

International Conference on

# OBESITY AND DIET IMBALANCE

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## Imbalanced diet: Effects and causes

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Nutritional environment that affects our weight status: existing medical condition, sedentary lifestyle, personal stresses, psychological and emotional factors, work pressure, family habits and traditions, supermarket trends, hearsay nutrition, media misinformation, economic dwindling (money value). Dietary guidelines to manage obesity, know your personal daily calorie requirements, eat the correct nutrient ratio: 55% complex CHO, 20% protein and 25% fats, enjoy more fruits and vegetables daily, minimize sugar and fatty desserts, consume less salt and salty foods, try smaller meals and snacks, drink more water daily and minimize sugar sweetened beverages, limit alcoholic beverages, minimize your caffeine to 150-250 mg, be physically active 3-5 times a week or more. Opting for a balanced, adequate and varied diet is an important step towards a happy and healthy lifestyle. Vitamins and minerals in the diet are vital to boost immunity and healthy development. A healthy diet can protect the human body against certain types of diseases, in particular non-communicable diseases such as obesity, diabetes, cardiovascular diseases, some types of cancer and skeletal conditions. Healthy diets can also contribute to an adequate body weight. Healthy eating is a good opportunity to enrich life by experimenting with different foods from different cultures, origins and with different ways to prepare food. The benefits of eating a wide variety of foods are also emotional, as variety and colour are important ingredients of a balance diet.

## Biography

Kevin Jesser Z Uclaray has completed his Bachelor's degree in Nutrition and Dietetics at University of Santo Tomas. He had his training as Diabetes Educator in Philippine Association of Diabetes Educators and also had his workshop in University of the Philippines to be a Sports Nutritionist Consultant. He has worked in Quirino Memorial Medical Center, worked as the Clinical Dietitian Manager in Renal Nutrition and also as the Assistant Secretary of Department of Health League of Registered Nutritionist-Dietitians Inc., Philippines. He is currently pursuing his Master's degree in Clinical Nutrition in Philippine Women's University.

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