

EFFECTIVE DIET AND RELATED OBESITY: A THEMATIC DESIGN

Mohd. Alyas

Lecturer, K C Public School, J&K, India

ABSTRACT

Diet is related to food and drink in general. Food and drink considered with regard to their nutritional qualities, composition, and effects on health. Diet is the customary amount and kind of food and drink taken by a person from day to day, in order to get the required energy for the body. a diet is planned to meet specific requirements of the individual, including or excluding certain foods. The common characteristic of an obese person is his/her over body weight. When a person gained more than 20% of the standard normal body weight in accordance with height age and body structure, that person may considered as started reaching in the obese category.

Keywords: Diet, Obesity and Nutritional Approach.

INTRODUCTION:

A particular diet may be chosen to seek weight gain, weight loss, sports training, cardio-vascular health, avoidance of cancers, food allergies and for other reasons. Changing a subject's dietary intake, or "going on a diet", can change the energy balance and increase or decrease the amount of fat stored by the body. Some foods are specifically recommended, or even altered, for conformity to the requirements of a particular diet. These diets are often recommended in conjunction with exercise. A healthy diet is one that is arrived at with the intent of improving or maintaining optimal health. This usually involves consuming nutrients by eating the appropriate amounts from all of the food groups, including an adequate amount of water. Since human nutrition is complex, a healthy diet may vary widely, and is subject to an individual's genetic makeup, environment, and health. Diet plays an important role in influencing performance of an individual. Whether an athlete or businessman or house maker every one required appropriate diet to perform well.

Food (diet) contain following important nutrients:

1. Carbohydrates: Contain carbon, hydrogen and oxygen i.e. CH_2O and is the quick source of energy.

Sources: Cereals like barely, maize, rice, wheat, stem and root vegetables like tapioca, turnip, Potato etc. Milk products also contain it.

2. Proteins: Contain carbon, hydrogen, oxygen and nitrogen i.e. amino acids. It is the main component in muscles also. Protein is the based composition of every living cell. It mainly assists in formation of hormones, haemoglobin and basic structure of every living cell.

Sources: Vegetables, Grains, fruits, All milk products and animal products.

3. Fats: Contain carbon, hydrogen and oxygen i.e. CHO . It is the concentrated source of energy. It is easily stored in body for duration like carbohydrates. Extra amount of carbohydrates converts into Fats and stored in the body system

Source: Vegetable oil like mustard oil, coconut oil. Milk products are also enriched in fats.

4. Mineral Salts:

It includes minerals like Calcium, Iron, Phosphors, Potassium, Iodine, and Zinc etc. Though body require it in small quality, but very essential for proper functioning.

Source: Seafood, animal and milk products. Vegetables also contain minerals.

5. Vitamins.

It is mainly a component of carbon .i is also requird essentially for normal functioning of the body. Categorization of vitamins.

a) Fat soluble vitamins- Vitamin A,O, E and K are fat soluble and stored in body fat.

b) Water-soluble vitamins- Vitamin B, B2, B3, B 12 and C are water-soluble vitamins and not stored in the body.

Source: Vegetable and milk products are the main sources of it.

Note: Deficiency of any particular vitamin or mineral may result in a related deficiency disease.

As deficiency of Iodine can cause goiter, deficiency of vitamin "D" can cause rickets.

6. Water: Contain Hydrogen and oxygen i.e. H_2O .it is also an important nutrient and very essential for every living cell of the body. Proper water in taking is extremely important for proper functioning.

Source: Drinking water, vegetables, fruits, every component mainly contains it.

The above maintain Nutrients are also known as the “Essential Elements of Balanced diet. In taking of these nutrients most be balanced and up to appropriate requirement only. To main the balance diet is it required to main in taking of nutrients. Excess or deficiency of any nutrients may disbalance the energy composition required by our body. Our body energy is mainly measured in Castries. Below given chart shows the require colonies by different individuals.

FIT AND THE DIET VALUES:

Physical fitness is the organic vagueness or the proper functioning of body systems so that individual can perform the daily routine tasks efficiently. It is the ability to perform daily activity, with energy left over for enjoying leisure-time activities and meeting emergency demands if any. It is the ability to endorse, to bear up and to withstand stress to carry on in circumstances where an unfit person could not continue. Physical fitness indicates how much accurately a work is done by an individual and even after the workout how much of energy is stored in him/her to perform other needed activities in a well skilled manner. It is clear and obvious that after workout every individual gets fatigue, this applies to every physical fit person but one of the major difference in unfit and fit individual is the storage of energy for emergency and other normal activities even after fatigue. Other major aspect in physical fitness is the fast recovery after getting tired. After hard work, rest is necessary but the rest period must be of appropriate duration. Physical fitness is the continuation of daily routine work without undue fatigue. Physical Fitness gives us better look, pleasant feel and productive performance. Fitness is an individual quality that differs from individual to individual.

Obesity can be defined as 'excessive amount of fat storage in the body'. An obese person having enlarged or excessive amount of fatty cells stored in the body. The common characteristic of an obese person is his/her over body weight. When a person gained more than 20% of the standard normal body weight in accordance with height age and body structure, that person may considered as started reaching in the obese category.

