

Case Study I

Answer:

1. **Diet:** Calculate the IBW: 57 kg

Existing weight: 82 kg

Weight to be reduced: 17 kg

Caloric intake to be reduced: 500 cal/week

Recommended caloric intake: 1300

- a. Reduce caloric intake.
 - b. Avoid calorie-dense foods.
 - c. Avoid sugar and sugar products (jajubs, jelly sweets, toffees, candies, etc.).
 - d. Avoid syrupy products.
 - e. Avoid sweetmeats (*burfi, pedhas*, etc.), cakes, pastries, cream biscuits, ice creams, etc.
 - f. Avoid fried foods (shallow and deep fried).
 - g. Avoid foods with invisible fats (egg yolk, salad dressings, nuts, oilseeds, *farsan, sev, fafda, gathia*, etc.).
 - h. Prefer roasted, baked products.
 - i. Increase intake of fibre from raw salads, sprouts, whole wheat flour, millets like jowar, bajra, ragi. Drink plenty of soups but avoid cream soups.
 - j. Avoid empty calories, e.g. soft drinks (carbonated drinks), alcoholic beverages.
2. **Lifestyle:**
- a. Strict dietary control
 - b. Regular exercise in the form of walking, jogging, cycling, swimming
 - c. Regular eating, sleeping habits
 - d. Regular bowel movements
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