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Diet and Weight Management

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The National Institutes of Health suggests that patients teach themselves on a few nourishing issues to help deal with their own eating regimen and sustenance. The essential suggested rules for a sound eating regimen and great sustenance for weight reduction incorporate the accompanying:

- Diminishing the quantity of calories in the day by day diet
- Eating more modest segments as a feature of the eating regimen
- Following supper organization, divide sizes, and healthful substance of the eating regimen
- Learning strategies for food groundwork for a solid diet¹
- Picking nutritious suppers that are lower in fat²

Effect of Behavioral and Environmental Factors on Diet and Weight Loss

- Dieting programs should take into account behavioral and environmental factors that can influence a patient's eating habits. For example, stress, boredom, sadness and anger can all have an effect on a patient's diet in terms of the quantities and types of food the patient consumes.²
- Behavioral factors, such as feelings and mood changes throughout the day, can induce patients to eat at times when they are not hungry or to eat unhealthy foods.
- Environmental triggers such as smells or stressful situations can also lead patients to eat when they are not actually hungry but instead are reacting to external stimuli.²
- Patients may find it helpful to keep a written log of what they eat and when over a period of several days or weeks, observing and recording information about the impact of behavioral and environmental factors on diet and nutritional choices.
- In order to stay motivated and on-track with a weight loss and diet program, patients can reward themselves for positive behaviors, develop a support network of friends and family and use additional motivational techniques to maintain steady progress.

Biography

Akinsola has completed her M.Sc from Sharda university in India

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