

Healthy Living Through Food and Lifestyle

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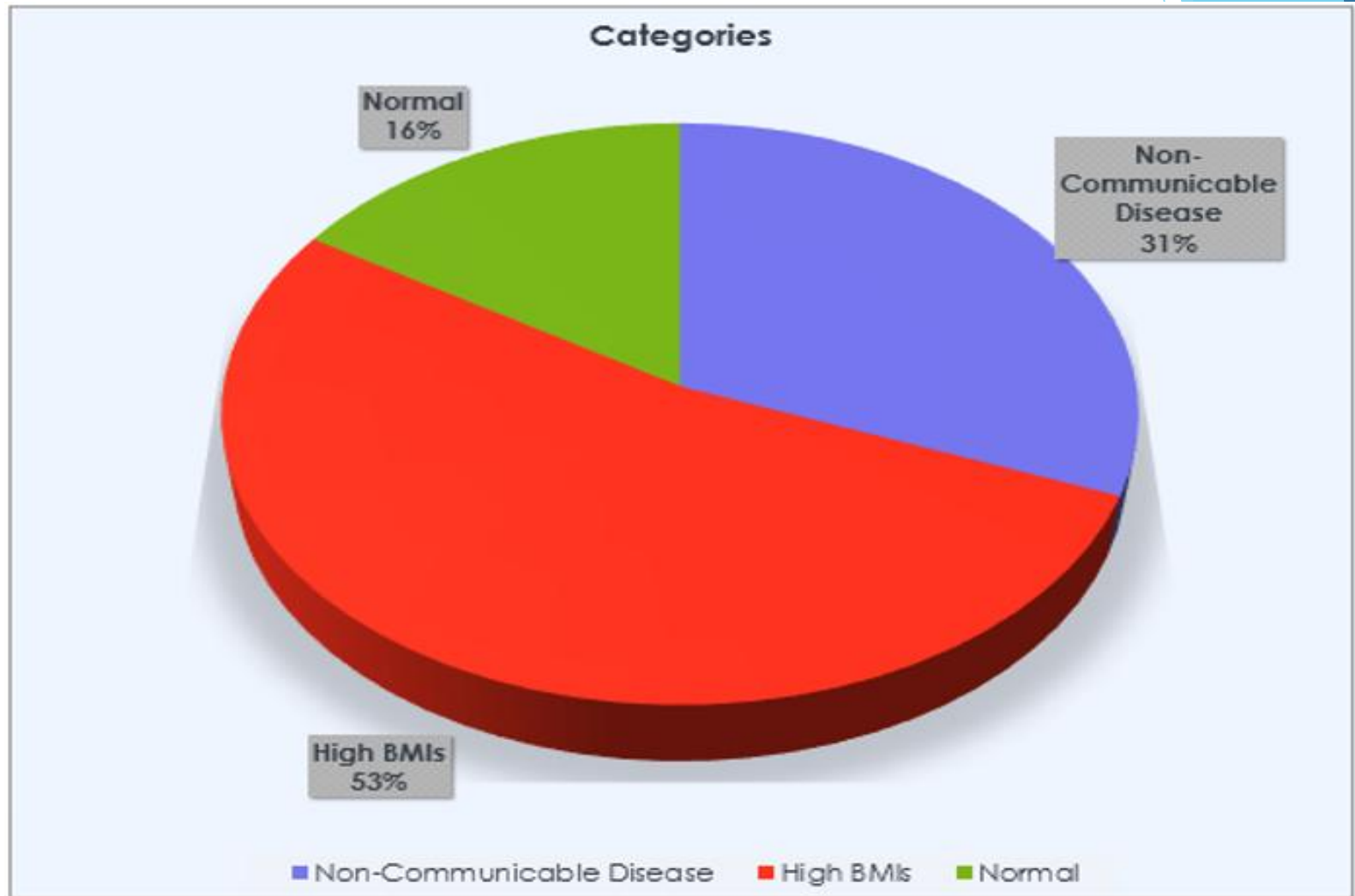
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Health is the greatest wealth !



Current Health Scenario...