High percentage of fat concentration in the body is explained as obesity. Two criteria measures of obesity are:

- a) Hypertrophic criteria- it deals with size of the body fat cells. In hypertrophic condition body fat cells increases in size than the normal.
- b) Hyperplastic Criteria. It deals with number of body fat cells. In hyperplastic condition body fat cells increases in number than the normal

The average weight of body fat figures around 15% for men and 25% for women of the total body weight. When the body fat weight increases by 7% to 8%, the concerning person start falling in the category of obese.

Preventive measures must be taken to avoid obesity. Good eating habits, balance diet, regular physical activity, good family habits, personal interests and knowledge and awareness etc are the common measures to prevent obesity.

Effects of obesity on health of individual:

- i. Cardiac disorder: Fat composition in the body increases blood cholesterol level that may results in many heart disorders.
- ii. High Blood Pressure: Fat composition narrows the blood vessels. High blood pressure leads to many serious consequences.

- iii. Organ disorders: Much accommodation of fat around the body organs, provide discomfort effects blood supply which may reheat in related organ disorders and other related diseases.
- iv. Diabetes: Obesity is one of the major reasons found for diabetes. Eating habits and over weight leads to the disease.
- v. Obesity in children mostly results with delayed puberty.
- vi. Arthritis: Obese individual is commonly found with orthopaedic problems like arthritis.
- vii. Low muscular endurance: Obesity results in low muscular endurance, because of highly concentrated body fat.
- viii. Physical appearance: Over weight and loose body fat the physical appearance may not seen good. Obesity therefore has influence on personality and body structure.
- ix. Hypertension: Physiological load and unfavourable body structure may result in hypertension.
- x. Injuries: Because of over weight and slow movements an obese person is more prone to sports injuries.
- xi. Complications during Surgery: High fat composition may result in complications during operations. Obese people are more prone to accidents and any internal injury may become a serious threat.
- xii. Other ill effects/disease that may occur because of obesity are:
 - Respiratory disease.
 - Gall bladder disease
 - Low eye sight
 - Endometrial cancer
 - Hernia
 - 'Clotting in blood vessels etc.

A balanced diet means getting the right type and amount of foods and drinks to supply nutrition and energy for maintaining body cells, tissues and organs and for supporting normal growth and development. Balanced diet contains all the essential nutrients (Carbohydrate, protein, fats, mineral and water) in proportion, which is required for proper health and body fat composition. 'Intaking' of nutrients must be in proper proportion to establish a proper balance in body energy 'intaking' and energy expenditure. Any disturbance in the energy 'intaking' proportion may disturb the body composition. Normal consumption of food nutrients should be:-

Protein - 15 % of the total diet.

Fat -15 of the total diet.

Carbohydrates -55% of the total diet.

Deficiency of any nutrient can also result in related deficiency disease. Diet of the person must maintain the body's energy 'intake' and expenditure balance.

If energy 'intake' is less than the energy expenditure, related body may become weak.

If energy 'intake' is in exceed then the energy expenditure—related body may become fatly.

Therefore, to remain away from obesity balance diet is required. Balanced diet maintains the proportion of energy 'intake' and expenditure i.e.

Energy 'intaken' = Energy expenditure

(Result in healthy body structure and functioning.)

CONCLUSION:

A prescribed course of eating and drinking in which the amount and kind of food, as well as the times at which it is to be taken, are regulated for health or therapeutic purposes. Diet is the sum of the food consumed by an individual. The food we intake enriched with hundred of nutrients. Foods produce heat and energy. It carries substances that are very essential for proper growth and development of any living beings. Individual dietary choices may be more or less healthful. Proper nutrition requires the proper ingestion and equally important, the absorption

of vitamins, minerals, and food energy in the form of carbohydrates, proteins, and fats. Dietary habits and choices play a significant role in health.

References:

- Bitman, M. and Wajcman, J. (2016). The rush hour: Fitness, diet and physical activity. *Social Forces*. 79(1). 165-179.
- Larson, R.W. and Verma, S. (1999). How children and adolescents spend time across the world: Work, play and developmental opportunities. *Psychological Bulletin*. 125(6),701-736.
- Mota, J. and Esculas, C. (2002). Lesiure-time physical activity behavior: Structured and unstructured choices according to sex, age and level of physical activity. *International Journal of Behavioral Medicine*. 92(2). 111-121.
- Ng,S.W. and Popkin, B.M.(2012). Time use and physical activity: A shift away from movement across the world. *Obesity Review*. 13(8).659-680.
- Ornelas, I.J,Perreira,K.M. and Ayala, G.X. (2007). Parental influences on adolescent physical activity:A longitudinal study. *International Journal of Behavioral Nutrition and Physical Activity*.
- Pate, R.R., Long, B.J. and Heath, G. (1994). Descriptive epidemiology of physical activity in adolescents. *Pediatric Exercise Science*. 6.434-447.
- Stephens, T., Jacob, D. R. and White, C. C. (1985). A descriptive epidemiology of leisure-time physical activity. *Public Health Reports*. 100(2). 147-158.
- Tinsley, T. M. and Levers, L.L. (2007). Fostering self-determination and resilience through sports counseling: Psychosocial development of youth in Botswana. *Journal of Psychology in Africa*. 17(1). 163-172.!