

Obesity Complications and Healthy Eating Behaviors

Nicola Davies*

Department of Public Health, University of Cambridge, Cambridge, United Kingdom

Abstract

Obesity and overweight are defined as abnormal fat accumulation that presents a risk to mental health which leads to severe health complications. BMI over 25 are considered as overweight and over 30 is considered as obese.

Keywords: Obesity; BMI; Healthy Eating Habits

Received: December 04, 2020; **Accepted:** December 18, 2020; **Published:** December 25, 2020

Editor's Note

Obesity leads to serious diseases and health conditions, it may lead to depression.

Serious diseases and health conditions, including the following:

- Mortality
- High LDL cholesterol, Dyslipidemia
- Type 2 diabetes mellitus
- A breakdown of cartilage and bone within a joint
- Body pains
- Sleep apnea
- Gallbladder disease
- Coronary heart disease
- Stroke
- Mental illness such as clinical depression, anxiety, and other mental disorders

Healthy Eating Habits

- An eating plan that helps manage the weight includes a variety of healthy foods. Add an array of colors to the plate and think of it as eating the rainbow. Dark, oranges, leafy greens, and tomatoes—even fresh herbs are loaded with fiber, vitamins, and minerals.
- Getting enough water every day is important for health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause the body to overheat, and lead to constipation and kidney stones.
- Adding frozen peppers, broccoli, or onions to stews and omelets gives them a quick and convenient boost of color and nutrients.
- Substitute a low-fat cheese in casseroles and vegetable sauces.
- Try a non-stick cooking spray or a small amount of cooking oil for sautéing instead of frying with solid fat.

***Corresponding author:** Davies N, Department of Public Health, University of Cambridge, Cambridge, United Kingdom; E-mail: nicoladavies@cam.ac.uk

Citation: Davies N (2020) Obesity Complications and Healthy Eating Behaviors. J Obes Eat Disord Vol.6 No. 6:e20.

- Build Healthy Eating Habits
- Drink more water
- Eat a variety of vegetables, especially dark green, red, and orange.
- Eat a variety of fruits.
- Eat whole-grain, high-fiber breads and cereals. Reduce or eliminate refined or processed carbohydrates; most of the grains in your diet should be whole grains.
- Drink fat-free or low-fat milk and eat low-fat dairy products.
- Choose from a variety of low-fat sources of protein - including eggs, beans, poultry without skin, seafood, lean meats, unsalted nuts, seeds, and soy products.
- Use vegetable oils instead of solid fats.
- Reduce intake of saturated fats and trans-fats as much as possible.
- Reduce daily intake of salt. Reduce to less than 1,500 mg per day.
- Restrict "junk food"-foods that contain refined white flour, solid fats, added sugars, and are high in sodium.
- Reduce the number of calories. Eliminate all sugar-added drinks from the diet. Drink 100% fruit juices, unsweetened, but limit servings to 1-2/day.
- Decrease the amount of time spent in sedentary activities, especially watching television.
- Get moderate physical activity for 30-60 min/day, at least five days a week.
- Do muscle strengthening and toning exercises at least 2 or 3 days a week.
- Eliminate sodas and sugar-added drinks that are high in calories and contain few or no nutrients.

Water

- Lubricate and cushion joints
- Protect the sensitive tissues and spinal cord
- Keep a normal temperature

- Get rid of wastes through urination, perspiration and bowel movements

Conclusion

Lifestyle modifications, diet control and other means of therapy treat and prevent the obesity and overweight.