Health Challenges In Our Society

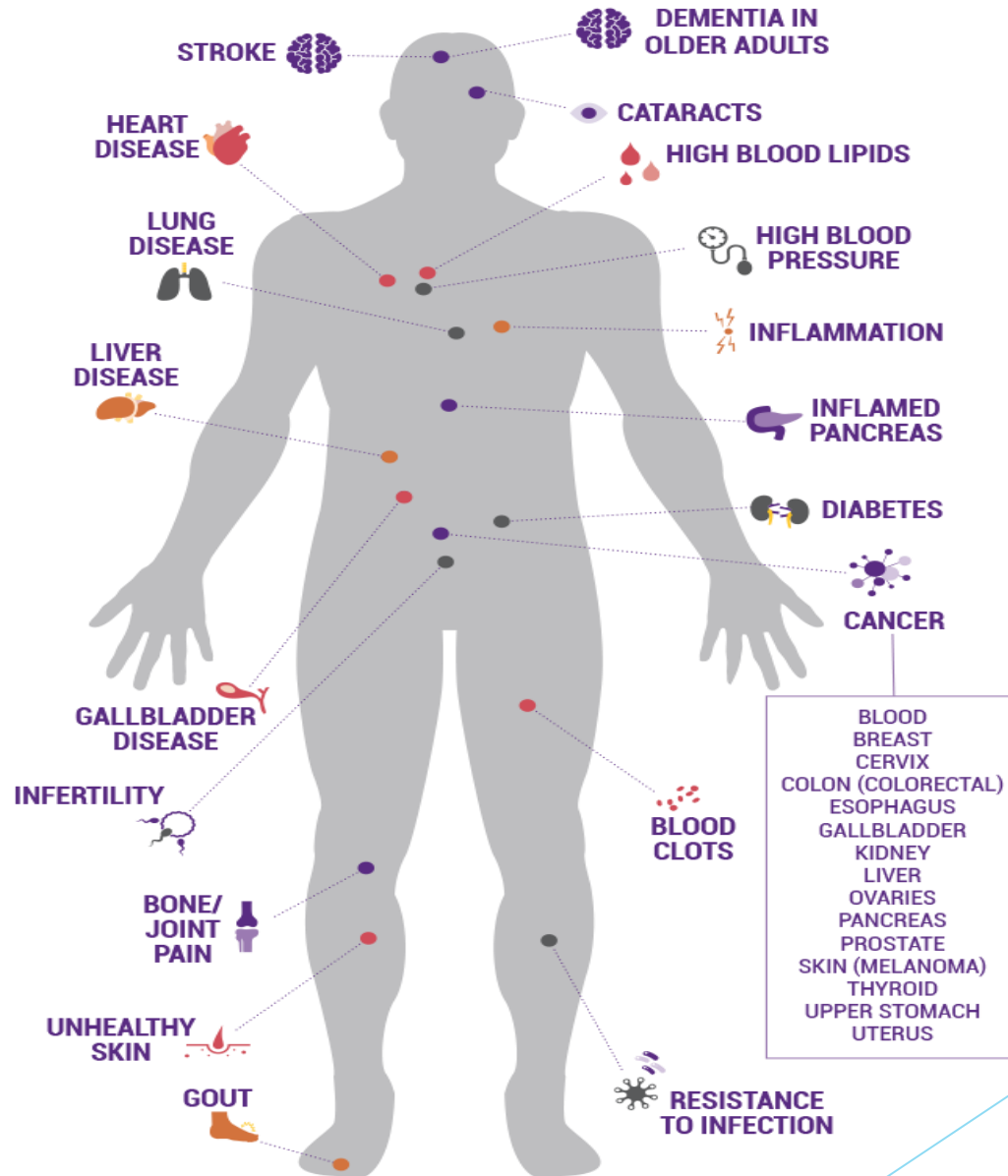
- ▶ Lifestyle diseases
- ▶ Unaffordable medical treatment
- ▶ Diseases at young age
- ▶ Contaminated water
- ▶ Infectious diseases
- ▶ Meals not focussed on Nutrition
- ▶ Irregular Eating Habits
- ▶ Stress
- ▶ Lack of sleep
- ▶ Inadequate child growth
- ▶ Uncontrolled Weight

