

N- Consult

Dear Aprajita,

Thanks for writing in to us. We have gone through all the information provided by you and have created a diet especially for you.

Here is your detailed diet program packed with a whole lot of tips and useful information to promote healthy and holistic weight loss.

As per the information provided by you,

Your current weight is 65 Kg
 Your BMI is 26.2 (You are Overweight)
 You would like to lose 5 Kg because you are diabetic
 You suffer from diabetes
 You are allergic to peanuts
 You have a sedentary lifestyle
 You do not exercise
 You work 11 hours in a day
 You have 3 Meals in a day
 You have snacks between meals



Before we move on to the diet, it is important for you to understand that Obesity is a complex problem and there can be no shortcut to weight loss!

Overweight or obesity does not only make one look and feel unattractive, it also makes you prone to various diseases.

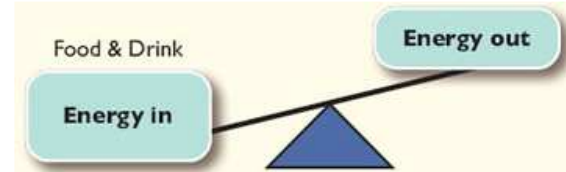
Look At The Chart Below To See If You Fall Into The Risk Category!

BMI	STATUS	DISEASE RISK
Below 18.5	Underweight	Makes you more prone to digestive problems, weakness, chronic fatigue, stress, anxiety, and hormonal dysfunctions
18.5-24.9	Normal	You are better equipped to handle stress, have good energy levels and vitality, are resistant to illness, and are in a good physical condition
25.0-29.9	Overweight	Makes you more prone to fatigue, digestive problems, circulation problems, varicose veins, etc
30.0 and Above	Obese	Makes you more prone to diabetes, hypertension, cardiovascular diseases, strokes, joint problems, arthritis, Spinal problems etc.

So, What Can You Do?

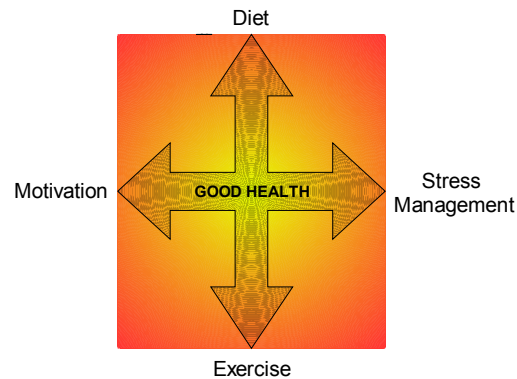
You gain weight when the amount of energy you consume in terms of food is much more than the amount you spend in activity.

Balancing the intake with the output would result in healthy and sustained weight loss.



Apart from this, a number of other factors like stress and lack of motivation also contribute to weight gain.

Therefore, in a good fitness plan, it is important to include the following four components:



An imbalance in any of the four components can lead to unhealthy weight gain. We will help you through all these components to ensure that you achieve your fitness goals.

Let's look at these one by one

BALANCED DIET:



A balanced diet is one that includes food from all food groups.

YES! Fat is also a part of a balanced diet!
The trick is to know how much of what to eat and the best foods to pick up from each food group.

Eliminating an entire food group from your diet will lead to nutritional deficiencies

The diagram below tells you about the 5 food groups and gives a rough idea about the proportion each food group should contribute to a normal diet.



Bread, Other Cereals and Potatoes

The bread/cereal/potatoes group is a source of carbohydrates, the main source of energy. They also provide some B group vitamins.

Fruit and Vegetables

The Fruit and Vegetables group are also a good source of carbohydrates and are also rich in vitamins and minerals; vital components of a healthy diet. Many contain Carotenes, vitamin C and vitamin E; antioxidants that help prevent degenerative diseases by destroying free radicals that attack cells.

Meat, Fish, Egg and Pulses

The meat/fish/egg and pulses group is usually our main source of protein, which carry out numerous functions around the body. This group is a good source of B vitamins, notably B₃ and B₁₂.

Milk and Dairy Products

The milk and dairy products group are also a good source of protein and B vitamins; however, their main contribution to a healthy diet is calcium; a mineral that forms 40% of the bone.

Foods Containing Fat and Foods Containing Sugar

The final group is fatty and sugary foods. They provide a good source of energy and in some cases are a source of the essential fatty acids—the two fatty acids our body cannot synthesize.

Water: The Sixth Food Group!

Water is such an essential component of any diet; it can easily be called the sixth food group! Have at least 8 glasses of water daily. It provides a number of benefits and is probably the easiest diet tip to follow.

