



## *The Medical **Bulletin***

### **Diet Corner**

#### **Weight Loss**

1. Diets for weight loss need to lower in calories as compared to what is consumed by an individual now.
2. It's important to understand what patient is eating now and then give suggestions
3. Extreme diets (which involve total avoidance of a nutrient group like fat free, low carb-ketogenic) should be avoided as they are not sustainable for long period of time.
4. Weight loss by definition is loss of 5% of initial body weight which is maintained for a year.
5. Gradual reduction of calories is important so that following diet becomes easy
6. Motivation is the most important parameter that drives weight loss as it is a gradual process. If motivation is lost weight bounces back.
7. Diets planned should have enough fibre and protein to ensure satiety
8. Instead of prepackaged food emphasis should be placed on fresh vegetable and fruit.
9. Exercise is also important facet in weight loss – as it maintains cardiorespiratory fitness and helps in maintaining muscle mass

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