Height & Weight Chart

WOMEN'S MEDICAL WEIGHT CHART	HEIGHT		AVERAGE WEIGHT	MEN'S MEDICAL WEIGHT CHART	HEIGHT		AVERAGE WEIGHT
	Cms	(ft in)	KG		Cms	(ft in)	KG
	142	(4,8)	46		155	(5,1)	56
	145	(4,9)	47		158	(5,2)	58
	147	(4,10)	49		160	(5,3)	59
	150	(4,11)	50		163	(5,4)	60
	152	(5,0)	51		165	(5,5)	62
	155	(5,1)	53		168	(5,6)	64
	158	(5,2)	54		170	(5,7)	66
	160	(5,3)	56		173	(5,8)	68
	163	(5,4)	58		175	(5,9)	69
	165	(5,5)	60		178	(5,10)	72
	168	(5,6)	62		180	(5,11)	74
	170	(5,7)	64		183	(6,0)	76

For Medium Built individuals

MEDICAL COMPLICATIONS OF OBESITY



Prevention is better than cure

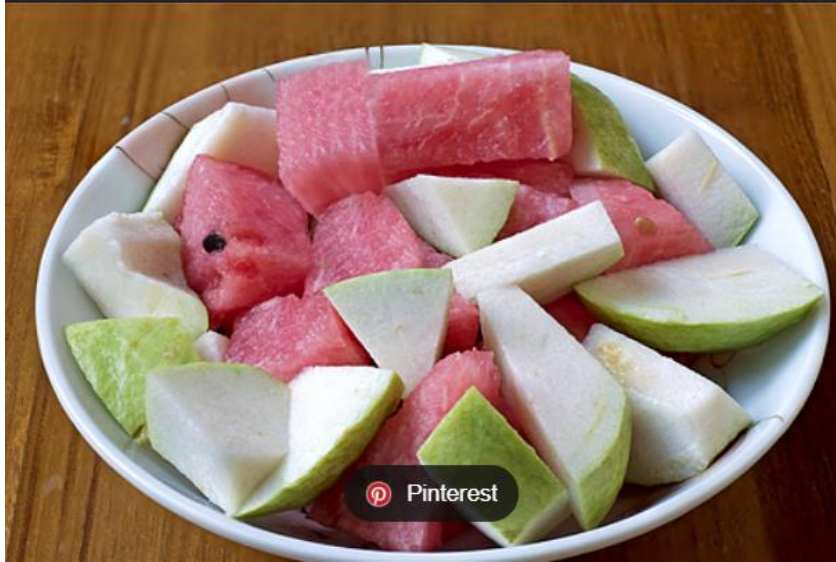
- ▶ Eat less rice/roti, more vegetables, curd and salad
- ▶ Eat at least one fruit and one raw vegetable daily of different colours
- ▶ Eat 4 to 5 small meals in a day
- ▶ Eat between 7 am and 7 pm
- ▶ Reduce oils and fats/fried foods
- ▶ Non Veg once a week only
- ▶ Eat fish at least twice a month
- ▶ No milk or dairy except curd

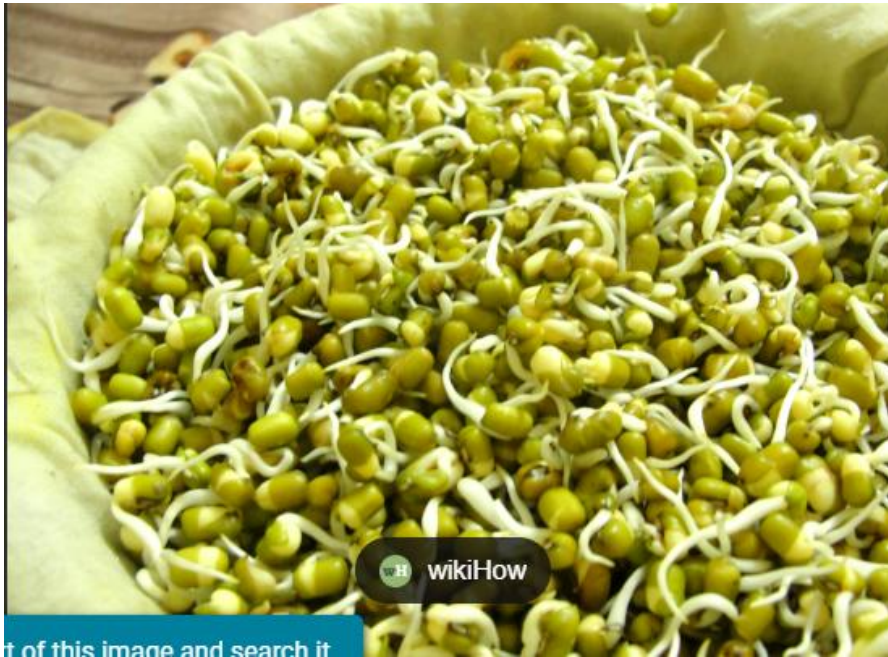
- ▶ No readymade packed/processed foods
- ▶ Get to ideal weight
- ▶ No carbonated drinks
- ▶ Quit smoking/tobacco/alcohol
- ▶ Exercise daily
- ▶ Sunlight for 15 to 30 minutes daily
- ▶ Drink 2 to 3 litres of water
- ▶ Practice meditation/gracefulness to manage stress
- ▶ Sleep for 7 to 8 hours between 10 pm and 6 am
- ▶ Work hard to achieve your goal
- ▶ General Health checkup at PHC's and Lab tests once a year at Govt Diagnostics if you are above 30

