

Diet plan for weightloss



Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1 bowl of poha or daliya with vegetable	Oats porridge (with skimmed milk) and fruits	2 brown rice idlis with sambhar	2 brown toasts with 1-egg omelette or 1 small bowl low-fat paneer bhurji	1 besan chilla with coriander-mint chutney
Snack	Mixed nuts (approx. 25g)	1 bowl of roasted makhana	1 apple	1 bowl of carrot and cucumber sticks	1 bowl of cut fruits and 1/2 glass of skimmed milk
Lunch	1-2 chapatis, 1 small bowl of dal, 1 small bowl of sabzi (carrot-cauliflower-peas) and 1 bowl of curd	1 chapati, 1 small bowl of methi dal, 1/2 small bowl rice, 1 small bowl of sabzi (okra), and 1 bowl of vegetable salad	1 bajra roti, 1 small bowl of dal, 1 small bowl of sabzi (brinjal) and 1 bowl of vegetable salad	1 chapati, 1 small bowl of chole, 1/2 small bowl rice and 1 bowl of vegetable raita	1-2 chapatis, 1 small bowl of dal, 1 small bowl of sabzi (pumpkin) and 1 bowl of curd
Snack	1 bowl of cut fruits/ 1 glass of fruit juice	1 bowl of cut fruits/ 1 glass of fruit juice	1 bowl of soup	1 bowl of sprouts salad	5-7 soaked almonds
Dinner	1-2 chapatis, 1 small bowl of dal and 1 small bowl of sabzi (palak paneer)	1-2 chapatis, 1 small bowl of dal and 1 small bowl of sabzi (bottle gourd)	Mixed vegetable salad topped with nuts, and grilled low-fat paneer	1-2 chapatis, 1 small bowl of dal and 1 small bowl of sabzi (stuffed bitter gourd)	1 bowl of barnyard millet pulao with 1 small bowl of mixed vegetable curry
Optional beverages	Cucumber juice, wheatgrass juice, ash gourd juice, green tea, lemonade or amla juice				

This is an indicative diet. Consult a nutritionist to get a customized diet plan for your needs.

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J Elliott

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Nursing for Public Health: Promotion, Principles and Practice Paul Linsley, Roslyn Kane, Sara Owen, 2011-02-17 Nursing for Public Health reflects the growing need for all nurses to promote the health of patients as well as treating illnesses. This textbook examines core policies, theories, and models of public health alongside nursing skills and interventions for health issues such as obesity, smoking, and sexual health.

Health Promotion and Wellness Cheryl Hawk, Will Evans, 2013-01-24. Health Promotion and Wellness is designed to provide health care providers with both the theoretical knowledge and practical skills they need to provide high quality clinical preventive services. This unique resource is separated into two sections. The first section gives information on risks ways providers can assess for risk and tools they can use to advise and help patients move forward. The second section is a tool kit with information resources, tools, and other items that can help the clinician provide evidence based patient centered information to their patients. This accessible reference provide readers with the basic elements necessary to help their patients change their health behavior related to the most prevalent risk factors and to serve as a springboard to keep pace with the latest evidence arising in the applied science of wellness prevention and health promotion. INSIDE YOU LL FIND Screening, prevention, health promotion and advising information and resources that will complement your routine care of the patients you serve. Instructions for how to appropriately use CPT codes for billing preventive services.

Health Promotion and Aging David Haber, 2013-03-26 Print CourseSmart Understanding the Interaction Between Physical Activity and Diet for the Promotion of Health and Fitness Karsten Koehler, Clemens

Drenowatz, 2022-02-18 *Health Promotion International*, 2007 *Dietary Supplements in Health Promotion* Taylor C. Wallace, 2015-05-15 The supplement market continues to grow annually with more than half of the population using these products for reasons spanning from health maintenance to disease prevention and or treatment. *Dietary Supplements in Health Promotion* presents clear and concise evidence on how dietary supplements may contribute to maintaining health status. The book

Health Promotion in the Workplace Canada. Health and Welfare Canada, 1991 **Wellness and**

Health Promotion for the Elderly Ken Dychtwald, 1986 **Health Promotion in the Workplace** Michael Patterson O'Donnell, Jeffrey S. Harris, 1994 *Health Promotion in the Workplace* is written from a scholarly perspective that reflects the full knowledge of science in the field yet recognizes the constraints of practical application. This comprehensive text covers the importance of health promotion programs, the process of designing, managing, and evaluating programs, the positive effects such programs can have on employees and the workplace, the physical and emotional services these programs can offer, and major issues such as factors affecting older workers and retirees, and the emerging global perspective impacting the health promotion field. Ideal as a text for students in undergraduate and graduate level health promotion programs or as a reference for managers and consultants in the health promotion and or human resource fields.

Health Promotion Programs Michael L. Teague, 1987 Based on the objectives found in *Healthy People 2000* this text serves as a practical, useful

guide to understanding how health promotion impacts the wellbeing of older adults Drawing on experience in family practice health counseling health promotion and community health the authors provide a comprehensive interdisciplinary look at health promotion in later life and how students can take an active role **Health Promotion** ,1986 **Niagara County**

Farm and Home Bureau News ,1955 *Annual Meeting of the American Public Health Association and Related*

Organizations American Public Health Association,1988 *Nurses and Family Health Promotion* Perri J. Bomar,1989

Health Promotion at Work in California ,1988 **Health Promotion Exchange** ,1980 *Broadcasting* ,1978-04

Health Promotion at the Community Level Neil F. Bracht,1990 This timely book offers substantial help to professionals and the general public in their efforts to mobilize community resources for health promotion programmes environmental protection and disease prevention The contributors have experience in field work and offer practical advice on organizing any community wide health programme This will prove a vital resource for anyone involved in promoting health from social workers and health visitors to the ordinary concerned citizen **Journal of Health Education** ,1999 The Publishers Weekly ,2003

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