

## Maintenance of obesity by diet control.

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### Description

Obesity is a prevalent health problem characterized by a high body fat percentage. Obesity is defined as a body mass index (BMI) of 30 or greater. Some people struggle to lose weight for a variety of reasons. Obesity is typically caused by a mix of genetic, physiological, and environmental factors, as well as nutritional, physical activity, and exercise choices. Maintaining weight reduction necessitates a different strategy than losing it. You can do it, and you can make it simpler by listening to others who have been there and lost weight for years, if not decades. It's no secret that the number of calories consumed has a direct impact on a person's weight: Consume.

### Discussion

When you eat when you're not hungry, you risk overeating. This extra energy is eventually deposited as body fat, which can contribute to obesity. Encourage your youngster to eat just when he or she is hungry and to chew more slowly to aid digestion. Whole grains, vegetables, fruits, and nuts, for example, appear to help with weight control as well as disease prevention. Many of the foods that increase illness risk refined grains and sugary drinks, for example also contribute to weight gain. According to conventional opinion, because a calorie is a calorie regardless of where it comes from, the greatest advice for weight loss is to eat less and exercise more. Some meals and eating habits make it simpler to control calories, while others make people more prone to overeating. The percentage of calories from fat, protein, and carbohydrate does not appear to matter for weight loss when patients eat regulated meals in laboratory research. There may be some benefits to a higher protein, lower carbohydrate approach in studies where participants may pick what they eat. Low-fat diets are generally high in carbohydrate, especially from quickly absorbed foods

like white bread and white rice. Weight gain, diabetes, and heart disease are all linked to diets high in these items.

### Conclusion

Modest weight loss can improve or prevent the health problems associated with obesity. A healthier diet, increased physical activity and behavior changes can help you lose weight. Prescription medications and weight-loss procedures are additional options for treating obesity. For most people, BMI provides a reasonable estimate of body fat. However, BMI doesn't directly measure body fat, so some people, such as muscular athletes, may have a BMI in the obesity category even though they don't have excess body fat. Obesity-related health problems can be improved or avoided with modest weight loss. Weight loss can be aided by a healthier diet, more physical activity, and behavioural changes. Obesity can also be treated with prescription drugs and weight-loss treatments. BMI offers a reasonable measure of body fat for the majority of people. However, because BMI does not directly measure body fat, certain persons, such as muscular athletes, may have a BMI that falls into the obesity group despite having no excess body fat.

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