



تجمع الرياض الصحي الثاني  
Riyadh Second Health Cluster



## Nutritional Instruction for Obesity

## **NUTRITION GUIDELINES FOR OBESITY**

**To treat obesity and get ideal weight, follow the tips below:**

- 🍏 Have a strong determination and persistence to lose weight.
- 🍏 Follow a healthy and balance diet containing all food groups: (milk group, starch group, vegetable group, fruit group, meat group)
- 🍏 Modify your diets to achieve a decrease in caloric intake.
- 🍏 Eat slowly and chew the food well.
- 🍏 Eat small frequent meals.
- 🍏 Eat more fiber like fresh vegetables, fruits and brown bread; because it gives a sense of satisfaction.
- 🍏 Eat fresh fruits instead of its juice; because it contains more fiber.

- 🍏 Choose low fat milk instead of full fat product.
- 🍏 Remove fat from meat and take the skin off the chicken before cooking.
- 🍏 Cook by oven, boiling, grilling, or steaming, and stay away from frying.
- 🍏 Reduce use of oils & mayonnaise on food.
- 🍏 Avoid fatty food and fast food.
- 🍏 Replace soft drinks and syrups by fresh, natural fruit juices.
- 🍏 limit sweets, jams, dried fruits, canned and preserved foods.
- 🍏 Reduce the sugar gradually from hot drinks.
- 🍏 Drink more water especially between meals; it helps in decreasing your appetite. But don't drink water during or after meals.
- 🍏 Choose vegetables and fruits as a snack between meals; because it helps to give a sense of fullness.
- 🍏 Avoid sleeping or lying down directly after meal.

- 🍏 Read food labels before purchasing to check the fat and sugar contents.
- 🍏 Exercise on a daily basis.
- 🍏 Body weight should be monitored constantly.



# لأن الوعي وقاية ..

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