



ObesiTalks

Understand. Assess. Act.

NUTRITION THERAPY PRINCIPLES

Principles of dietary management



Energy intake

Negative energy balance

Calorie deficit of about 500 kcal/day

Medical nutrition therapy for obesity



Weight optimization



Weight maintenance



Prevention of malnutrition

Short-term:
0.5-1 kg loss per week

Long-term:
Further weight reduction, if required

Intermediate:
Maintenance of weight

Ensuring adequate protein and micronutrient intake

Dietary approaches



Calorie-restrictive diets with maintenance of macronutrient balance

Low-carbohydrate diets



Increased dietary protein intake

High-fat diets with low carbohydrate load



Carbohydrates

- Decrease intake by 10–15%
- High-fiber, low-glycemic index diet

Proteins

- Increase intake by 10%; maximum 1 g/kg/day

Fats

- Limit visible fat intake to a minimum
- Restricted dietary cholesterol and saturated fat intake
- Minimum intake of trans fats

Micronutrients

- Adequate intake of micronutrients from dietary and other sources

Types of nutrients/nutrition

Mega nutrients

- Water
- Other fluids
- Fluids in foods

Macronutrients

- Carbohydrates
- Fats
- Proteins

Meso nutrition (Specific types of macronutrients)

- Protein structure: Essential amino acids, animal proteins
- Carbohydrate structure: Complex carbohydrates, fiber
- Fat structure: Essential fatty acids, unsaturated fatty acids

Micronutrients

- Vitamins
- Minerals
- Electrolytes

Microbio nutrition

- Prebiotics
- Probiotics
- Phytochemicals

Minimize use of antinutrients

- Toxic substances
- Inhibitors of absorption

3x3x3 diet plan

3+3 meal plan in a day

3 major meals
3 minor meals

1/3

Cereals, starchy vegetables

1/3

Fruits, green vegetables

1/3

Dairy, non-vegetarian, daal



Use 6 inch diameter plates for cereals

3 inch radius chapati

3 inch diameter bowls for curries

3 finger-breadth size vegetable serving