Main reasons of weight gain and Principles of healthy eating.

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- In this busy life we all tend to gain some extra pounds (of Weight not Money .. (;-)),

   due to lack of time for exercise,

   our desk jobs have added to the problem of continuous weight gain.

Some common causes of weight gain are-

- 1. Stress - stress in any form results in over eating - for both men and women.

- 2. Lack of sleep -this results in the body not appropriately performing its functions of digestion, absorption and elimination effectively, resulting in fat formation. Also lack of sleep makes you eat more of sweets and again adds up to increase fats in your body.

- 3.Eating large meals after long intervals-this occurs mostly when we do not eat our meals on time due to our hectic schedules and indulge in large amount of foods at a time,leading to weight gain.

  In case you are very busy and miss lunch or dinner because you can't help it, take the edge off the hunger by drinking a light soup and relaxing before you eat your food, to avoid a binge.

- 4. Over exercise, wrong exercise and lack of exercise again leads to weight gain.

- 5. Alcohol consumption - increases abdominal obesity.

- 6. Night shifts at work- hampers in maintaining a healthy lifestyle.

- 7. Dehydration- due to aerated drinks and too much caffeine consumption

- 8. Hormonal imbalances- improper lifestyle can lead to hormonal fluctuations in both men and women at any point of time leading to obesity and other problems.

Main Eating Principles to follow for a healthy life-

- 1.Eat a healthy balanced diet but simplify your food combinations. Do not eat a mix of too many food groups in a meal.

- 2.Never combine fruit along with a meal or immediately after a meal. Eat fruit between meals as a snack. It causes indigestion otherwise.

- 3. Don't drink beverages or even water while you eat, as that dilutes gastric juices and does not promote optimum digestion. Eat to satisfy hunger - not as a means of comfort and entertainment.

- 4. Avoid eating complex carbohydrates like rice, bread, pasta and rotis at night, at least five days a week. Carbohydrates are energy giving foods and are needed during the day when you need energy.

- 5. Eat every two to two-and-a-half hours in small quantities.

- 6. Chew your food till it's a paste, digestion begins from the mouth.
  Eat consciously and savour every bite.

  Most often we eat in a rush and gulp down our food in large chunks, which takes the body a very long time to break down and digest

Meal Per Day

- An example of a typical day in timings, and quantity as well as type of food would be:

- Breakfast: 8 to 9 AM

- portion of fruit or a small portion cereal or an egg and a toast.

- Mid morning snack: 11 AM
- A portion of fruit.

- Lunch: 1 PM
- One carbohydrate portion plus a good serving of vegetables.

- Evening snack: 3 PM
- Tea and a couple of biscuits, or a handful of nuts.

- Pre dinner snack: 6 PM
- A thin soup.
- Dinner: 7 to 8 PM
- A portion of protein (chicken, fish or vegetarian proteins such as kidney beans, tofu, yoghurt, pulses, cottage cheese etc).

  Plus a good serving vegetables. And if awake late, maybe a fruit, two hours after dinner.

- So Eat healthy,
lose weight and
enjoy your week ahead.