖ **Drink enough water** - Drink more water and eliminate all sugared beverages from your diet. Make water your go-to beverage; unsweetened tea and coffee are fine, too.

❖ **Get rid of bad habits** - Alcohol consumption is injurious to health. More than that alcohol consumption adds hundreds of calories and eventually makes you fat. If you drink respectably, you can control weight gain. In fact, there are many alcoholic beverages like red wine, which when savored in right quantities can also help in losing weight. Alcohol consumption also increases your eating capacity, which means that you eat more than your normal diet. This too adds to weight gain!

❖ **Less TV** - Watching television while eating can make you fat too. This is because your mind gets distracted from eating and it doesn't realize when it needs to stop eating. If you too have this habit, try and keep a tab on how much you eat while watching television. For eating food and gaining weight is the easiest activity. Losing weight and keeping a tab on your eating habits, on the other hand, make for the hardest activities. Moreover, the time spent in front of TV decrease physical activity.