Healthy Meals....



Healthy Snacks....

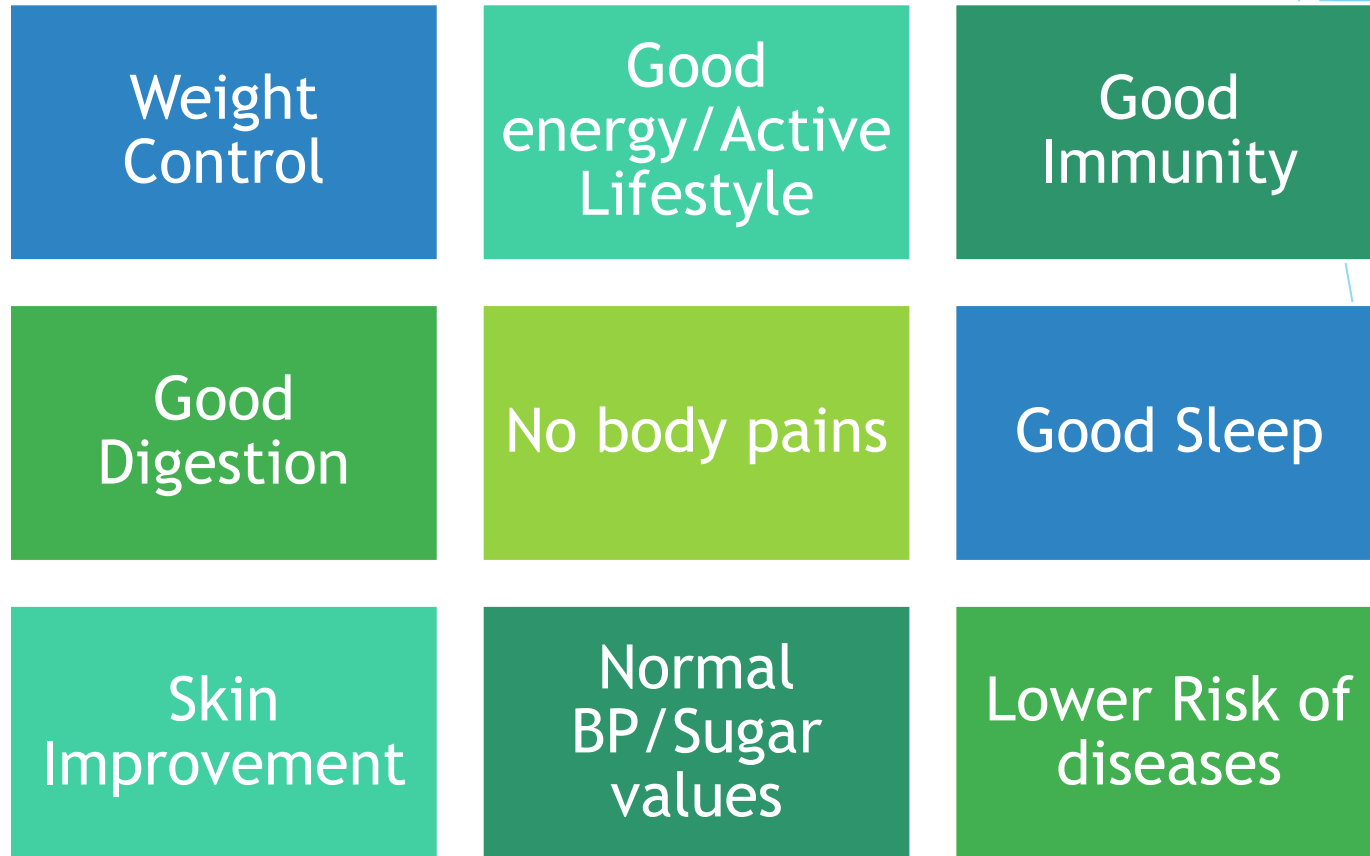




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GOOD NUTRITION ,EDUCATION AND A HEALTHY LIFESTYLE CAN HELP YOU WITH...

