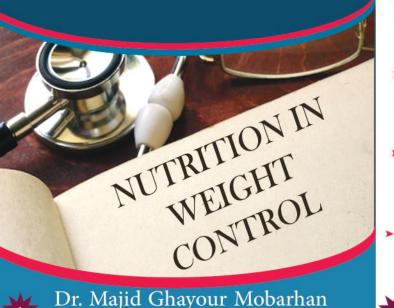




Nutrition In Weight Control



Nutritionist from the UK

- ➤ Protein may help you maintain weight by boosting your satiety, boosting your metabolism, and reducing your total calorie intake.
- Weight measurement with the awareness of your progress and behaviors may help you maintain weight.
- Limited carbohydrate intake, especially refined grains, may help prevent weight gain again.
- Lifting weights (at least twice a week) may help you maintain weight by maintaining your muscle mass, which is important for maintaining a healthy metabolism.
- You may have problems after losing weight. You can overcome the problems ahead with planning and a quick return to the route.
- Maintaining weight will be easier and more successful when you continue all your healthy eating habits throughout the week.
- Drinking water regularly can make you feel full and boost your metabolism, both of which are important factors in maintaining weight.
- Getting proper sleep may help you maintain a healthy weight by maintaining your energy levels and controlling your hormones.
- It is very important to keep stress levels under control to maintain your weight, as too much stress may increase your risk of gaining weight by stimulating your appetite.



- Being with a partner or spouse in a healthy lifestyle may increase your chances of gaining weight.
- Recording your daily food intake may help you maintain weight by raising awareness of the calories and nutrients in the food you eat.
 - ► Vegetables are high in fiber and low in calories. Both of these properties may help maintain weight.
- Maintaining weight loss is easy when you adapt to your new healthy habits instead of going back to your old lifestyle.
- vernacular because it helps you diagnose satiety and may prevent unhealthy behaviors that often lead to weight gain.
- Maintaining weight change when it comes to making a sustainable lifestyle change is easier than following the unrealistic rules that many weight-loss diets focus on.



➤ Nutrition in weight control <

Unfortunately, many people who lose weight regain their weight after a while.

In fact, only about 20% of people who are overweight and start dieting, successfully lose weight and maintain it for a long time.

There are several of scientifically proven

➤ The cause of weight gain again <

ways you can lose weight.

There are several common causes for people to gain weight again.



These reasons are mostly related to unrealistic expectations and feelings of deprivation. As:

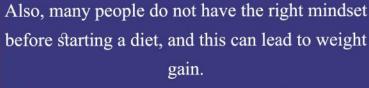
③

- ▶ Restrictive diet
- ➤ Wrong mindset
- Lack of stable habits



➤ 17 ways to maintain body weight <

Many diets are very restrictive.



At least 30 minutes of exercise a day can help you maintain weight by helping to balance your metabolism.

People who eat breakfast usually have healthier eating habits that may help them maintain their weight. But skipping breakfast does not necessarily lead to weight gain.