Water:

- ✓ Helps Organs Function Properly
- ✓ Facilitates Nutrient Absorption
- ✓ Improves Cell Maintenance
- ✓ Encourages Waste Elimination from the Body
- ✓ Regulates Body Temperature
- ✓ Keeps You Digestion Healthy
- ✓ Keeps You Glowing



Within each group there are again choices to make. Any diet you follow, you should include foods from the GOOD group and avoid foods from the BAD group.



It's all About Making the Right Choices:

Go For...	Stay Away From...
Skimmed milk, buttermilk, low fat cheese	Whole milk, cream, butter, creamy cheese
Whole grain cereals (whole wheat and products, brown rice, oats, whole grains) and husked dals (sprouted and whole dals)	Refined cereals (white bread, maida and its products, polished rice)
Whole fruits with the skin	Sweetened juices
Fish and white meats, egg white	Red meat, organ meats
Fresh water, fresh fruit juices, lemonade	Sweetened juices, carbonated beverages
Green leafy and coloured vegetables	Starchy vegetables like potato, yam, arbi etc.

Good to Know:

- Fat accumulated around the stomach is more dangerous than fat around the hip. It is therefore important to maintain the waist circumference <90 cm for adult males and <80 cm for adult females.
- Maintain your waist circumference to less than half your height.
- Diet is only 50% of a weight loss regime. The other 50% comes from exercise.
- Don't get misled by words like *low fat*, *high fibre*, *enriched* etc on labels. These are marketing gimmicks. ALWAYS consult an expert.



For all your diet and fitness related queries visit us at www.desidieter.com

How You Cook Is As Important As What You Cook!

Being on a diet does not necessarily mean you have to force yourself to eat raw unpalatable food. It is possible to restrict your calories without compromising on taste. A healthy food cooked in an unhealthy way can ruin your diet.

So apart from knowing what is right and what is not, it is also important to know how to prepare the best of meals.

Try to use methods like,

Steaming
Grilling
Boiling
Roasting
Sautéing
Stewing
Poaching
Braising
Microwave Cooking



Instead of deep frying, and tempering (tadka/baghar) with excessive amounts of fat.

For more information on healthy cooking methods and healthy recipes visit www.desidieter.com

THE DIET:

Aprajita, the following diet has been made keeping in mind the information we gathered from you. **It takes into account your current working hours, differs only slightly from your usual meal timings and has been made keeping in mind your regular dietary pattern.**

All this has been done to **ensure maximum compliance** from your side. You will find yourself having the **right kind of food** without actually making drastic changes in your dietary habits.

Aprajita, keep a few things in mind while doing the diet!

- Do not eat to fill yourself. Take small portions and NEVER eat to fill your stomach. STOP when you still have some space left in your stomach.
- Have dinner early.
- Drink up to 8 glasses of water everyday along with the diet
- We have planned 6 meals to keep you feeling full! DO NOT munch in between meals
- Keep a note of whatever you eat; even a biscuit. Remember, every bite counts!
- Take your medications as prescribed by the doctor. Your doctor is the best judge of your condition



Early Morning	Breakfast	Mid Morning	Lunch	Evening	Dinner
					
1 glass fresh tomato juice (add 1 amla)	¾ cup wheat flakes (sugar free) with 1 cup skimmed milk	1 apple with the skin	Mix Vegetable Kadhi with Brown Rice	Sprouted Black Channa Chaat	Palak Paneer with 2 Bran Rotis (Have a Plateful of Salad 15 Minutes before the Meal)
1 glass fresh karela juice (add 1 amla)	Multigrain Paneer and Capsicum Sandwich	2 big apricots with the skin	Carrot Peas Subzi with 2 Bran Rotis	Baked Vegetarian Cutlets	Chicken Curry With Brown Rice (Have a Plateful of Salad 15 Minutes before the Meal)
1 glass pomegranate juice (add 1 amla)	¾ cup daliya with 1 cup skimmed milk	1 guava with the skin	Tinda Curry With Brown Rice	Sprouted Moong Dal	Stuffed Karela with 2 Bran Rotis (Have a Plateful of Salad 15 Minutes before the Meal)
1 glass carrot and spinach juice (2:1 ratio)	¾ cup muesli (for diabetics)	1 grapefruit (chakotra)	Sarson ka Saag (No Ghee) with Bran Rotis	Oats Upma	Black Channa with Brown rice (Have a Plateful of Salad 15 Minutes before the Meal)
1 glass fresh karela juice (add 1 amla)	Whole Wheat Pasta with Vegetables and Tomato Sauce	7-10 jamun	Cauliflower Peas Subzi with 2 Bran Rotis	Baked Black Channa Kabab	Cabbage Subzi with 2 Bran Rotis (Have a Plateful of Salad and curd 15 Minutes before the Meal)
1 glass carrot and spinach juice (2:1 ratio)	¾ cup rolled oats with 1 cup skimmed milk	1 pear with the skin	Brown Rice Pulao with Mixed Vegetables	Multigrain sandwich with cucumber	Whole Masoor Dal with Brown Rice (Have a Plateful of Salad 15 Minutes before the Meal)
1 glass fresh tomato juice (add 1 amla)	Mixed Steamed Vegetables	1 orange	Rajmah with Brown Rice	Lobia Chaat with Cucumber, Onion and Tomato	Grilled Fish with Toasted Multigrain Bread (Weekend Eating-Out Menu)