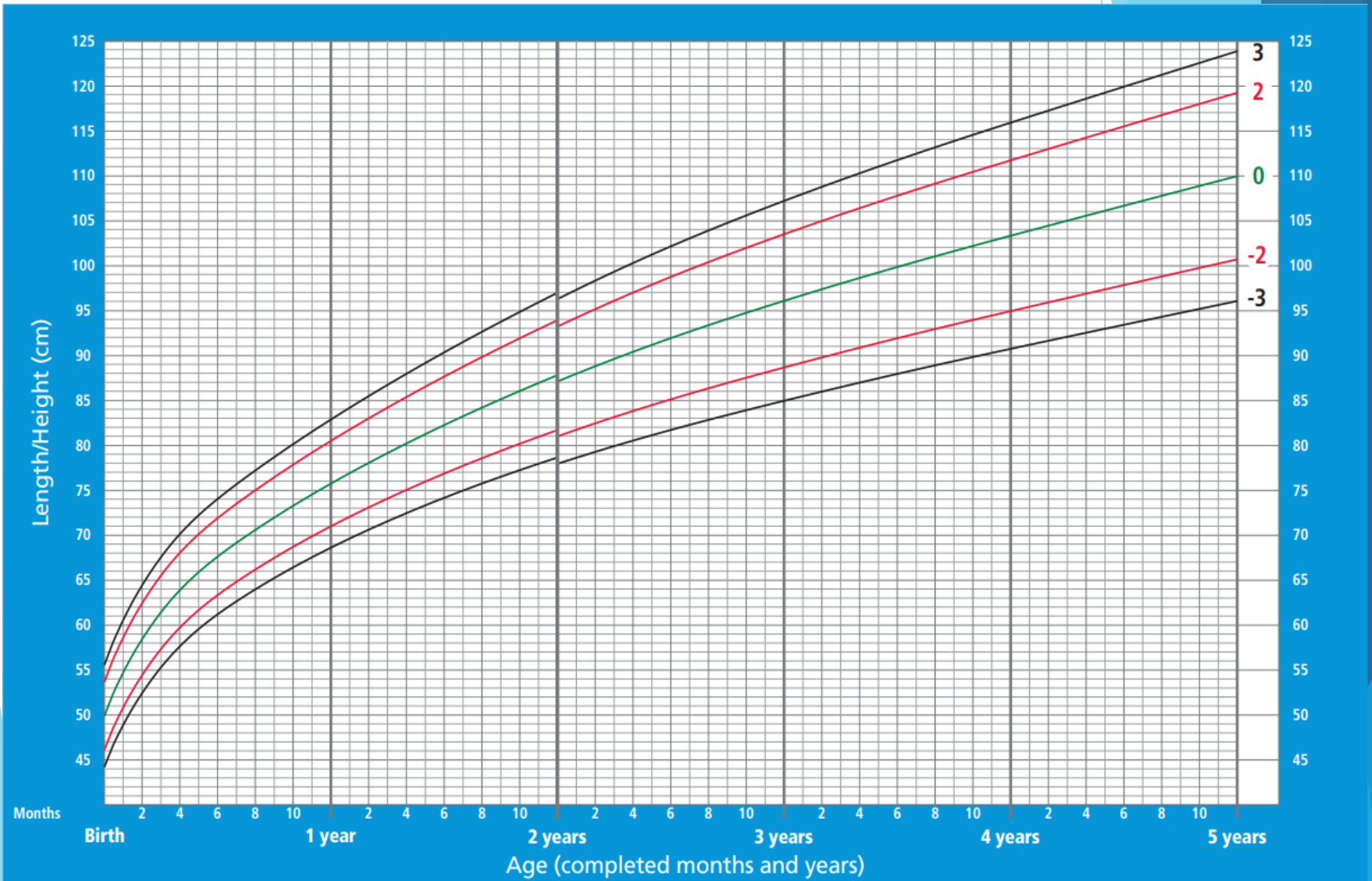


Become stress-free !

