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Childhood Obesity: Problems and solutions: The key diets to beat & treat childhood obesity

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Who is among your families and relatives doesn't know an obese child who suffers from implementing a healthy diet plan? Because their prevalence is rapidly increasing, the purpose of the study came to find the best diet program to treat childhood obesity and to evolve new preventive methods. Two types of diets were used on two stages over 23 obese children to monitor their weight and other health risk factors. They decreased in treatment phase 5 kg/ First month by using plant rich diet then they decreased 2.2kg/ month in control and preventive phase by using varied and balanced diet. Based on both clinical observations and applied theories the plant rich diet is a useful key in treatment phase but variation and moderation is another essential key in preventive phase. Obese children and depressed mother's faces are the daily routine in my Diet Center. That's why finding the key diet to beat and prevent obesity was a challenge. The Purpose of every successful Diet Program should take into consideration the concerns of both children and parents and the balance in quantity and quality of consumed foods. According to my clinical observations vegetarian diet package was the best treatment .To confirm it, an inductive qualitative study was conducted. Taking 23 from both gender obese children aged 6-11 years and using full nutrition assessment tools as methods to test the effectiveness of medium caloric plant versus animal based diets over 14 days with cyclic follow-ups and anthropometric measurements recordings. Using meter for height and full body composition analyzer for weight , %B.F , %B.W , % Muscle , BMR , BMI and measurable tape for waist to hip ratio and bone circumference . They are asked to use first 14 days the plant based diet then a follow up to monitor all the previous factors then to change to the animal based diet .then assessment . Then maintenance and prevention by reintroducing the omitted items steadily. Analysis of collected data shows a significant difference between plant and varied dieters' results. 4 of 24 cases failed to implement both plant and varied based diets and did not come for their first follow up. 10 cases succeeded in implementing plant based diet and losing an average of 2.5 kg/ 14 days while 10 cases succeeded in implementing varied based diet and lost only 1.1 kg. Challenges made significant differences in all anthropometric measurements. After Clinical observations it was clear that the plant rich diet is a first key in the first month of treatment to decrease 10% of morbidity and health risk factors. Upon applied theories varied and balanced diet is another key in the control phase to help children continue decreasing their excess body weight while growing properly. All parties should cooperate to overcome challenges for a society free from childhood obesity.

Biography

Lina Rammal has her 12 years expertise in clinical nutrition and dietetics .Her aim is to spread nutrition awareness and to help patients reach their healthy body goals and to meet their optimal nutritional needs. Her numerous certificates and continuing education in all nutrition majors gave her the base to create and update new diets treatment techniques. She made hope after depression, smiles after tears and confidence after confusion. She Owned Lina Rammal Diet Center establishment in Lebanon, she is member in LAND, member in LDS, LD Syndicate representative, board member in nutrition & health magazines, nutrition articles writer, certified from the Lebanese public health ministry. This approach targets only obese children and can be successfully applied in their nutrition treatments in different ways and stages as mentioned in the abstract study.

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