EXERCISE:

Move It!

Lack of time is never an excuse to not exercise. You can even utilize your time in office to move around. Make it a habit to move around. We will show you how.



Go for...	Avoid...
Fitness breaks in office. Walk around as often as you can	Tea, coffee or cigarette breaks
Hit the stairs	Stay away from elevators and escalators
Go for a short walk to the market	Taking the car to nearby places
A short session of stretching or meditation	Sitting in front of the TV in the evening
Keep walking around for as long as you are on the phone	Do not sit in front of the computer even when you have no work to do.

Aprajita, keeping your schedule in mind, we have drawn out an exercise regime for you. Since you cannot go to the gym, we have included an hour of yoga that you can easily do at home and brisk walking in your regimen.

7:00-7:15 AM Stretching Exercises

7:15-8:00 AM 30 Minutes of yoga and 15 minutes of Meditation

The following plan aasanas are known to be effective against diabetes:

25 Rounds of Bhastrika Pranayama (Gradually adding 10 more every 2 days)

- 2 rounds of Surya Namaskar
- Trikonasana
- Tadasana
- Sukhasana
- Padmasana
- Pashimottanasana
- Ardhmatsyendrasana
- Pawanmuktasana
- Bhujangasana
- Vajrasana
- Dhanurasana
- 15 minutes relaxation in Shavasana



7:00-7:30 PM Brisk Walk for 30 Minutes

STRESS MANAGEMENT:

Did you know that stress management is an important component of weight management? Wondering how stress affects your weight? Let us see:



People under stress tend to store more belly fat than non-stressed people, due to raised cortisol levels.

Increased stress means increased cortisol which in turn can **slow your metabolism** and lead to greater fat accumulation.

Stress also causes **food cravings** that make you run for sweets and fried foods, piling on those unnecessary calories.

People who are stressed also resort to **tea or coffee** to beat the stress. This often backfires and leads to further weight gain.

Stress is also associated with **lack of time**. Most people **gorge on fast food, skip meals, do not exercise and do not get enough sleep**

Aprajita, in people with diabetes, stress can alter blood glucose levels.

Stress blocks the body from releasing insulin in people with type 2 diabetes, so cutting stress may be more helpful for you.

Since you work for 11 hours in a day and drive to work, we suggest you meditate for 15 minutes in the morning and take at least two breaks of fifteen minutes each to relax in between work.

We also suggest that you take up an active sport or a hobby over the weekends.



To reduce stress related weight gain, you can try stress managements techniques and yoga. To learn more about yoga go to www.desidieter.com

**MOTIVATION:
Never Run Out of It!**

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.

Be realistic: Follow the plan but be realistic. Treat your body with respect

Create a food diary: Put down everything you eat in a diary. Make sure you write down EVERYTHING. At the end of the day, compare your diet with the diary write down all the places you have taken liberties.



Remind yourself to stick to your plans: Make copies of it and put it where you can see what you have to do next.

And finally, don't forget to **reward yourself** after every milestone you achieve. It keeps you going!

Tell Me How You Fared!

Do let me know how you fared after a week of doing the program. Grade your progress in the following table and mail it back to me at nutrition@desidieter.com



	I Hit the Bulls-eye! You followed the suggestions exactly and are ready to make a move towards good health!	Somewhere There! You tried your best but could not do justice to the plan for some reason!	I'm Far from It! You know you can do better!
Diet Goals	√		
Exercise Goals	√		
Stress Management	√		
Motivation	√		

I'm waiting to hear from you!
Aprajita Mahendiratta, Chief Nutritionist, Desi Dieter