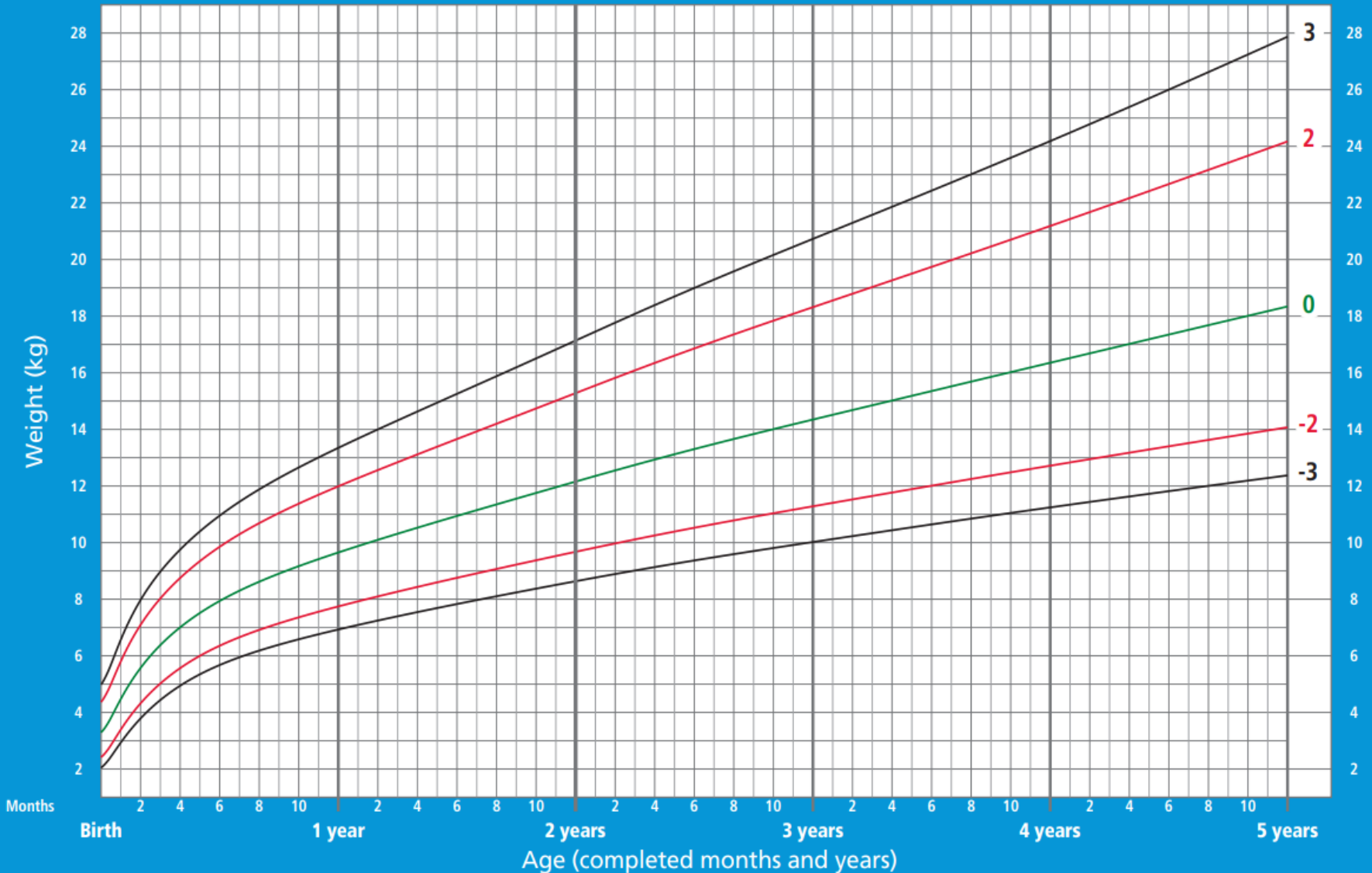
Your Kids follow what you do

- ▶ Good nutrition is very crucial during growth years
- ▶ Better performance in studies and sports is not possible without a healthy lifestyle and good eating practices

Height for Age 0 to 5 years Children



Weight for Age 0 to 5 years children



Follow a Healthy diet and
lifestyle now to live a
healthy Old Age !

You Can Do It



Questions...