

Current Research Studies on Obesity and Eating Disorders

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About the Study

In our current issue of Journal of obesity and eating disorders, eminent authors played a vital role in contributing their studies in the field of Endocrinology. With the support of editorial board members, reviewers, authors and readers of our journal, we have successfully running 7 volumes. Journal aims to provide the rapid and reliable information in the form of research, review, short communication and case reports. In the current issue, scientists were given detailed information on Recommended Dietary Allowance, Liposuction, and nutritional guidelines.

Recommended Dietary Allowance (RDA) for Meal Planning explained by Landsberg L, in his study the primary goal is to reach the nutritional recommendations as per the requirement of the individual based on the gender, age and considering other clinical parameters. This can be achieved by Health-care professionals and policy makers by using DRIs (Dietary Reference Intakes). The Recommended Dietary Allowance (RDA), Adequate Intake (AI), Tolerable Upper Intake Level (TUIL), and Estimated Average Requirement (EAR) are the set of reference values which are included in Dietary Reference Intakes. Dietary fiber can be used in various functional foods like bakery, drinks, beverages and meat products. The diets rich in fiber such as cereals, nuts, fruits and vegetables have a positive effect on health since their consumption has been related to decreased incidence of several diseases, because they consists of nutraceutical properties [1].

Liposuction weight loss method was reported by Mahdieh Abbasalizad Farhangi. There are the different therapies for weight loss like Acupressure for weight loss, Hypnosis for weight

loss, Ayurveda for weight loss, Natural weight loss supplements. Through diet rich in proteins, low in carbohydrates and fat can reduce the weight. Diet planning is another method for weight loss. In this study author focused on surgical method for weight loss by removing the over accumulated fat in the body. There are many methods evolved based on the human requirement. But, after exposure to the liposuction, we have to concentrate on our diet, physical activity and weight managements. [2].

Catherine Spivak described about Nutrition is the food which contains complex carbohydrates, protein, healthy fats, and fiber is required to our body to function adequately. His study deals with the benefits of healthy diet and also regarding nutritional deficiency symptoms. The concept of his study to provide the awareness regarding insufficient supply of nutrients that may leads to nutritional deficiency which is called as malnutrition which refers to over nutrition and under nutrition. Author in his study defined the nutritional science as the science dealing with the biochemical and physiological process which includes ingestion, absorption, assimilation, biosynthesis, catabolism and excretion by which organisms utilizes healthy food to support its life [3].

References

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3. Spivak C (2021) Nutrition and Healthy Diet. J Obes Eat Disord 7: 29.