



Nutrition In Weight Control

NUTRITION IN
WEIGHT
CONTROL

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- ▶ 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.
- ▶ Eating consciously helps maintain 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.



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

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

▶ 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 ways you can lose weight.

▶ The cause of weight gain again ◀

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



Also, many people do not have the right mindset before starting a diet, and this can lead to weight gain.

- ▶ 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.

▶ 17 ways to maintain body weight ◀

Many diets are very restrictive.