

World Congress on

# NUTRITION AND OBESITY PREVENTION

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### How to deal obesity with life style modified diet

Weight gain gradually happens over time during different life stages of a human being's life. Once it gains over the standard requirement as per age, sex and anthropometry of a human being, it is commonly known as overweight. The most important factor to avoid this tendency is adaptation of change in cooking and life style changes which should not be difficult to adjust. Over many years, in this part of the world which is home to hundreds of nationalities, I learned as more flexible and regional the diet as per their cuisine; the better is going to be the outcome. The department of dietetics conducted a study on patients who consulted in OPD from May 2017 to May 2018; the data collected were from patient records. Weight reduction of 2 kg or more in a month is well maintained and consistent in follow ups. The weight reduction rate may be slow but the weight maintenance is better and thus prevents weight regain. As per the available data gathered we can even conclude those reduced weight with altered life style, modified own diet were able to maintain the weight. The data also clarifies further complication of metabolic syndrome which can be controlled as well with modified diet and exercise. All those who already have clinical conditions like DM, dyslipidemia were able to control the respective complications even though not much changes in weight.

### Biography

Fiji Antony has been with NMC Specialty Hospital Dubai as the Chief Clinical Dietician for more than 14 years. Earlier she has worked with Ministry of Health Muscat, Sultanate of Oman and also in India. She is practicing as a Clinical Dietitian for more than 19 years. European ESPEN Diploma in Clinical nutrition and metabolism from European society for clinical nutrition and metabolism (ESPEN) is her latest achievement in the year 2016. She has earned her Doctor of Medicine in the year 2005 in Food and Nutrition. Post-Graduation in the year 1999 with First Rank in Food & Nutrition and an ICAR fellow. She has been actively following her profession in three different countries (India, Sultanate of Oman and United Arab Emirates).

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